

Safe Routes to School Program Overview



How the Florida Traffic & Bicycle Safety Education Program meets the Goals of PE teachers and SRTS

Presentation designed by: Pat Pieratte, Florida's SRTS Coordinator
Presented by: Sarita Taylor, FDOT District 1 Bike/Ped Coordinator &
Dan Connaughton, Associate Professor, Univ of Florida

We are in the middle of a Perfect Storm (convergence of many problems):

Safety:

- Pedestrian
- Bicycle
- Other traffic
- Personal

Health:

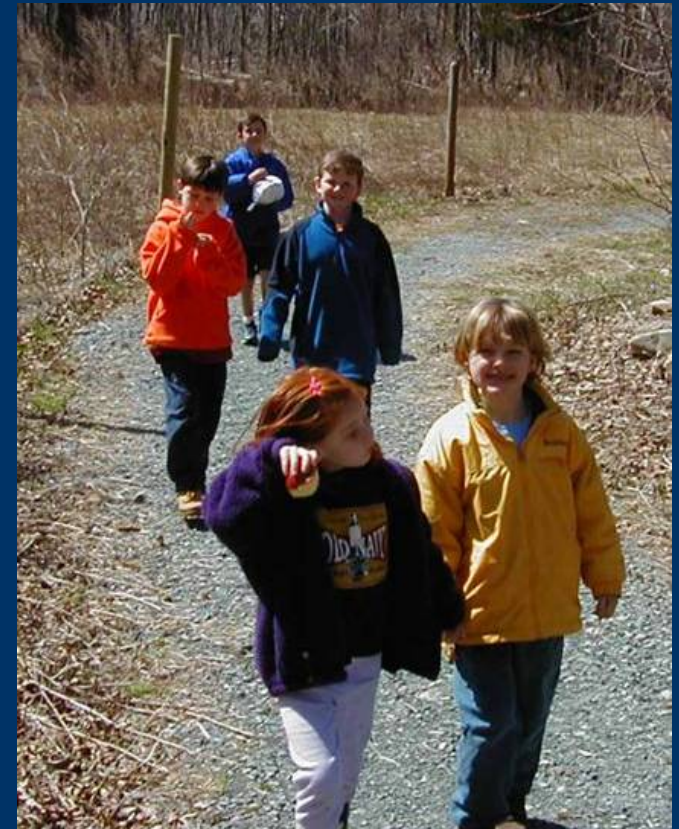
- Inactivity & resulting:
 - Obesity
 - Diabetes
 - Asthma
- Lack of independence
- Air Pollution & resulting:
 - Asthma

Transportation:

- Depletion of oil
- Rising fuel prices
- Rising school busing costs
- Congestion

PE teachers are mostly concerned with Health problems,
but there is some overlap with the other two categories

Inactivity

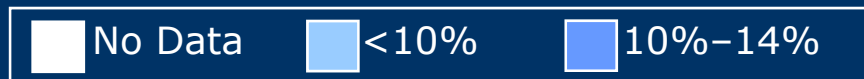
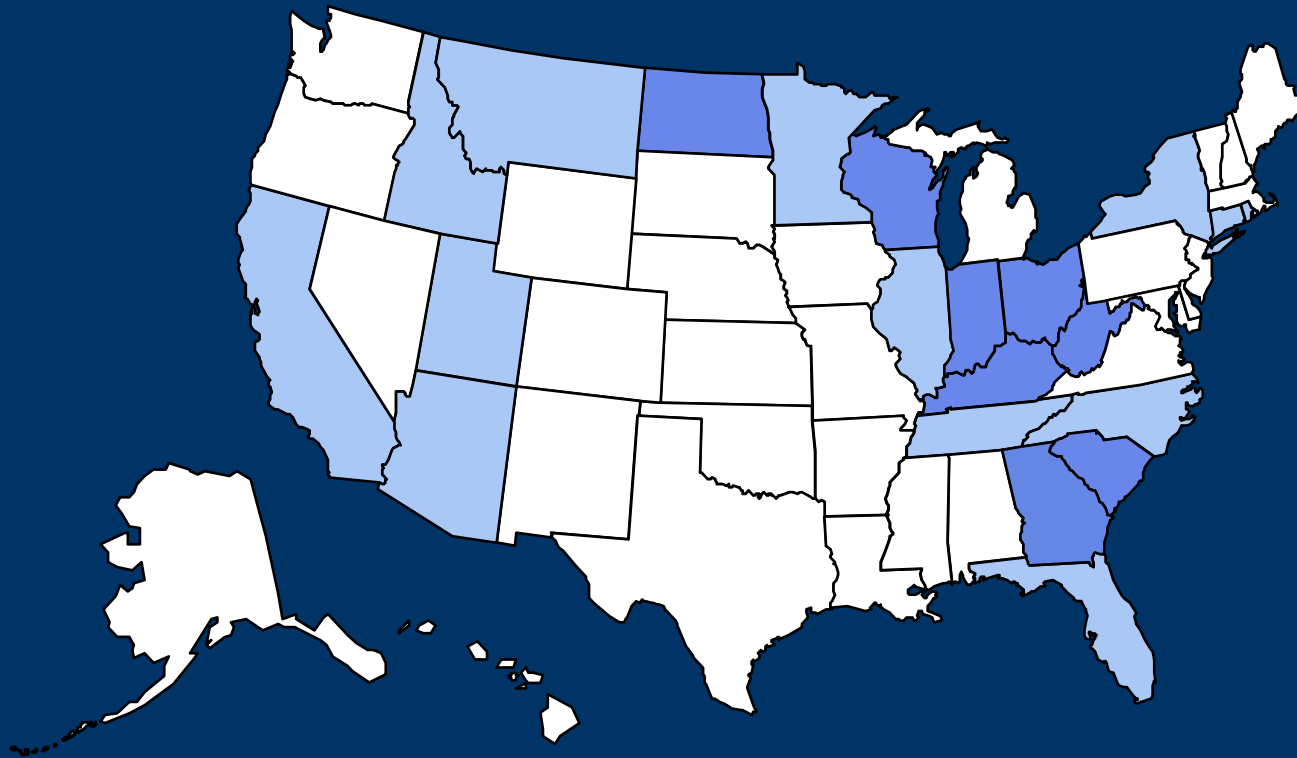


