

# SafeRoutes

National Center for Safe Routes to School



**Hillsborough County**

**PUBLIC SCHOOLS**

*Excellence in Education*



# SafeRoutes

National Center for Safe Routes to School



## Walking & bicycling to school:

## Maximizing opportunities for physical activity

Nancy Pullen-Seufert

April 25, 2013



# Are you...?

- I'm aware of Safe Routes to School.
- I'm actively involved in promotion walking and bicycling to school.
- New to this stuff.

# Why support walking & bicycling to school?

From one PE teacher's perspective...

- Healthy schools – promoting physical activity
- Traffic congestion reduction
- Family time



# A few more reasons

- Opportunity to foster independence
- Student concentration in classroom
- Draw attention to safety problems



# Federal SRTS Program

- Federal transportation legislation
  - \$1.147 billion dollars
- K – 8 schools
- Infrastructure & non-infrastructure



# Federal Program (cont'd)

- State SRTS programs
  - Nearly 14,000 schools
- MAP-21 TAP – a change in funding
  - July 2012, \$809M
  - SRTS no longer dedicated funding
- \$271 M in SAFETEA-LU funds remain

# International Walk to School Day

- Every October
- 2012: 4,000+ schools
- Benefits
  - Visibility
  - Try a new behavior
  - Fun
  - More than  $\frac{3}{4}$  lead to policy or environmental changes





# National Bike to School Day, May 8

A few of the reasons.....

- FUN
- Visibility
- Bike rack giveaway





**Ready?**  
Learn the Basics

**Get Set!**  
Planning & Outreach Tools

**Go!**  
Register or Find an Event

**Keep Going!**  
Walk & Bike Year-Round

## Bike to School Day Join Us May 8th!

Get counted!

[Register your event](#)

- [Tips for planning your event >>](#)
- [See who's biking in 2013 >>](#)
- [See who biked in 2012 >>](#)



COUNT  
DOWN  
TO  
MAY 8  
**37**  
DAYS

### Map-a-route

Build and share one – or several – walking or bicycling routes to school..

YOU ARE HERE

[Map your route >>](#)

YOUR SCHOOL

## Walk to School Day



[Learn more](#)

## Keep Going!

[Get Year Round Resources >>](#)



Bike safety



Find Local Know How



Pedestrian safety

# Map biking / walking routes

Map-a-Route

Search Add + My Schools Active School: Rosa Parks Middle Share Print

Hello Katie  
[Instructions](#) | [Log Out](#)

Street Aerial

**Map-a-Route** X

Build and share one – or several – walking or bicycling routes to a school. [Learn more.](#)

You can share your routes with others by giving them the following URL...

