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# WALK! BIKE! FUN!





# EDUCATION STRATEGY

*In School Pedestrian + Bicycle Safety Training (Such as Walk! Bike! Fun!)*



## Description:

Pedestrian safety education aims to ensure that every child understands basic traffic laws and safety rules. Walk! Bike! Fun! is a great safety education program, designed specifically to meet Minnesota education standards. It teaches students basic traffic safety, sign identification, and decision-making tools. Pedestrian safety training is typically recommended for first- and second-graders and teaches basic lessons such as 'look left, right, and left again.' In-school curriculum often includes three parts: in-class lessons, mock street scenarios, and on-street practice. Various existing curricula are available online from a number of sources at no cost, or schools may choose to develop one on their own.

Bicycle safety training is generally most appropriate beginning in or after the third grade and helps children understand that they have the same responsibilities as motorists to obey traffic laws. In-school curriculum often includes three parts: in-class lessons, mock street scenarios or skills practice, and on-street riding. Various existing curricula are available online from a number of sources at no cost, or schools may choose to develop one on their own.

## Target Audience:

- Elementary, middle school

## Format:

- In-class lessons and hands on training for students

## Outcomes:

- Improved walking/bicycling safety behavior, youth empowerment
- Increased walking and bicycling, improved walking/bicycling safety behavior
- Understanding of health and environmental connections

## Discussion Questions:

- Are biking and walking safety/instruction currently covered in the school curriculum?
- Are there existing programs or meetings in the school or the community which might be suitable to host this type of program?
- What resources have you used to talk with kids about walking and biking safety?



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# BIKE RODEO

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# EDUCATION STRATEGY

*Family Biking Class (Such as Bike Rodeo)*



## Description:

Family biking classes are great tools for educating and encouraging families to ride bicycles. Education trainings can cover safety checks, skills instruction, basic bike maintenance, how to carry kids by bicycle, cargo bike demonstrations, bike rodeos, and/or guided bike rides.

## Target Audience:

- Elementary, parents

## Format:

- Event, skills training/hands on training, information for parents

## Outcomes:

- Increased bicycling, improved bicycling safety behavior
- Understanding of health and environmental connections

## Discussion Questions:

- Have you ever participated in a bike rodeo?
- Are biking safety/instruction currently covered in the school curriculum?
- Are there existing programs or meetings in the school or the community which might be suitable to host this type of program?
- What resources have you used to talk with kids about biking safety?



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# PARENT WORKSHOPS





# EDUCATION STRATEGY

## *Parent/Caregiver Workshops*



### **Description:**

Since parents are usually the ones deciding whether their children walk or bike to school, a workshop designed for them can provide the tools, resources, and support needed to begin walking or biking for transportation. Topics could include starting a walking school bus, carpool matching, launching a safety campaign, how to be a responsible driver, or organizing an event, such as Walk and Bike to School Day.

### **Target Audience:**

- Elementary, middle school, high school, parents

### **Format:**

- Event, skills training/hands on training, information for parents

### **Outcomes:**

- Increased walking, increased bicycling, increased transit use, increased carpooling, improved walking/bicycling safety behavior, improved driving safety behavior
- Understanding of health and environmental connections

### **Discussion Questions:**

- Have you every participated in this type of training?
- Is it something you would find valuable?
- Are there existing meetings or venues which might be appropriate to host this type of training?
- What resources have you used to talk with kids about biking safety?