Most children aren't getting the recommended 60 minutes a day of physical activity

(US Depts. of Health and Human Services and Agriculture, 2005)

Obesity Trends Among U.S. Adults: 1985

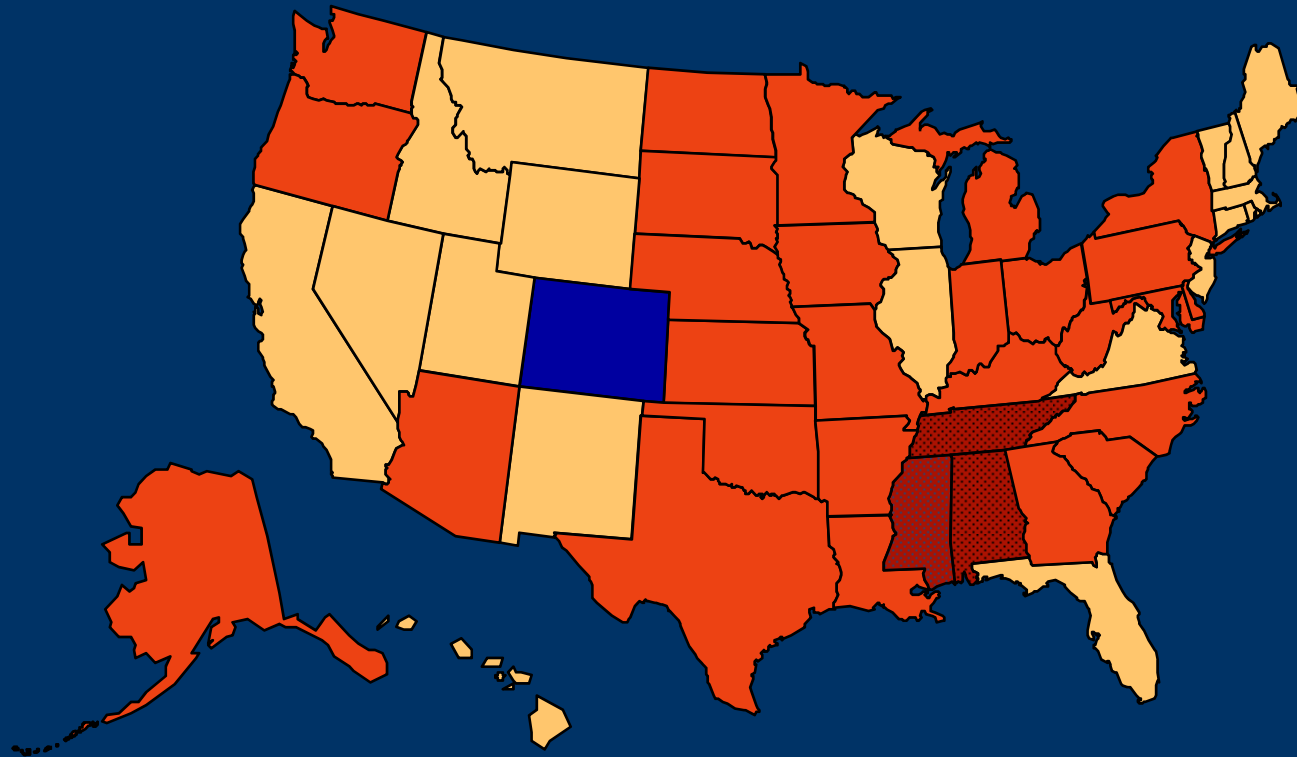
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