<http://maps.walkbiketoschool.org/#share/MTAx/2220>

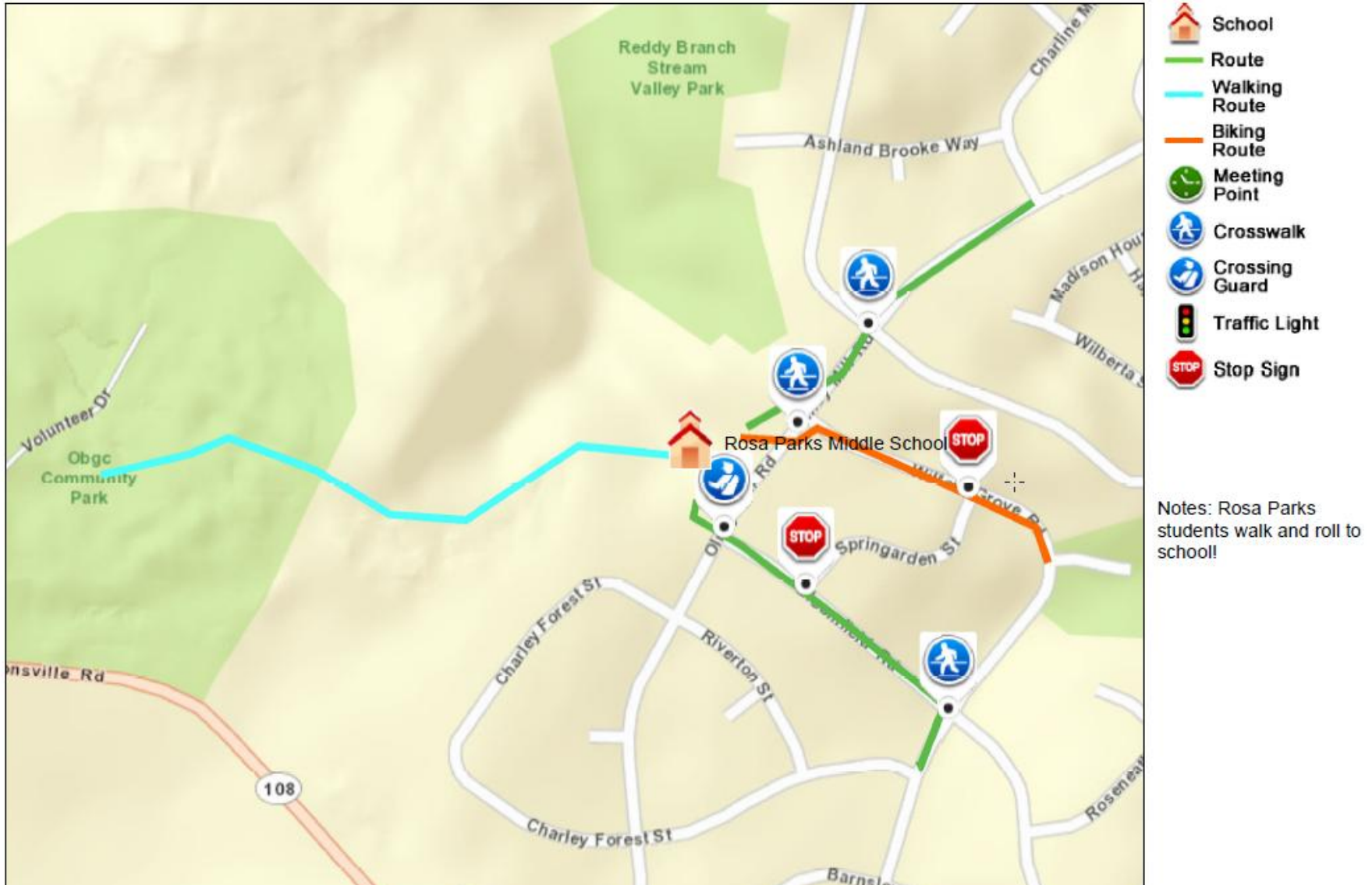


[Note to Users](#)

A tool powered by [walkbiketoschool.org](http://walkbiketoschool.org).

# ....and share them

## Rosa Parks Middle School Walking and Bicycling Routes



# Resources available on [www.saferoutesinfo.org](http://www.saferoutesinfo.org)

- Webinars
- Online training
- State SRTS Programs
- SRTS guide
- Child and parent education materials
- Data services / evaluation

# But does it work?

Program planning  
Program monitoring  
Tracking progress

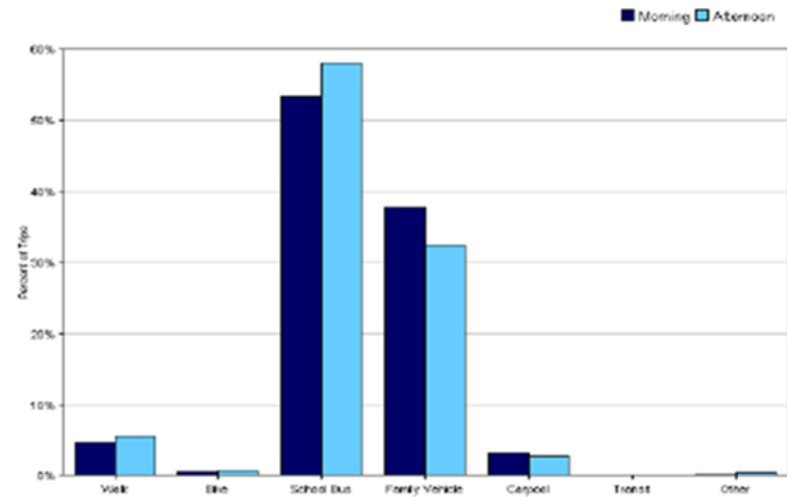


Student travel tallies  
Parent surveys

## Tally Report

Program Name:	Sample SRTG Program	Month and Year collected:	January 2010
School Name:	Sample Middle School	Set ID:	790
Reported Enrollment:	750	Reported Number of Classrooms:	56
Date Report Generated:	07/14/2010	Number of Classrooms Included in Report:	50

Morning and Afternoon Travel Mode Comparison



Morning and Afternoon Travel Mode Comparison

	Number of Trips	Walk	Bike	School Bus	Family Vehicle	Carpool	Transit	Other
Morning	4855	5%	0.5%	53%	38%	3%	0.1%	0.2%
Afternoon	4875	5%	0.7%	58%	32%	3%	0.1%	0.5%

Percentages may not total 100% due to rounding.