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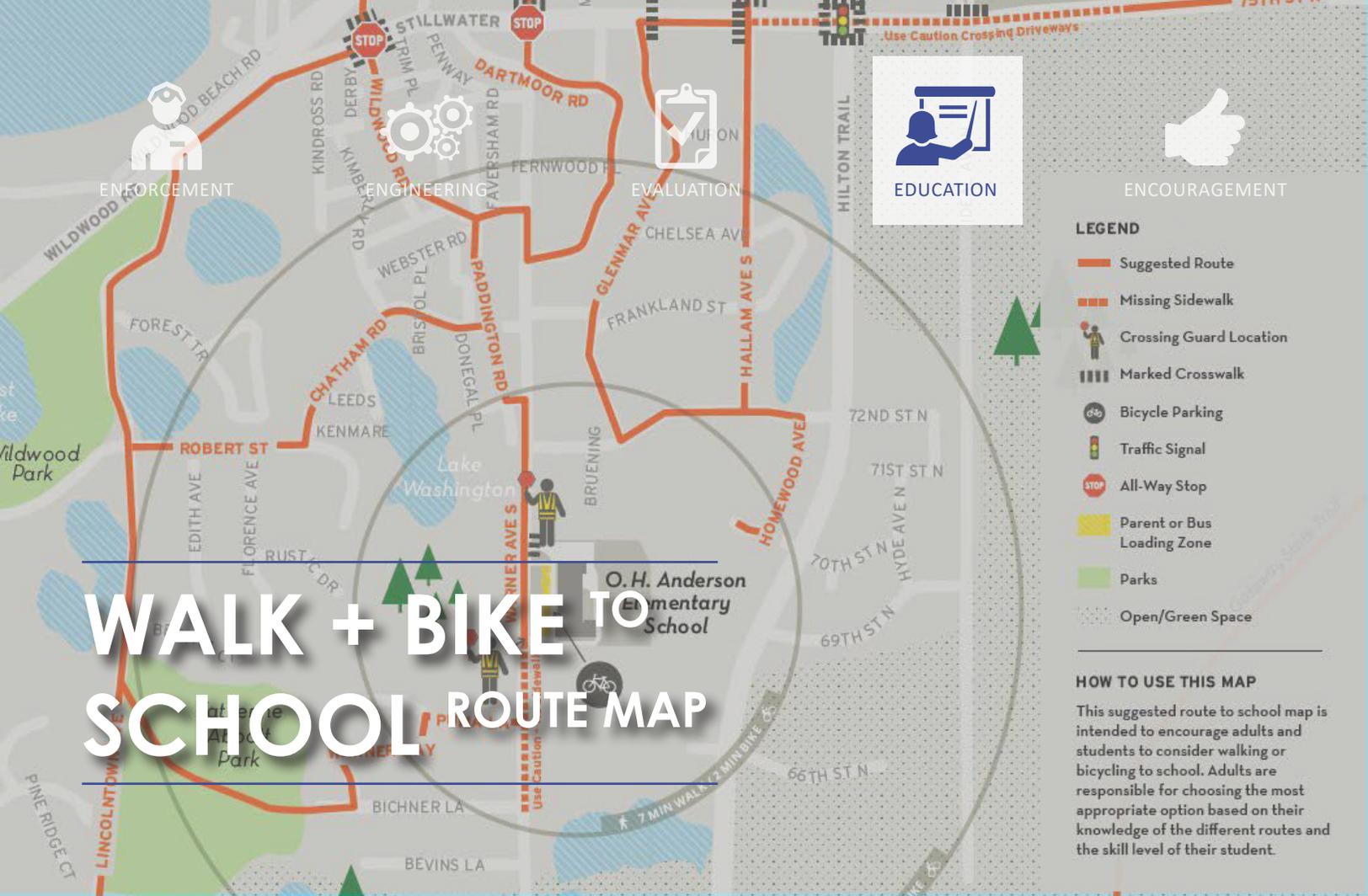
**LEGEND**

- Suggested Route
- Missing Sidewalk
- Crossing Guard Location
- Marked Crosswalk
- Bicycle Parking
- Traffic Signal
- All-Way Stop
- Parent or Bus Loading Zone
- Parks
- Open/Green Space

**HOW TO USE THIS MAP**

This suggested route to school map is intended to encourage adults and students to consider walking or bicycling to school. Adults are responsible for choosing the most appropriate based on their knowledge of the different routes and the skill level of their student.

# WALK + BIKE TO SCHOOL ROUTE MAP





# EDUCATION STRATEGY

## *Walk + Bike to School Route Map*



### **Description:**

Suggested Route to School maps show stop signs, signals, crosswalks, sidewalks, paths/trails, crossing guard locations, and hazardous locations around a school. These can be used by families to identify the best way to walk or bike to school. District liability concerns are sometimes cited as reasons not to publish walking route maps. While no walking route will ever be completely free of pedestrian safety concerns, a well-defined route should provide the greatest physical separation between walking students and traffic, expose students to the lowest traffic speeds and use the fewest and safest roadway crossings.

### **Target Audience:**

- Elementary, middle school, high school, parents

### **Format:**

- Information for parents and students

### **Outcomes:**

- Improved walking/bicycling safety behavior
- Increased walking, increased bicycling

### **Discussion Questions:**

- Are you aware of suggested walking and biking routes in your neighborhood?
- Would this resource be most valuable in print or online format?



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# WALK + BIKE TO SCHOOL DAYS

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# ENCOURAGEMENT STRATEGY

*Walk + Bike to School Days*



## Description:

Walk and Bike to School Day is an international event that attracts millions of participants in over 30 countries in October. The event encourages students and their families to try walking or bicycling to school. Parents and other adults accompany students, and staging areas can be designated along routes to school where groups can gather and walk or bike together. These events are often promoted through press releases, backpack/folder/electronic mail, newsletter articles, and posters. Students can earn incentives for participating or there is a celebration at school following the morning event. These events can be held for more than a day; Walk + Bike to School Days can occur as part of the international event or on a weekly or monthly basis.