(Behavioral Risk Factor Surveillance System, CDC, 2004)

Obesity Trends Among U.S. Adults: 2007

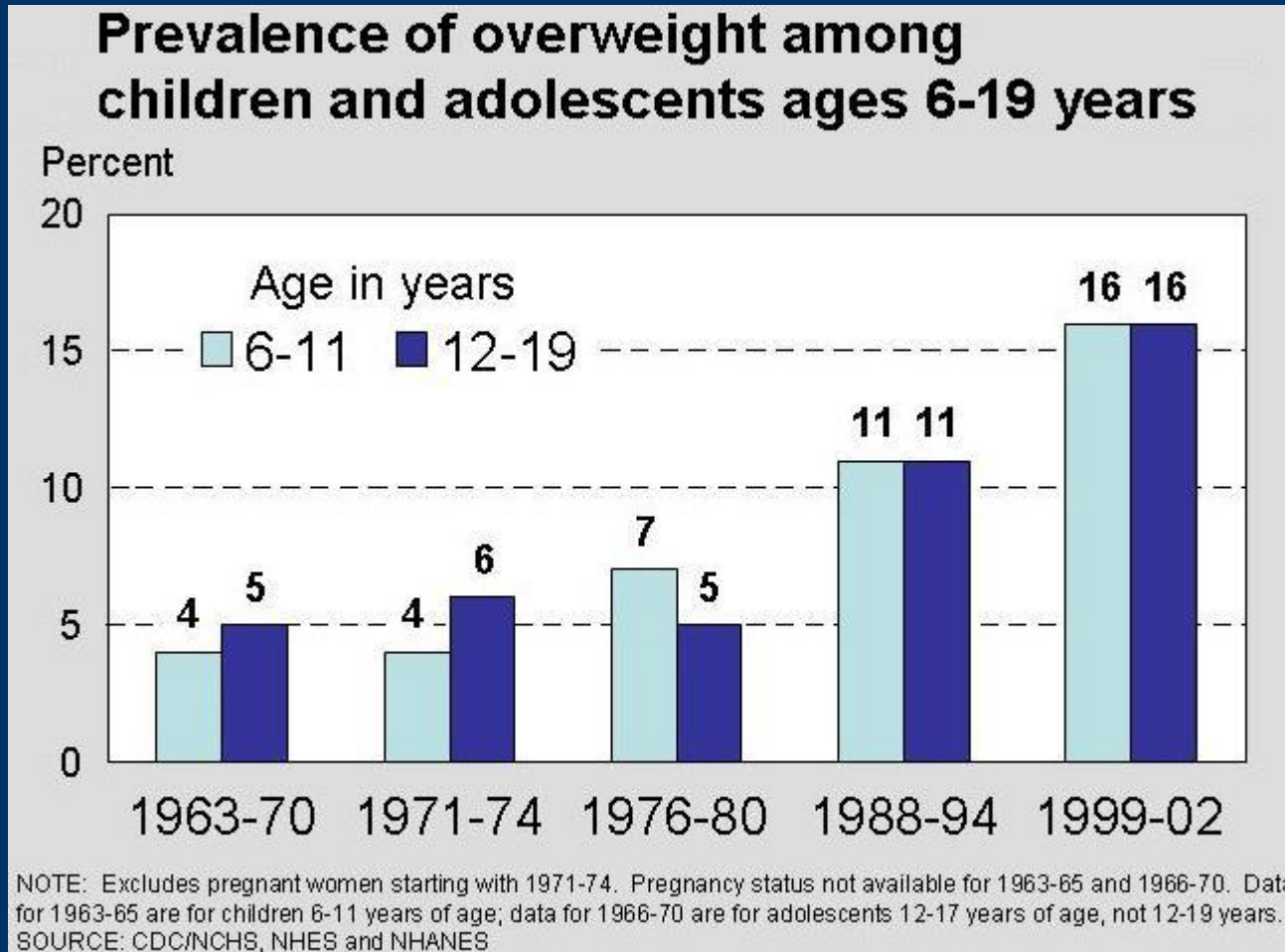
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



<10% 10%–14% 15%–19% 20–24% 25%–29% $\geq 30\%$

(Behavioral Risk Factor Surveillance System, CDC, 2007)

U.S. youth overweight rates



(National Center for Health Statistics)

Overweight children have an increased risk of...