## SHIFTING MODES

A Comparative Analysis  
of Safe Routes to School Program  
Elements and Travel Mode Outcomes

Prepared by the National Center for Safe Routes to School

# Ingredients for walking & bicycling

1. In-school champion
2. Promotional activities
3. Parent support
4. Policies



**SafeRoutes**

National Center for Safe Routes to School



January 2012

# How it's done:

Gladys Noon Spellman  
Elementary  
Cheverly, MD

- Ped/bike safety unit in PE
- Weekly walking on Wednesdays
- Walk AT school options for bus riders
- Walk and Bike to School Days





# Questions?

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

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

Nancy Pullen-Seufert

[pullen@hsrc.unc.edu](mailto:pullen@hsrc.unc.edu)





# Florida Traffic and Bicycle Safety Education Program

John Egberts, Assistant Program Director  
April 25, 2013



# FTBSEP Program Overview

Began over 20 years ago

- 402 funding in specific region then picked up by FDOT to offer statewide.

FDOT Safety Office funds the FTBSEP

**Our Goal** 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.



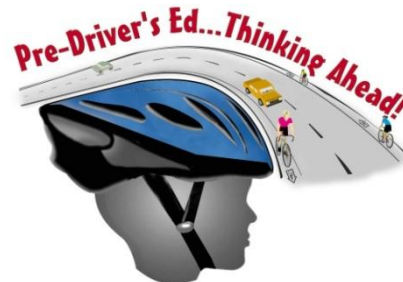
# Our Service

- We provide ready-to-go bike/ped education curricula to be administered in schools and communities.
- We provide free, one-day “train-the-trainer” workshops where instructors are taught how to administer the curriculum to children.



# FTBSEP Curricula

- **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*



# 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.
- Can be incorporated in:
  - \* Schools
  - \* YMCA
  - \* Boys and Girls Clubs
  - \* Recreation Programs



# Next Generation Sunshine State Standards for Physical Education

(approved 12/08)

**Kindergarten - Verbally state the search "look left, look right, look left again" used before crossing a roadway.**

**1<sup>st</sup> Grade - Identify edges, pedestrians, vehicles and traffic.**

**2<sup>nd</sup> Grade - Identify the proper crossing sequence.**

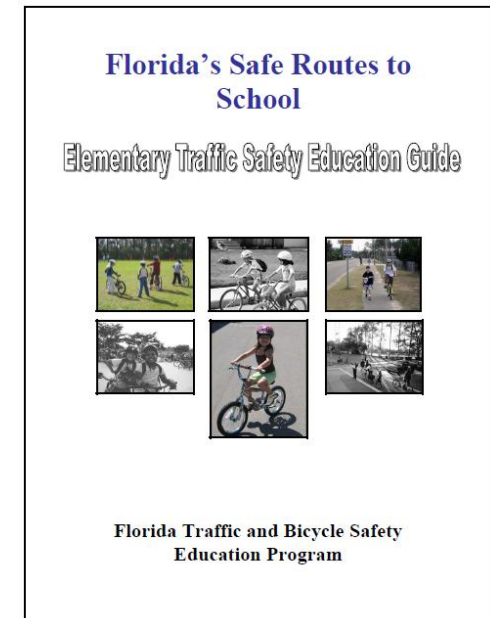
**3<sup>rd</sup> Grade - Differentiate between the correct and incorrect way to fit a bicycle helmet.**

**4<sup>th</sup> Grade - Discuss the importance of wearing a bicycle helmet.**

**5<sup>th</sup> Grade - Discuss the importance of being visible, being predictable and communicating when cycling.**

# Curriculum Lessons and Activities

- Student Activities Section
  - \* Pedestrian/Bus lessons
  - \* Bicycle Lessons
    - Hazards, Seeing/Being Seen, Rules of the Road, Helmet Importance, on-bike skills, etc.
    - Important to ensure teachers can fit helmets.
- Lessons are organized and user-friendly
  - \* Objective, materials required, time, additional activities, etc.
  - \* Curricula includes all videos, cds, contact info, and resources.