## Target Audience:

- Elementary, middle school

## Format:

- Event, school journey/pick-up and drop-off

## Outcomes:

- Increased walking, increased bicycling, youth empowerment
- Understanding of health and environmental connections

## Discussion Questions:

- Have you ever participated in walk and bike to school day?
- Are there places in your neighborhood that would make a good “staging area?”



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# WALKING SCHOOL BUS



# ENCOURAGEMENT STRATEGY

## *Walking School Bus*



### **Description:**

A Walking School Bus is a group of children walking to school with one or more adults. Parents can take turns leading the bus, which follows the same route every time and picks up children from their homes or designated 'bus stops' at designated times. Ideally, 'buses' run every day or on a regular schedule so families can count on it, but they often begin as a one-time pilot event. A Walking School Bus can be as informal as a few parents alternating to walk their children to school, but often it is a well-organized, PTA-led effort to encourage walking to school.

### **Target Audience:**

- Elementary, middle school

### **Format:**

- Event, school journey/pick-up and drop-off

### **Outcomes:**

- Increased walking
- Improved walking safety behavior
- Understanding of health and environmental connections

### **Discussion Questions:**

- Have you ever participated in walking school bus? If not, what would it take?
- Do you know any other parents in your neighborhood that might be willing to participate?



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# BIKE TRAIN

BIKE TRAIN RIDERS

we roll to school in a bike train  
one morning every week



# ENCOURAGEMENT STRATEGY

## *Bike Train*



### Description:

Bike trains follow a pre-planned route to school and pick up students at designated stops. Routes can originate from a particular neighborhood or, Bike trains can be combined with other strategies like Park + Walk which allows students who live too far from school to walk from a designated off-campus drop-off location. Bike trains help address parents' safety concerns while providing a chance for students and their families to socialize and be active.

### Target Audience:

- Elementary, middle school

### Format:

- Event, school journey/pick-up and drop-off

### Outcomes:

- Increased biking
- Improved biking safety behavior
- Understanding of health and environmental connections

### Discussion Questions:

- Have you ever participated in bike train? If not, what would it take?
- Do you know any other parents in your neighborhood that might be willing to participate?



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# PARK + WALK





# ENCOURAGEMENT STRATEGY

*Park + Walk*



## Description:

This program is designed to encourage families to park several blocks from school and walk the rest of the way to school. Not all students are able to walk or bike the whole distance to school; they may live too far away or their route may include hazardous traffic situations. This program allows students who are unable to walk or bike to school a chance to participate in Safe Routes to School programs. It also helps reduce traffic congestion at the school.

## Target Audience:

- Elementary, middle school, parents

## Format:

- Event, school journey/pick-up and drop-off

## Outcomes:

- Increased walking
- Improved walking safety behavior
- Understanding of health and environmental connections

## Discussion Questions:

- Do you drive you drive to school?  
Would you consider parking and walking?
- What resources would you need?
- Are there convenient parking areas and walking routes that you could suggest?



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# CROSSING GUARDS



# ENFORCEMENT STRATEGY

## *Crossing Guards*



### **Description:**

Crossing guards are trained adults, paid or volunteer, who are legally empowered to stop traffic to assist students with crossing the street.

### **Target Audience:**

- Elementary, middle school, parents, neighbors

### **Format:**

- Skills training/hands on training, school journey/pick-up and drop-off

### **Outcomes:**

- Improved walking/bicycling safety behavior, improved driving safety behavior
- Increased walking and biking

### **Discussion Questions:**

- Are there crossing guards at your school?
- Would you be more likely to allow your child to walk or bike to school if there were crossing guards?
- Would you or someone you know be willing to participate in a crossing guard program?



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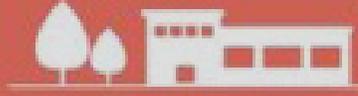


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Let's  
**WATCH OUT FOR  
EACH OTHER**



# SCHOOL SAFETY MESSAGING



Let's  
**BIKE  
TOGETHER**





# ENFORCEMENT STRATEGY

## *School Safety Messaging*



### **Description:**

A safety campaign is an effective way to build awareness around students walking and biking to school and to encourage safe driving behavior among parents and passersby. A School Traffic Safety Campaign can use media at or near schools - such as posters, business window stickers, yard signs, and/or street banners - to remind drivers to slow down and use caution in school zones. This type of campaign can also address other specific hazards or behaviors, such as walking or bicycling to school, school bus safety, and/or parent drop-off and pick-up behavior.

### **Target Audience:**

- Elementary, middle school, parents, neighbors

### **Format:**

- Campaign, information for parents and drivers

### **Outcomes:**

- Improved walking/bicycling safety behavior, improved driving safety behavior, youth empowerment
- Increased walking, increased bicycling, increased transit use, increased carpooling
- Understanding of health and environmental connections

### **Discussion Questions:**

- What type of messaging resonates most with you?