

## Safe Routes to School



Based on a national course developed with support from:



Prepared by the Pedestrian and Bicycle Information Center




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## Safe Routes to School

Setting the Context:  
Safety, Health, & Transportation




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Fewer kids are bicycling and walking.  
More parents are driving them.

2001:  
15% walked

1969:  
48% walked

Travel to school  
can account for  
up to 25% of  
morning traffic

(EPA, 2003, Parisi  
Associates, 2003)




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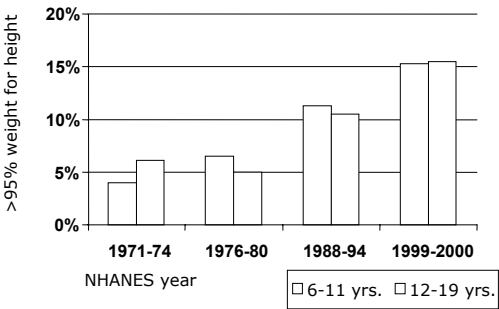
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U.S. youth overweight rates



(National Health and Nutrition Examination Survey)

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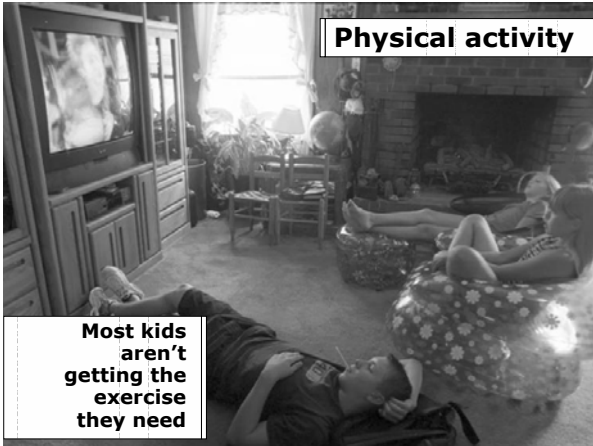
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Overweight children have an increased risk of...

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)

Obesity is the tip of the iceberg; other chronic conditions are on the rise . . .

Today's children may be the first generation in a century to have a shorter life expectancy than their parents



## Safe Routes to School Programs



## Community Success Stories



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### Success story: Marin County, CA encouragement programs

Walk or Wheel Wednesdays
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Frequent Rider Mile Contests
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Walking school buses
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Fliers, posters, newsletters
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Media coverage
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Website
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### Marin County, CA, results

64% increase in the number of children walking to school
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114% increase in the number of children biking to school
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91% increase in carpooling
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39% decrease in children transported to school by private car
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*(American Journal of Public Health, 2003)*

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## Success story: Cleveland, Ohio safety programs



Engineering treatments such as:

- New and restored crosswalk markings and signs
- Citywide crosswalk signal and pushbutton installation

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## Steps in creating a SR2S Plan

Bring together the right people

Map the routes

Identify existing issues

Find the solutions

Develop a SR2S Improvement Plan

Fund the plan

Act

Evaluate and make changes if needed

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## Elements of Safe Routes to School programs

Education

Encouragement

Engineering

Enforcement




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## Education

Teaches safety skills

Creates safety awareness

Fosters life-long safety habits

Includes parents, neighbors and other drivers



## 1. Educating children

Safety skills

Health benefits

Environment



## Integrate walking and bicycling education into traditional subjects

Math

Biology

Reading

Language arts

Geography

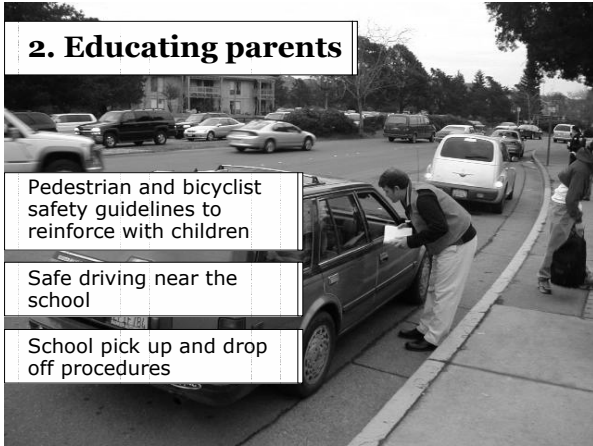


## 2. Educating parents

Pedestrian and bicyclist safety guidelines to reinforce with children

Safe driving near the school

School pick up and drop off procedures



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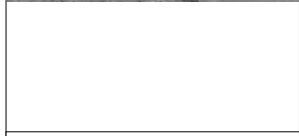
## 3. Educating neighbors