# Pre-Driver's Ed...Thinking Ahead

## Florida's Middle School Curriculum

- \* Need for content and educational materials designed for middle school students
- \* Targets their interest in driving
- \* Focus on:
  - \* On-bike skills
  - \* Personal Health
  - \* Bike maintenance
  - \* Community Transportation
- Pedestrian education will be added in next revision



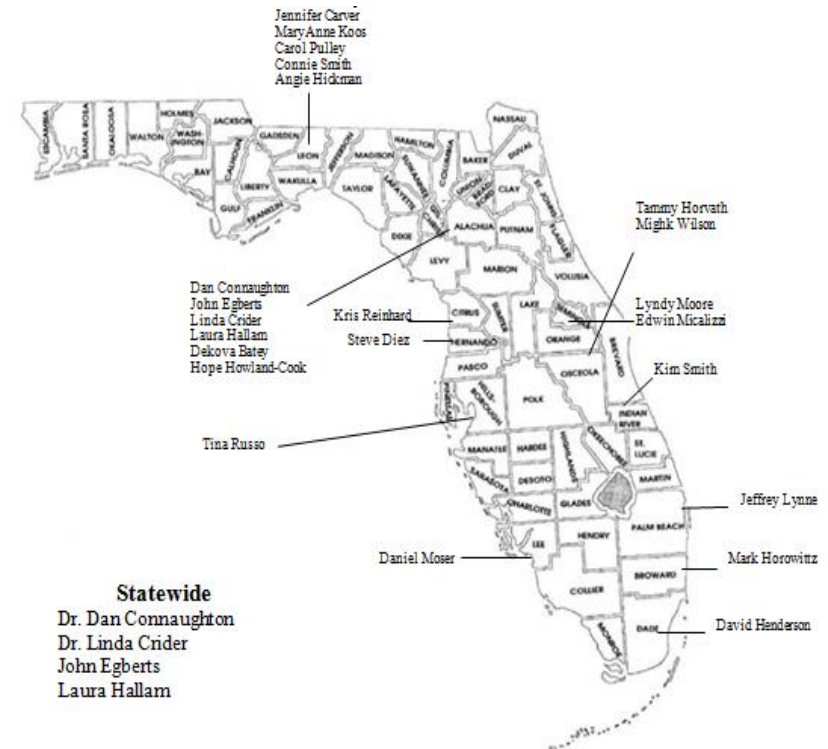
# Community Workshops

- Emphasizes traffic and bicycle safety skills and rules of the road.
- One day (6-hr) workshop for community professionals
- Teaches how to implement a bicycle rodeo/skills clinic



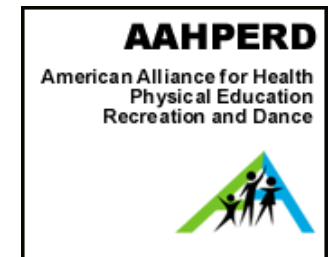
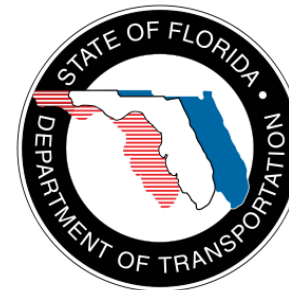
# Program Operation

- Director & Assistant Director (UF)
- Regional Trainers throughout state



# FTBSEP Organizational Relationships

- Safe Route to School
- Bike Florida & Florida Bicycling Association
- DOT, DOE, DOH, FAHPERDS, & CODA, School Districts, and other independent orgs.



# SRTS purchased trailers

Purchased over  
20 trailers like this  
with SRTS funds



- for teaching the FTBSEP and bike rodeos
- one for each interested county (school district, police dept., etc)
- complete with bikes, educational materials & promotional items

FTBSEP training workshops held in each county receiving a trailer.

Participants given curricula, necessary videos and materials, and contact information for those who may be able to assist in region.



With both classroom and on-bike training, each county is ready to go when they get their trailer.

Continued support and guidance offered by FTBSEP.

