



Bicycle Colorado's Safe Routes to School programs are designed to encourage students and parents to walk or bike to school safely. The goals are to improve community health and decrease traffic congestion around schools. Below is an overview of program offerings.

Complete Bicycle and Pedestrian Education Program

This program includes the following:

- two expert instructors for all education and event planning & oversight
- printing, distribution, delivery, collection and sending of surveys
- purchasing of prizes and delivery to all schools
- on-going parent, teacher and administrator outreach and communications.

Education – Classroom Education– Bicycle Colorado provides a comprehensive two-day bicycle and pedestrian safety education and bicycle training course for K-5 students in schools. Bicycle Colorado bicycle instructors teach students pedestrian safety skills, the importance of bicycling for their health and environment, how and why to correctly fit a bicycle helmet, how to perform a bicycle safety inspection prior to riding, rules of the road and bicycle handling skills. Bicycle Colorado provides bicycle and safety equipment for students to participate in a Bicycle Rodeo, which consists of stations that develop students' bicycling skills. Students who do not know how to ride will receive a private bicycling lesson using the new "gliding" technique.

Evaluation– Bicycle Colorado will utilize the Safe Routes to School (SRTS) Student In-Class Tally sheet and Parent Surveys to gather information from students and parents about the perceived risks that currently prevent them from walking or biking to school. This information will be used to educate the community about solutions to their perceived fears, reduce risks and raise awareness in order to further encourage bicycling and walking to school.

Encouragement- Bicycle Colorado works with schools and their communities to facilitate Encouragement programs (Walking and Wheeling Week) in each school to get kids, teachers and parents in the habit of biking and/or walking to school. Students are encouraged to walk and/or bike for good health, a better environment, and to earn incentive prizes. Upon completion of the encouragement program, Bicycle Colorado leaves each school with banners to use for future events. Teachers, parents and administrators will be trained on running a successful encouragement program upon completion of the week and will hopefully be inspired to continue Walking and Wheeling Weeks or Walking and Wheeling Wednesdays.

Engineering- Bicycle Colorado works with schools through the survey process to identify physical barriers that currently exist that prevent students from enjoying a safe route to school. Bicycle Colorado collaborates with teachers and administration to find immediate solutions to these barriers while assisting in the creation of a long- term plan to address identified infrastructure deficiencies.

Enforcement- Bicycle Colorado works with the school safety officers to raise community awareness toward bicycling and walking by increasing enforcement of traffic violations to deter unsafe drivers' behaviors, sending home informational fliers, and working with both paid and volunteer crossing guards.

In addition to the complete curriculum provided by Bicycle Colorado during P.E. classes, we offer several smaller programs designed for single day events or on-going education

Full Day Education Assemblies and/or Bicycle Rodeo

This program includes the following:

- Planning for a full day of bicycle/pedestrian education and an after school event or planning for a full day bicycle rodeo at a community event.
- Two expert instructors to teach age appropriate assemblies throughout the day to students or to plan walking groups to experience new infrastructure and discuss safe usage
- Support school with creation of promotional materials and waivers for the after school event
- 3-4 insured staff for after school event
- Instruction for students learning to ride a bike

School Walk/Bike Audits

This program includes the following:

- Meeting with administrators to schedule walk audit and plan parent outreach
- Walk audit with parents and administrators, which includes an overview of what to look for
- Written recommendations based on observations and feedback from parents/administrators.
 - Recommendation examples: how to enlist support from local government, ways to obtain funding for infrastructure projects.

Safe Routes to School Maps

This program includes the following:

- Meeting with administrators to discuss school challenges related to biking and walking to school
- Two expert staff to conduct preliminary walk/bike assessment of surrounding school area (approximately a 2-mile radius around the school)
- Staff evaluate data and identify safest biking and walking routes to school
- Detailed map created for school and parent use that details all pertinent infrastructure and recommended safe routes to school

Learn to Ride Clinics

This program includes the following:

- Preliminary communications with administrator, teacher or parent to schedule clinic
- Support promoting the clinic to parents
- Four experienced staff at the two-hour clinic
- All strider/glider bikes, pedal bikes and helmets for all levels of learners

Safe Routes Champions training

This program includes the following:

- Overview of Safe Routes to School background
- Hands-on training of Safe Routes curriculum
- Discussion of encouragement best practices
- Brainstorm community outreach strategies
- Development of a Safe Routes to School strategic plan



Middle School Safe Routes to School Curriculum

Bicycle Colorado's Safe Routes to School programs are designed to encourage students and parents to walk and bike to and from school safely. The goal is to improve community health and decrease traffic congestion around schools.