Type 2 Diabetes

Low self esteem

Aggravated existing asthma

Sleep apnea

Decreased physical functioning

Many other negative emotional & physical effects

(American Academy of Pediatrics, 2005)

Lack of independence



Today's children are often captive when it comes to transportation

We need to teach children to travel independently & safely, so they can be the "free range" children we were



Air Pollution



Air quality is measurably better around schools with more walkers and cyclists

(EPA, 2003)

To address the Safety, Health and Transportation concerns, the Federal SRTS Program was established in September, 2005:

\$612 million to States

Program Guidance issued January 2006

Funds infrastructure & non-infrastructure

Requires State SRTS Coordinators

All States have Coordinators
44 States have funded SRTS



More Information:

- FHWA:
<http://safety.fhwa.dot.gov/saferoutes/>
- SRTS Clearinghouse:
www.saferoutesinfo.org

Safe Routes to School goals (focused on Grades K-8)

Where it's safe, get kids walking
and biking

Where it's not safe, make it safe



Physical Education Teachers' Goals

Teach children how to:

- be active
- enjoy being active
- exercise safely
- establish life-long healthy activities
- be healthy individuals
- be confident and independent

All these goals are shared with the SRTS program

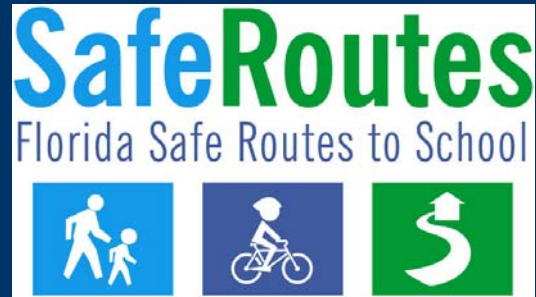
Florida's Safe Routes to School program

- ❖ **\$29.1 million through Sept, 2009**
- ❖ **Program managed by 7 Districts under state Guidelines & SRTS Coordinator, Pat Pieratte**
- ❖ **Third Call for Infrastructure Applications ends April 30, for Anticipated Fiscal Year 2014 Funds**
- ❖ **Non-Infrastructure programs:**
 - District programs
 - by application until funds committed
 - a combination of these
- ❖ **218 SRTS projects & programs have been funded so far, in 900 schools**



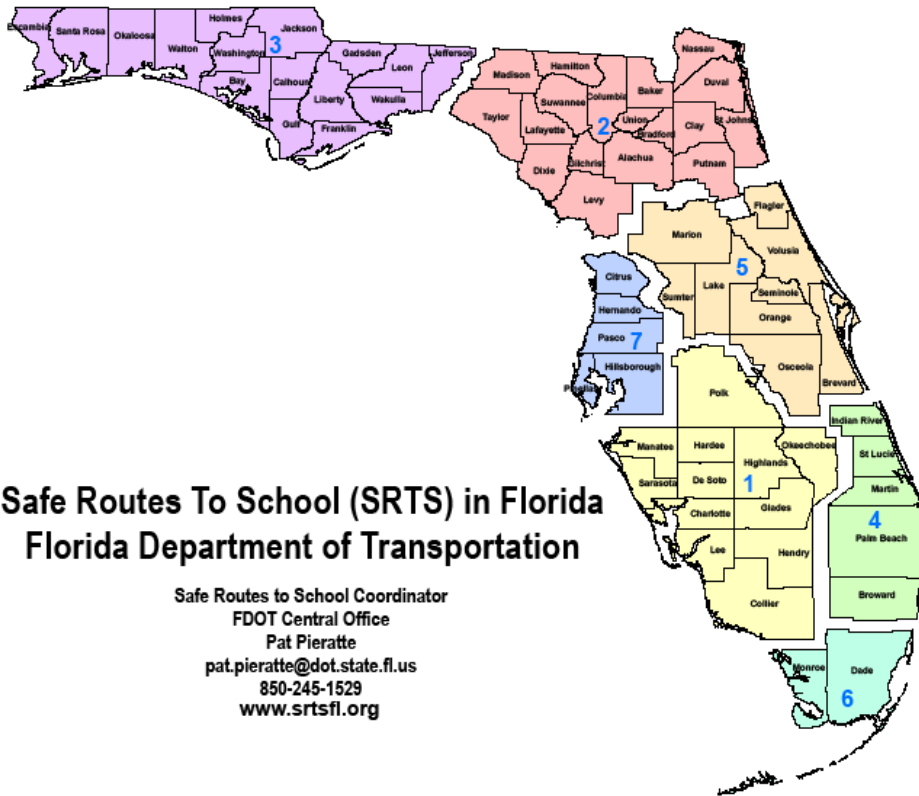
For more information:

www.srtsfl.org



Website Tools:
www.srtsfl.org

- **Basic Program Information**
- **Application Guidelines**
- **Non-infrastructure Information Form**
- **Infrastructure Application**
- **District contacts**
- **Links to:**
 - **Safe Ways to School Toolkit**
 - **Other helpful sites**



Safe Routes To School (SRTS) in Florida
Florida Department of Transportation

Safe Routes to School Coordinator
 FDOT Central Office
 Pat Pieratte
 pat.pieratte@dot.state.fl.us
 850-245-1529
 www.srtsfl.org

[See back for District contacts](#)

District Contacts

District	Contact	Title	E-mail Address	Phone	
1	Infrastructure	Gary Amig	Safety Program Manager	gary.amig@dot.state.fl.us	863-519-2666
1	Non-infrastructure	Sarita Taylor	Pedestrian/Bicycle Coordinator	sarita.taylor@dot.state.fl.us	863-519-2216
2	Infrastructure	Holly Walker, P.E.	Safety Engineer	holly.walker@dot.state.fl.us	904-360-5629
2	Non-Infrastructure	Andrea Atran	CTST Coordinator	andrea.atran@dot.state.fl.us	904-360-5416

Elements of Safe Routes to School programs

Education

Encouragement

Enforcement

Engineering

Evaluation




Education: For children




and adults

IT'S THE LAW

Safety and courtesy only take a second!



Florida Uniform Traffic Control
Florida Statute 316.083
A driver overtaking a bicycle must maintain a safe distance of **NO LESS THAN 3 ft.**



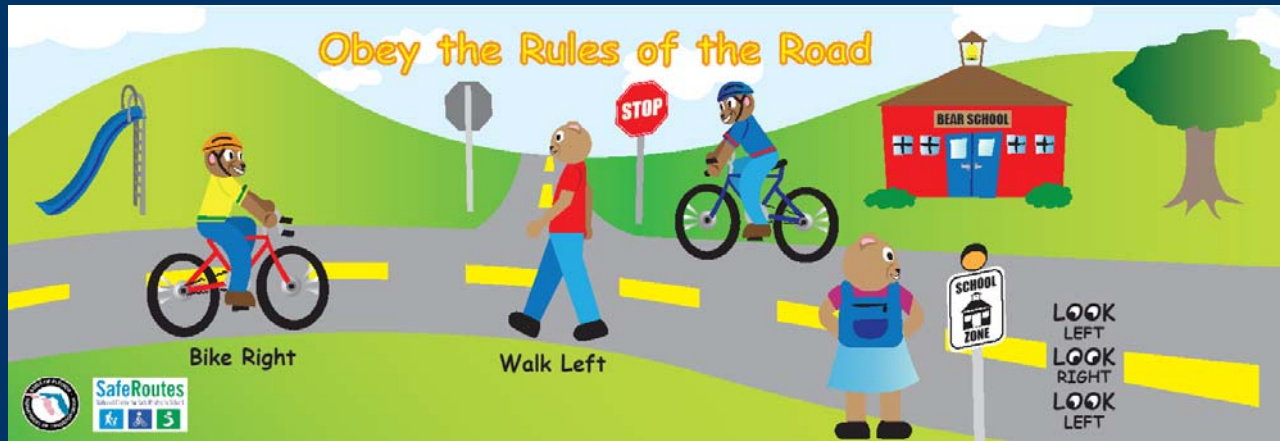
Florida Educational Programs:

District One will purchase 8 trailers like this for teaching the FTBSEP and bike rodeos:



One for each interested county, complete with bikes, educational materials & promotional items

District One Held a Logo Contest



The winning entry was finalized & will be put on the District's Bike Trailers

Encouragement:



Download
Walk 'n Roll
punch
Card from
website



Increases popularity of walking & biking
An easy way to start SRTS programs
Emphasizes fun of walking and biking

Educational & Encouragement Programs:

Involve the children in fun & educational programs which will make them want to walk & bike more often



Enforcement:

Increases awareness of pedestrians and bicyclists

Improves driver behavior

Helps children follow traffic rules

Decreases parent perceptions of danger

Florida is the only state with mandatory training for crossing guard trainers and guards



Engineering:



- Creates safer settings for walking or biking
- Can influence the way people behave



Examples: New or improved

- School zones
- Routes to school
- Crosswalks
- Traffic calming

Evaluation:

Is the program making a difference?