# FTBSEP Mini-grants

- Maintenance and repair of bicycles, training equipment, trailers, etc.
- Purchase of new equipment, bicycles, etc.
- Substitute teachers



# Contact info

**John Egberts**

**FTBSEP**

**University of Florida**

**P.O. Box 118208**

**Gainesville, FL 32611**

**(352) 294-1685**

**E-mail: [safety@hhp.ufl.edu](mailto:safety@hhp.ufl.edu)**

**Website: <http://hhp.ufl.edu/safety>**







**Hillsborough County**

**PUBLIC SCHOOLS**

*Excellence in Education*

**Teaching Pedestrian and  
Bicycle Safety:  
K-8 Physical Education  
Classes**

**Debbie Maronic**

**DRT, K-12 Physical Education  
and Health Education**

**April 25, 2013**



# Next Generation Sunshine State Standards for Physical Education

- Kindergarten - Verbally state the search "look left, look right, look left again" used before crossing a roadway.**
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- 3<sup>rd</sup> Grade - Differentiate between the correct and incorrect way to fit a bicycle helmet.**
- 4<sup>th</sup> Grade - Discuss the importance of wearing a bicycle helmet.**
- 5<sup>th</sup> Grade - Discuss the importance of being visible, being predictable and communicating when cycling.**

# K-5 Curriculum Resources

- 1. In-Person Training (full day)**
- 2. School site assembly and skills course**
- 3. Additional Resources available**
  - District Internal Bulletin Board
  - District equipment checkout system

# Funding for Program

**Entirely funded through SRTS Grants!**

**Coordinated by**

- **District Physical Education Staff**
- **St. Joseph's Children's Hospital**

# Teacher Training Agenda



Classroom Instruction

# Teacher Training cont.



Bike Handling Skills



Snail Race

# Training Stations



# Neighborhood Ride





# Teachers Trained

**2010 – 2012**

**100+ Physical Ed. Teachers Trained**

- Reached 60,000+ students
- Reached 113/144 ES's

# Direct Student Instruction

## Elementary

Year	Students	Schools
2007	2,000	4
2009	7,850	28
2011	16,999	31

## Middle School

2011	300	1
2012	12,000	5

# Future Directions

- **Yearly PE Teacher Trainings**
- **Continue School Based Programs**
- **Additional Resources on Bulletin Board**
- **Equipment Kits to check-out**

# Questions?

Debbie Maronic, DRT  
K-12 Physical Education and Health

Hillsborough County Public Schools  
Tampa, Florida 33602-3507

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813-272-4621



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# Safe Routes to School Tampa

