



# Safe Routes to School Safety

Walk & Bike Safety

# Safe Routes to School

- Federal Dollars to support Infrastructure
- Projects that promote walking & biking to school
- Increase activity & decrease traffic

# Program History

- Safe Routes to School (SRTS) started in Europe in the 1970's
- Goal to reduce death & injuries to children on the way to school
- First SRTS program in the US was in 1997
- Federal funding since 2003



# Components

- **Funding**

- SRTS provides funding for infrastructure projects
- Make changes to parking & traffic flow

- **Education**

- Age appropriate programs for elementary age students
- Walk & Bike Safety

# Infrastructure Funding

- These changes can include things like restricting parking or altering the traffic flow to make children crossing more visible to drivers.
- Building sidewalks, pedestrian refuge islands & curb extensions
- Signage and lighting



# Education

- Educate students on bike and pedestrian safety programs.
- Educate parents on safety in walking & biking vs. automobile travel
- Educate drivers around the schools

# Pedestrian Safety

- Neighborhood Navigators Curriculum (BTA)
  - Age appropriate to students K-3, 4-5 & 6-8
  - Includes an easy to use curriculum & workbook for the students to use to apply what they have learned
  - To be presented by teachers



# Bicycle Safety

- Bicycle Safety Classes starting in 5<sup>th</sup> grade
  - Teaching basic safety skills, signals, stopping, starting and where to ride
  - Include group rides around the school & neighborhood
  - Trained teachers





- A generation ago 40% of children walked or biked to school
- An average of less than 16% are currently using some form of active transportation to get to school
- More & more students are being driven to school
- Childhood obesity is at an all time high

# Concerns about Active Transportation

- Parents are concerned with the distance to the school
- Traffic volume & speed
- Stranger danger
- Crime

# Realities about Active Transportation

- Children are more likely to be involved in a crash riding in a car than when walking or biking
- Children are encouraged to travel in groups with an adult
- Use side streets when possible to avoid potential conflicts with cars.
- Large groups such as walking school busses or bike trains can minimize crime

# Benefits of Active Transportation

- Fewer Cars = Better Air around schools
- Active Children learn better
- Movement/exercise = healthier children

# Safe Pedestrian Behavior

- Walk with a buddy – its fun!
- Wear a blinking light or reflective clothes
- Always stop at corners and look for cars
- Obey traffic signals and crossing guards
- Make sure car has stopped before stepping into the street.

# Walking School Bus

- Group of students walking together with a parent or teacher
- Safety in numbers
- Rules – Obey traffic laws, watch & listen for cars



# Safe Bicyclist Behavior

- Always wear a helmet
- Have lights on your bike - headlight & a red light on the back
- Use hand signals when stopping and turning
- Always ride on the right side of the road
- Look for cars at corners
- Look for cars backing out of driveways

# Bike Trains

- Group of Students with a parent or teacher riding as a group
- Rules – helmets required, safety equipment
- Bike Train Box
  - 1<sup>st</sup> aid, flat repair kit & pump





# For More Info

Contact me Charity Sturgeon at  
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Info on Walk & Bike Challenge Month and Safe  
Routes to School Safety information in Oregon  
check out

[www.walkandbike.org](http://www.walkandbike.org)

Safe Routes to School National Website

[www.saferoutesinfo.org](http://www.saferoutesinfo.org)