**SURVEY ABOUT WALKING AND BIKING TO SCHOOL
- FOR PARENTS -**

Dear Parent or Caregiver,

Your child's school wants to learn your thoughts about children walking and biking to school. This survey will take about 10 - 15 minutes to complete. We ask that each family complete only one survey per school year (children attend). If more than one child from a school brings a survey home, please fill out the survey for the child with the next birthday from today's date.

After you have completed this survey, send it back to the school with your child or give it to the teacher. Your responses will be kept confidential and neither your name nor your child's name will be associated with any results. Thank you for participating in this survey!

These first few questions gather some general and background information.
Remember, all information will be confidential, and no identifying information will be released.

1. What is the grade of the child who brought home this survey? (K - 8) _____ grade
2. Is the child who brought home this survey male or female? MALE FEMALE
3. How many children do you have in Kindergarten through 8th grade? _____ (Allies)
4. What is your ZIP Code? (please provide ZIP and if known _____ ZIP code you may also list all ZIP codes)
5. How far does your child live from school? please circle:

<input type="checkbox"/> a. less than 1/4 mile	<input type="checkbox"/> c. 1 mile up to 2 miles
<input type="checkbox"/> b. 1/4 mile up to 1/2 mile	<input type="checkbox"/> d. More than 2 miles
<input type="checkbox"/> e. 1/2 mile up to 1 mile	<input type="checkbox"/> f. Don't know
6. On most days, how does your child arrive at school and leave for home after school? (circle one choice per column)

Arrive at school	Leave for home
a. Walk	a. Walk
b. Bike	b. Bike
c. School Bus	c. School Bus
d. Family vehicle (only with children from your family)	d. Family vehicle (only with children from your family)
e. Carpool (only with children from other families)	e. Carpool (only with children from other families)
f. Transit (city bus, subway, etc.)	f. Transit (city bus, subway, etc.)
g. Other (airplane, train, etc.)	g. Other (airplane, train, etc.)

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**SAFE ROUTES TO SCHOOL
STUDENT ARRIVAL AND DEPARTURE TALLY SHEET**

School Name: _____ Grade: _____ # of students enrolled in class: _____

Teacher: _____ Monday's Date: _____

School's Zip Code: _____ (used to identify weather conditions)

Teachers, here are simple instructions for using this form:

- Please conduct these counts each of the five days of the assigned week.
- Before asking your students to raise their hands to indicate the one answer that is correct for them, read through all potential answers so they will know what the choices are.
- Ask your students as a group the question "How did you arrive at school today?"
- Read each answer and record the number of students that raised their hands for each.
- Follow the same procedure for the question "How do you plan to leave for home after school?"
- Please conduct this count regardless of weather conditions (i.e., ask these questions on rainy days, too).

Step 1. Fill in the weather conditions and number of students in class each day		Step 2. Ask students "How did you arrive at school today?" and "How do you plan to leave for home after school?" (record number of hands for each answer)						
Weather (if sunny or rainy or snow or other)	Number of Students (in class when count took)	Walk	Bike	School Bus	Family Vehicle (only with children from your family)	Carpool (only with children from other families)	Transit (city bus, subway, etc.)	Other (plane, train, etc.)
Mon AM								
Mon PM								
Tues AM								
Tues PM								
Wed AM								
Wed PM								
Thur AM								
Thur PM								
Fri AM								
Fri PM								

Comments (Please list any objections to these counts or any unusual travel conditions to/from the school on the days of the tally):

- Applications must include the student travel tally
- Every funded SRTS program in Florida must provide before & after data using these forms

Steps in creating a SRTS Program

Bring together the right people

Hold a kick-off meeting

Gather information and identify issues

Identify solutions

Develop a Plan

Fund the plan

Act on the plan

Evaluate, make needed changes and keep moving

This was a 1996 Time Magazine cover, which highlighted the obesity problem we have in the United States



**Ultimate
Goal:
To some
day see
this cover
on Time
Magazine**



General questions on SRTS programs? See the National Center for SRTS's site: www.saferoutesinfo.org

The screenshot shows the homepage of the National Center for Safe Routes to School. At the top left is the SafeRoutes logo with the tagline 'National Center for Safe Routes to School' and three icons representing walking, bicycling, and pushing a stroller. To the right is a search bar with a 'search' button and a small photo of two children. Below the search bar are links for 'Skip to Main Links', 'Site Map', and 'Contact Us'. A left-hand navigation menu lists various resources. The main content area features a video player titled 'What is Safe Routes to School?' with a 'click here' button. To the right of the video is a text block describing the center's mission. Below this are three columns of featured resources, each with a title, source, and date. At the bottom left is a link to the Federal SRTS Program site, and at the bottom right is a funding statement and the SafeRoutes logo.