## **Elementary School:**

Safe Kids “Walk and Roll” to School

## **Middle School:**

Bike Handling and Traffic Skills Training

Bevin Maynard, LCI 1282

Safe Kids Tampa Coordinator

# Concept: A Bicycle is a Vehicle



# School Assembly: Grades K-2



Ready to Roll



Proper Helmet Fit

# School Assembly cont.



Safe Sidewalk



Cautious Crossing



# Bike Clinic: Grades 3-5



1. Helmet Fit



2. Stop and Go

# Bike Clinic cont.



3. Cautious Crossing



4. Safe Sidewalk

# Bike Clinic cont.



5. Scanning for Cars

4. Traffic Signals

# Teacher Taught Power Point

## Bike Fit



# Too Big!



# Too Small!



# Bike Inspection

## ABC Quick Check

- Air
- Brakes
- Chain



# Your Brain:

## The Computer of your Body



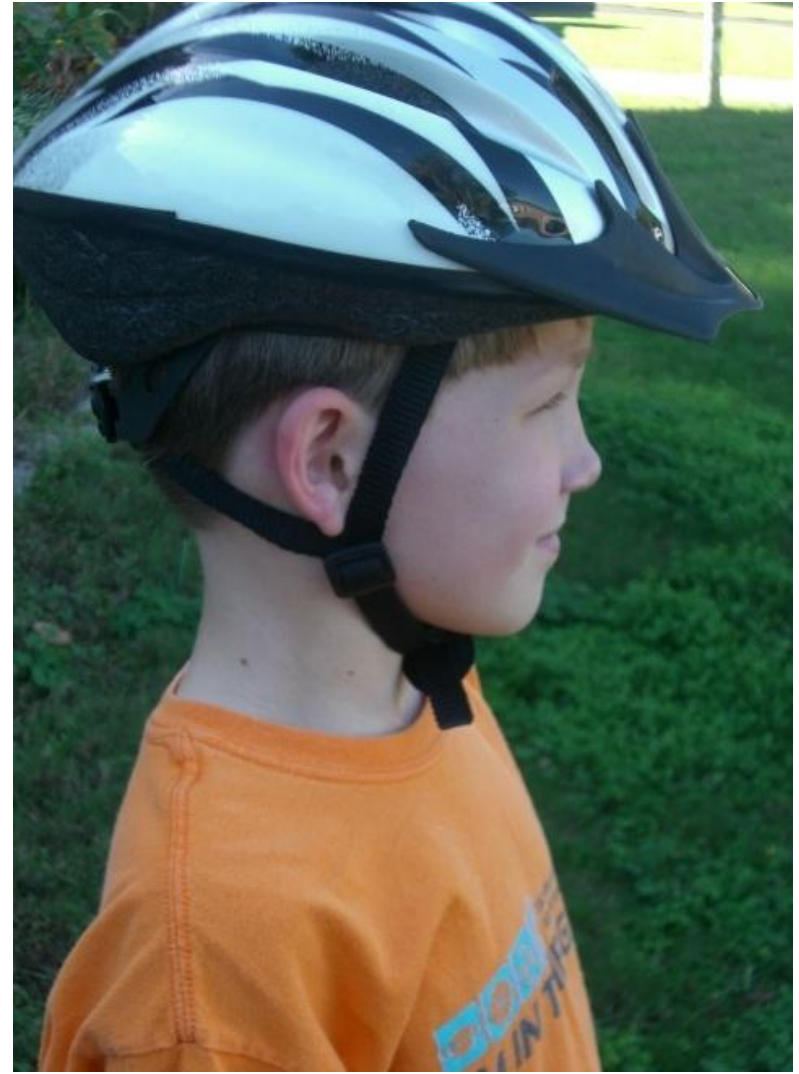
# So when you ride ....



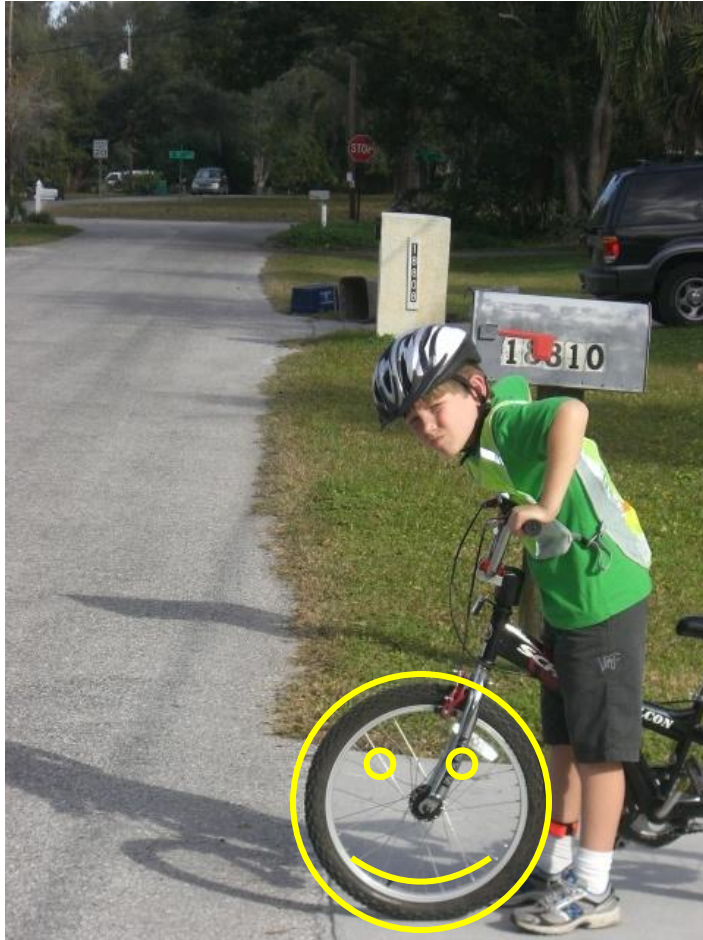
## Don't wear your helmet like this!