Watch for / yield to pedestrians and cyclists

Drive slowly

Keep sidewalks clear

Prune plants



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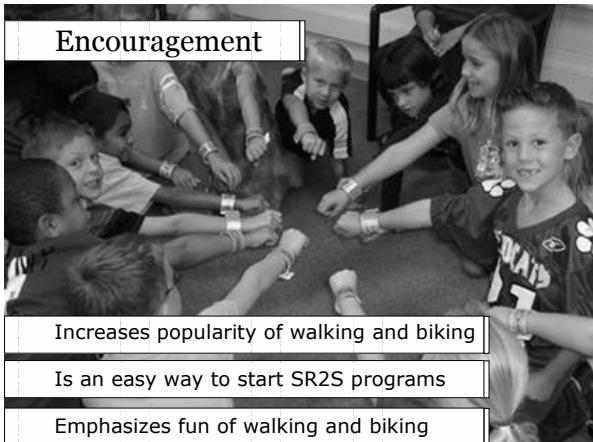
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## Encouragement



Increases popularity of walking and biking

Is an easy way to start SR2S programs

Emphasizes fun of walking and biking

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# Encouragement programs

1. Events	
2. Walking school buses	
3. Mileage clubs	
4. Contests	
5. Artwork	
6. Park and walk	
7. Walkability checklist	
8. Mapping routes	

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### 1. Events



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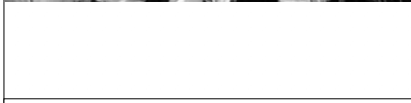
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## 2. Walking school buses



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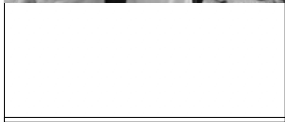
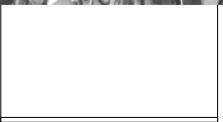
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### 3. Mileage clubs



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### Walk and bike across the US



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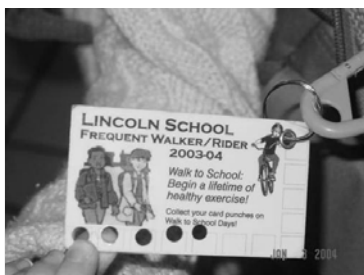
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### Success story: Frequent Walker/Rider Cards



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## 4. Contests



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**Engineering**

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### Engineering topic outline

The School Walking Area

Along the School Route

Crossing the Street

Slowing Down Traffic

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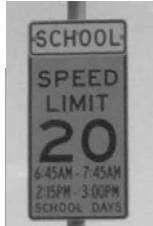
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## School area speed limit signing



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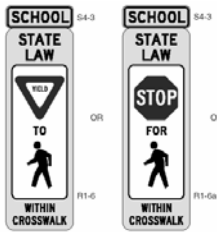
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## In-street signing



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## Along the school route: sidewalks



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## Provide wide enough sidewalks



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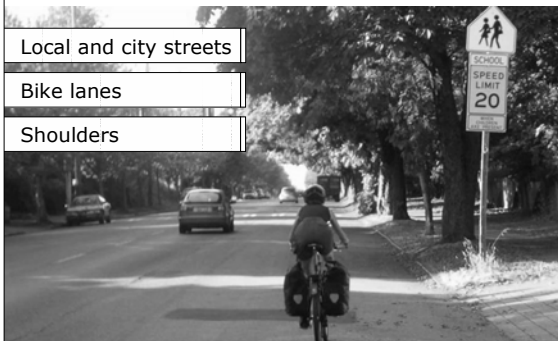
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## Along the school route: on-street bicycle facilities



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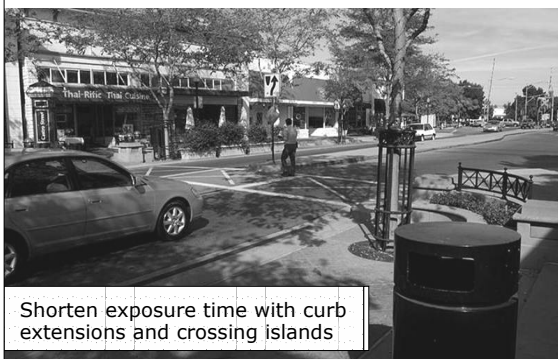
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## Tools to reduce crossing distance



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Correct  
design invites  
correct use

Which street  
has lower  
speeds?



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## Strategies to Improve Drop-off and Pick-up



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## Enforcement

Increases awareness  
of pedestrians and  
bicyclists

Improves driver  
behavior

Helps children follow  
traffic rules

Decreases parent  
perceptions of danger



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Every school faces a different challenge

C.B. Wire Elementary School, Sacramento, CA



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Brichta Elementary School, Tucson, AZ



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Meyzeek Middle School, Louisville, KY



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