SafeRoutes
National Center for Safe Routes to School

Search: 

[Skip to Main Links](#) [Site Map](#) [Contact Us](#)

- Getting Started
- State SRTS Contacts
- NCSRTS Resources
- SRTS Guide
- Online Library
- Ask a Question
- Legislation and Funding
- Training
- News Room
- About Us
- Links

What is Safe Routes to School?
Watch a short video to learn more about encouraging kids to safely walk and bike to school. [click here](#)

Community leaders, parents and schools across the U.S. are using Safe Routes to School programs to encourage and enable more children to safely walk and bike to school. The National Center for Safe Routes to School aims to assist these communities in developing successful Safe Routes programs and strategies. The Center offers a centralized resource of information on how to start and sustain a Safe Routes to School program, case studies of successful programs as well as many other resources for training and technical assistance.

Featured Resource
[10 Tips for Getting Walk to School Event Media Coverage](#)
This tip sheet outlines a few helpful tips for obtaining media coverage for a Walk to School event.

SRTS in the News

Kid bicyclists strap on helmets Daytona Beach News-Journal 08/31/2006	Expert tests walking routes Rome News-Tribune 08/31/2006	Signs near schools warn speeders to 'slow down' The Honolulu Advertiser 08/30/2006
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visit the **Federal SRTS Program site**

This site is funded by the U.S. Department of Transportation Federal Highway Administration and maintained by the National Center for Safe Routes to School within the University of North Carolina Highway Safety Research Center in partnership with the American Association of State Highway and Transportation Officials, America Walks, the Governor's Highway Safety Association, the Institute of Transportation Engineers, and Toole Design Group.

SafeRoutes
National Center for Safe Routes to School





Questions on Florida's
SRTS program?

See: www.srtsfl.org

Or contact:

Florida SRTS Coordinator

Pat Pieratte, 850-245-1529

Pat.Pieratte@dot.state.fl.us

Or your District Contacts

(see map & chart on website)



Getting 'Bike/Ped Safety' into School & Community Programs

Dan Connaughton, Associate Professor
FTBSEP, Director
University of Florida



Program Overview



Florida Department of Transportation funded
Bicycle and Pedestrian Safety Education
Program

Our Mission is to reduce the number and severity of injuries and deaths to children from bicycle and pedestrian crashes by training them with the knowledge and skills needed to be competent and safer in traffic.

Our Service

We provide ready-to-go bike/ped safety curriculums to be administered in schools and communities.

We provide workshops where instructors are taught how to administer the curriculum.

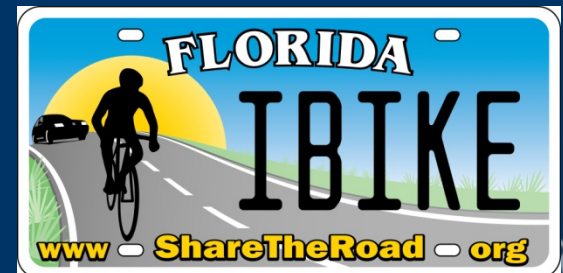
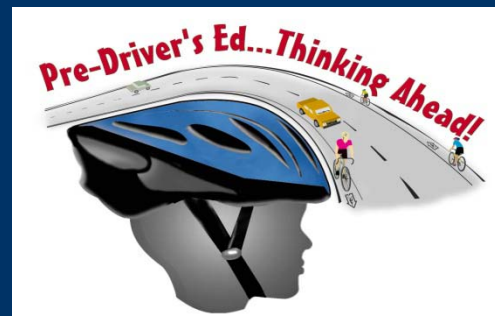
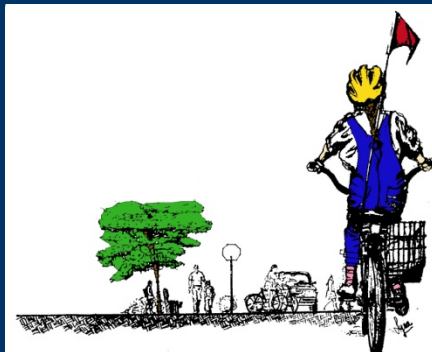