# Wear it like this!



# Get a Clear View



**Find the Edge**

# What do you see?



# Look Again



# Look Twice to Save your Life



# Be Safe Be Seen



# Lets see how much you know.

1. What is the most important thing when you ride your bike?

**Answer: Wear your Helmet**

2. What should you wear when you ride?

**Answer: Bright colors**

3. What can you do to be predictable?

**Answer: Use Hand signals**

4. What must you do at the end of a driveway?

**Answer: Stop at the edge**

5. What is the ABC quick check?

**Answer:**

**A=air**

**B=brakes**

**C=chain, crank & cassette**

# Middle School Pre- Driver's Ed.

Tuesday	Wednesday	Thursday	Friday
<b>Inside</b> <ul style="list-style-type: none"> <li>• <b>Power Point</b></li> <li>• <b>Helmet Fit</b></li> <li>• <b>Bike Check</b></li> <li>• <b>Bike Fit</b></li> </ul>	Meet Outside <ul style="list-style-type: none"> <li>• Bike Fit</li> <li>• Bike Control</li> <li>• Hand Signals</li> <li>• Scanning</li> <li>• Lane positioning</li> </ul>	Meet Outside <ul style="list-style-type: none"> <li>• 4-Way Stop</li> <li>• Snail Race</li> <li>• Hazards</li> <li>• Safety Stop</li> <li>• Chaos Box</li> </ul>	Meet Outside <ul style="list-style-type: none"> <li>• Roadway Simulation</li> <li>• Scanning</li> <li>• Hand Signals</li> <li>• Lane Positioning</li> <li>• 4 Way Stop</li> </ul>



# Day 1: Power Point



**Effects of Brain Injury**

# Day 1: Helmet Fit



# Day 1: Bike Inspection



# Day 2: Continuous Loop Design

## Cycling Skills/Adult



### SET UP:

The Cycling Skills/Adult drills are designed to allow a neophyte cyclist to practice basic bike handling drills in a non-threatening environment.

The layout is 100 x 20 feet. It is this size for a reason and you should be hesitant to change it. Most states require turn signals beginning at 100 feet before a turn. This layout allows riders to visualize that distance and practice scanning, signaling and turning in that distance.

The 20 foot width is designed to give cyclists a chance to practice turning in tight conditions. It makes them comfortable leaning their bike to turn which gives them better control.

### RIDER CONTROL:

Have riders line up two by two straddling their bicycles in the "Parking Lot."

Instruct them not to go until they are clear what the exercise looks like and you touch their handlebars.

Instruct them that they are to return to the parking lot each time they complete three repetitions of the exercise.

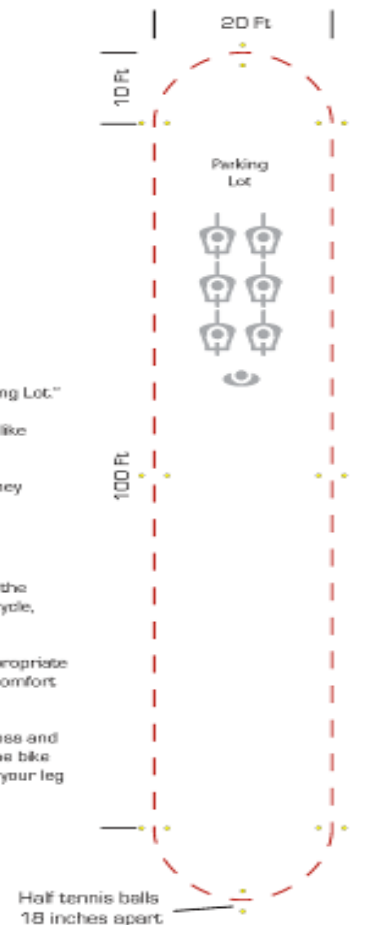
### MOUNTING AND DISMOUNTING:

Many riders will be uncomfortable mounting by throwing a leg over the seat. There are numerous other ways to mount and dismount a bicycle, even one with a top bar.

If someone has a problem mounting or dismounting it is always appropriate to suggest a bicycle with a low step through height. Many cruiser, comfort or town bikes have low or non-existent top bars.

The easiest way to mount a standard frame bicycle is to reach across and grab the far handlebar, and with the other hand on the seat, lean the bike towards you. You can either step directly over the top bar or swing your leg in an arc behind the seat.

Dismounting involves a similar movement.