Bicycle Colorado provides:

- two insured expert instructors for education, planning and oversight
- evaluation/survey support
- purchasing of prizes, any other supplies and delivery to schools
- ongoing parent, teacher and administrator outreach and communications

Day 1— Active Commuting Basics:

Bicycle Colorado instructors present on the importance of bicycling for students' health and the environment, rules of the road, traffic scenarios, helmet safety, crash avoidance and advanced riding techniques. The presentation is propelled by class discussion. Students answer "what could happen" in a series of picture prompts, equipping them with real life perspectives on riding or walking with traffic. Students are then introduced to safety maneuvers or "tricks" that can be used to avoid dangerous situations (practiced on day four).

Day 2—Finding Safe Routes:

Students are introduced to the definition of infrastructure and examples of biking and walking infrastructure. Using photo examples from around their school, students discuss the quality of the infrastructure and how it relates to safely biking and walking to school. We then guide students through an activity using Google Maps to plan routes from home to school and other favorite places. Students compare driving, biking and walking routes to highlight the importance of considering infrastructure when route planning.

Day 3—Flat Changing & Basic Mechanics:

Bicycle Colorado instructors demonstrate how to perform a bicycle safety inspection and how to change a flat tire. Students work in small groups to change flat tires. All students are given the opportunity to get their hands dirty and participate in timed races for changing a flat. If time permits, students attempt other "quick fixes," including lubing a chain, re-connecting brakes and locking a bike.

Day 4—Advanced Bicycling Skills:

We provide the bikes and safety equipment to lead students through an advanced bicycle skills course. Students learn to effectively dodge objects, scan over shoulder while riding straight and stop quickly and safely. Students practice group riding techniques, such as how to space themselves out and signal stops and turns. Students who do not know how to ride receive a private lesson using the balance technique.

Optional—Encouragement Program:

Bicycle Colorado works with school communities to facilitate encouragement programs to get kids, teachers and parents in the habit of biking and/or walking to school. School staff and parents will be trained on running a successful encouragement program.



Safe and Fun Riding for Families Class

Bicycle Colorado is a statewide bicycle advocacy organization dedicated to building a bicycle-friendly state. To meet the growing need for bicycle education and interest in bicycle commuting, we have developed a curriculum for families wanting to ride together more often and safely.

This three-part curriculum includes:

- **Confident riding lesson:** Participants receive a comprehensive and interactive introduction to riding safely as a family. The lesson begins with a discussion of the many benefits of commuting for the individual, the community and the environment. Additional topics include helmet-fit, traffic scenarios and how to avoid the most common crashes on a bicycle. This session involves in-depth discussion of lane positioning, cyclist responsibilities, rules of the road and bike handling maneuvers.
- **Basic bike mechanics lesson:** Participants are guided through the basics of taking care of a bicycle, including fixing a flat tire and maintaining a bicycle chain. All participants will get the chance to change a flat tire. In addition, participants will learn the ABC Quick Check – an easy way to check over a bike before riding that will help prevent crashes due to bike malfunction.
- **Skills course and group ride:** Participants begin in a parking lot where they will be practice several essential bike maneuvering skills while riding through a bicycle skills course. Bicycle Colorado's bike instructors will then lead a group ride for all participants interested in gaining more confidence on the road and applying what they have learned. The route will take participants through a diverse sample of intersections and roads which will enforce lessons learned and allow for more discussion related to rules of the road, lane positioning, etc. While riding, participants will receive feedback on their riding and the group will discuss lessons throughout the ride. The group will travel at a comfortable pace to accommodate all riding levels.

This event also includes:

- Communication with coordinators to plan and schedule event
- Site visit to plan the group ride
- Support with creation of promotional materials
- 2-3 experienced and insured staff to facilitate the event
- Provision of bilingual waivers
- Full fleet of bikes and helmets for all levels of riders
- Transportation to and from the event



Bike Libraries: Establishment, Training and Technical Assistance

Bicycle Colorado has worked with school districts, cities and towns to establish bike libraries. These bikes can be checked out by youth (with a guardian) at schools, libraries or recreation center. Because each community is unique, we will work with you to customize the bike library, finding the best supplies and processes to serve your community.



Bicycle Colorado can provide a technical assistance package to help you establish a bike library in your community. We will work with you to find the best location, purchase appropriate equipment, provide programming and communications, train community members to sustain the library and programming and help establish effective systems for loaning, tracking and maintaining the bikes.

- Assistance with location selection and storage
- Assistance with purchasing equipment
- Help build key relationship with stakeholders
- Help to establish check-out/check-in systems, liability waivers and usage tracking processes
- Provide communications materials and strategies for education and outreach
- Facilitate bike library programs/events to launch program and build awareness
- Part-time staffing for library during initial phase
- Training community member/organization to sustain bike library oversight
- Training ride leaders to facilitate regularly scheduled community rides using the library bikes
- Establish system for bike maintenance/safety checks

Cost estimates:

Train-the-trainer session for community partners and/or PE teacher: \$2,000-\$8,000

On-going bike library technical assistance: \$5,000

Equipment, supplies and storage: \$12,000 - \$18,000