FTBSEP Curriculums

Elementary School: *Florida's Safe Routes to School Elementary Traffic Safety Education Guide*

Middle School: *Pre-Driver's Ed...Thinking Ahead*

High School: *Bike 'N Ped Driver Ed*

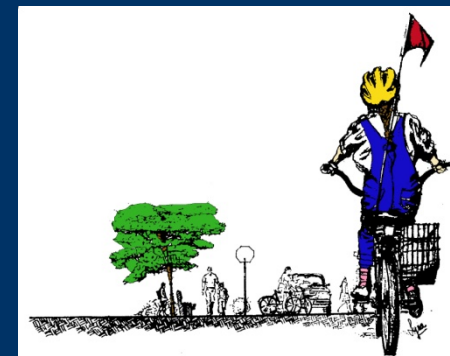


Florida's Safe Routes to School Elementary Traffic Safety Education Guide

Focus is on development of on-bike and pedestrian skills, students in K-5, appropriate for physical education classes

- Section 1: Administrators' Guide
- Section 2: Safe Routes to School
- Section 3: Student Activities
- Section 4: Resource Guide

8-hour Teacher Workshop
is taught in a day



Florida's Safe Routes to School Elementary Traffic Safety Education Guide

Recently updated:

5th grade section, FCAT-related questions,
resource guide, adapted section

Curriculum and Video set is now available in
CD/DVD format

DISC1 - Curriculum

- 1) Section I: Administrator's Guide
- 2) Section II: Florida's Safe Routes to School
- 3) Section III: Student Activities
- 4) Section IV: Equipment & Support Materials

DISC2 - Videos

a) Pedestrian safety

- 1) Stop and look with Willy Whistle (8:17 min.)
- 2) Crossing the street (3:06 min.)
- 3) Visual barriers (6:04 min.)
- 4) School bus safety (1:14 min.)
- 5) Model intersection (3:30 min.)
- 6) Be cool follow the rules (15:25 min.)

b) Bicycle Safety

- 1) Education is the key (11:10 min.)
- 2) Kids eye view (10:00 min.)
- 3) The bicycle zone (12:00 min.)
- 4) Ride smart it's time to start (8:55 min.)



Elementary Traffic Safety Education Guide

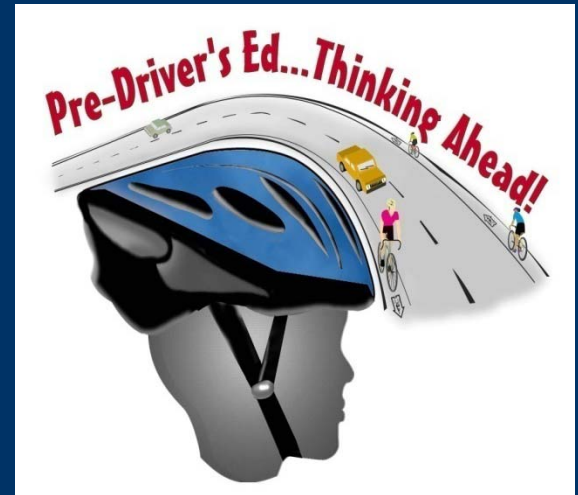
Florida's Safe Routes to School Elementary Traffic Safety Education Guide



Pre-Driver's Ed...Thinking Ahead

Focus is on "Street wise"

- on-bike skills
- Personal Health
- Bike maintenance
- Community Transportation



8-hour workshop for teachers and youth leaders of students in grades 6-8

Bike 'N Ped Driver Ed



Teacher and student-friendly materials for driver education classes

Focus on responsibilities of motorists to obey the laws

Etiquette of sharing the road safely with bicyclists and pedestrians



Community Workshops

Emphasizes traffic and bicycle safety skills and rules of the road.

One day (8-hr) workshop for community leaders teaches how to implement a successful bicycle rodeo.



Getting Bike/Ped Safety into School & Community Programs

The FTBSEP curriculum is very flexible and can be molded to fit different time and need schemes. Organizations are always looking for new activities!

Can be incorporated in

- YMCA
- Boys and Girls Clubs
- Recreation Programs



Conclusion

The FTBSEP Curriculums are filled with great lessons and activities that can be molded to fit many types of school and community programs.



Contact info

FTBSEP

University of Florida

P.O. Box 118208

Gainesville, FL 32611

(352) 392-4042, x. 1370

E-mail: safety@hhp.ufl.edu

Website: www.safety.hhp.ufl.edu

Questions? Suggestions?