# Day 2: Basic Bike Handling



**Start and Stop using Power Pedal**

# Day 2: On-Bike Skills



**Scanning for Cars**

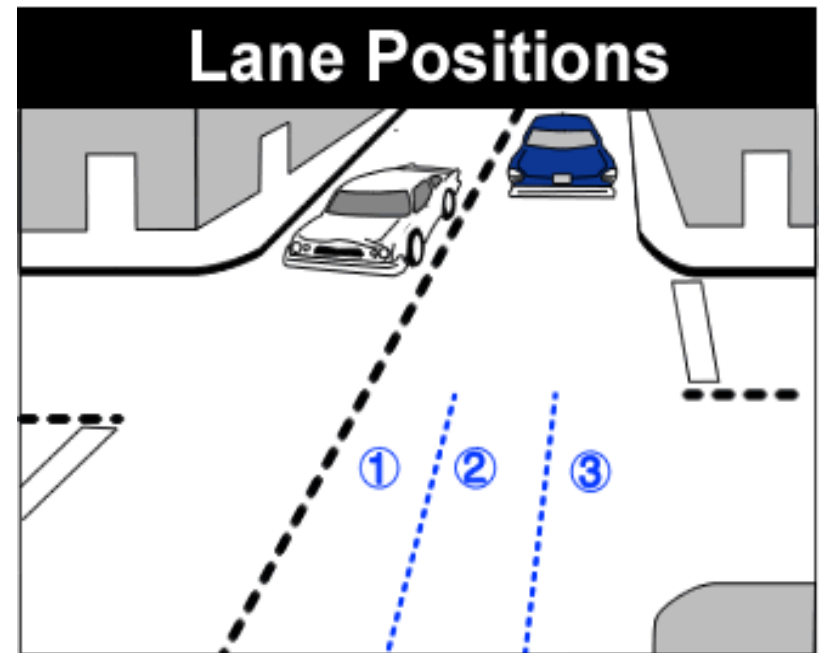


**Hand Signals**

# Day 2: Lane Positioning

## 3 parts to a Lane

1. Turning Left
2. Ride Straight
3. Turning Right



# Day 3: Avoidance Skills



- Rock Dodge
- Safety Stop



- Avoidance Weave
- Swooping



# Day 3: Fun and Games



**Snail Race**



**Chaos Box- Yielding**

# Day 4: Traffic Simulation



**Lane Positioning**



**4-Way Stop**

# Contact information:

**Bevin Maynard, LCI #1282  
Safe Kids Tampa Coordinator  
St. Joseph's Children's Hospital**

**1401A E. Fowler Avenue  
Tampa, FL 33612  
(813) 615-0589**

**E-mail: [Bevin.Maynard@baycare.org](mailto:Bevin.Maynard@baycare.org)**

**Website: [www.StJosephsChildrens.com](http://www.StJosephsChildrens.com)**



# CUTR

CENTER for URBAN  
TRANSPORTATION  
RESEARCH

## Walking School Bus Program and Recreation

Jason Jackman

### **Safe Routes to School Session**

Thursday, April 25, 2013: 4:30 PM-5:30 PM

Convention Center: 208A

# Walking School Bus

- Parent/adult led walking groups.
- 6-8 children for every 2 walking leaders.
- Parents are trained.



# Hybrid Walking School Bus

- Park and Walk to School
  - Parking location on or near school grounds.
  - Coaches coordinate and lead the walks.
  - Reduce the car line.
  - Increase parent participation and information outreach.



# Middle School/Teen Pedestrian Safety Presentation

- 15-20 Minute Presentation.
- In School Presentations.
- Recreation Centers Presentations.
- Content based on the idea of future drivers.



# City of Tampa Walking School Bus

- After-school recreation programs
- Reduction in City Recreation Budgets
  - No transportation from school to parks
- Train Recreation Staff on Pedestrian Safety
- Suggest Routes
  - Take notes on infrastructure
    - Lighting
    - Sidewalks
    - Crosswalks
- Safety in numbers
  - City employees leading a walking school bus is a great way to show walkability in the community.
- More City Recreation Staff interested in the concept to increase park participants.







**Jason Jackman**  
**Program Planner Analyst**  
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**813-974-6065**

**Visit our websites:**  
[www.cutr.usf.edu](http://www.cutr.usf.edu)  
[www.srtstb.com](http://www.srtstb.com)

