BIKE WALK PROVO PRESENTS

BIKE TO SCHOOL WEEK GUIDE FOR PROVO SCHOOLS

Run a successful Bike to School Week!
• Held first FULL week of September each year •

WALK • BIKE • SCOOTER • ROLL

Kick off your school’s Safe Routes to School Program for the year with a fun week of celebrating biking, walking, and rolling to school.
GETTING STARTED

The earlier the better!

Safe Routes to School programs that have the most impact for cultivating lifelong healthy habits are consistent and sustained. Planning at the end of the previous school year for your next year's Safe Routes program (kicking off with Bike to School Week) is ideal, but starting any time is great!

Key Safe Routes Program Tips

- Coordinate with your SCHOOL COMMUNITY COUNCIL, which is tasked with submitting Safe Routes Plans to the city each spring.
- Register with the National Partnership for Safe Routes to School for resources (see first link below)
- Consider strategies for all of the 6 E's for Safe Routes to School in creating an ongoing Safe Routes program at your school: Education · Encouragement · Engineering · Enforcement · Evaluation · Equity (see second link below)

WWW.WALKBIKETOSCHOOL.ORG/
WWW.GUIDE.SAFEROUTESINFO.ORG/
WWW.SAFEROUTES.UTAH.GOV/SCHOOLS/
Bike to School Week

Bike to School Week has been held in Provo schools since the fall of 2011. It has grown in participation ever since, with some schools reporting over 200 students in a single day!

Trends in Walking & Biking to School

- In 1967, 87% of students living within a mile of school walked or biked. Today, fewer than 15% do.
- As much as 10 to 14% of morning traffic can be generated by parents driving their children to schools, a major concern for Provo's air quality issues.
- The prevalence of obesity is so great that today's generation of children may be the first in over 200 years to live less healthy and have a shorter lifespan than their parents.
- 801 school-study showed an average 25% increase in walking & bicycling to school over a 5-year period associated with education & encouragement programs, & an average 18% increase associated with infrastructure improvements.

Sources:
www.saferoutespartnership.org/safe-routes-school/101/benefits
PREPARATION

Scheduling

Bike to School Week is held the second full week of each September. This means it takes place the week after the 4-day Labor Day week.

Supplies

- Flyers announcing Bike to School Week
- Tables for each ticket-taking station (may help if you are writing down names)
- Raffle tickets to write name & grade of kids who walk or bike
- Prizes (see page 5)
- Bike rodeo supplies if desired (see Safety Fair Ideas from Utah's Safe Routes for more: https://saferoutes.utah.gov/schools/)

Volunteers

You will need around 2-5 volunteers each morning. You may want them at campus access points, at bike racks, or both. You may also want to write down names on raffle tickets for elementary students at tables, or just give the matching ticket stub to older students.
### ADDITIONAL STRATEGIES

#### Bike Rodeos

Holding a bike rodeo during lunch at your school might be a great way to review safety & maintenance. For a more comprehensive program, you may also want to book Bike Utah's Youth Education (BEST) class for one of your grade levels. See resources below:

- BEST Program: [www.bikeutah.org/youth](http://www.bikeutah.org/youth)
- Utah County Kit: [www.bikeprovo.org/provo-bike-rodeos/](http://www.bikeprovo.org/provo-bike-rodeos/)

#### Bike Trains

Consider organizing bike trains in which students join a group of students biking to school, which may or may not be led by an adult. Some bike organizations even pair senior citizen volunteer cyclists with grade school kids to form bike buses year round!

#### Fundraising

Edgemont Elementary held a bake sale in conjunction with Bike Week that allowed them to purchase two new bike racks!
**PRIZES**

**Daily Incentives**

You may want to hold daily raffles for small prizes each day, or to hand something out to each child who bikes each day (such as pencils or snacks)

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**End-of-Week Raffles**

Local bike shops generously donate items for Bike to School Week each year. Prizes might include water bottles, shirts, bags, and maybe even bikes! To spread those donations evenly, BikeWalk Provo will assign each participating school to a shop. If your school will be participating, please fill out the form by mid-late August:

www.bikeprovo.org/provo-bike-to-school-week/

- Mad Dog Cycles
- Provo Bicycle Collective
- Hangar 15
- Taylor's Bike Shop

- Racer's Cycle Service
- Canyon Bicycles
- Krueg's Trike & Bike
BUILDING MOMENTUM

Share Your Success

- Share your feedback with BikeWalk Provo. Numbers, photos, what went well, what could be improved. Message us on our Facebook page: https://www.facebook.com/bikeprovo/
- Share photos and celebrations with your school! Post on social media, school newsletters, & more.

Continue Support for Walking & Biking

- Make plans for your next Safe Routes events & strategies.
- October is National Walk to School Month
- 1st Wednesday in October is International Walk to School Day
- May is National Bike Month
- Survey families on what they would like to see from the school's Safe Routes program (see www.bikeprovo.org/safe-routes-to-school/)

- Be an example yourself! About half of all trips Americans take in our cars are two miles or less. Those trips can be easily and quickly done on bicycle.
FAQS

What about students who can't get to school by bike, foot, or scooter?

Let families know that students who are coming from out of the boundaries can still participate! Perhaps encourage parents to drop students off along a safe route within the boundaries they could walk or bike, or discuss an alternative solution that works for your school.

For families who feel they cannot get to school safely from their homes within the boundaries, this could be a great opportunity to convey their concerns to the school community council.

What if my students' bikes are in disrepair?

Provo Bicycle Collective offers free bike mechanics training to all children ages 6-16 from 3-5pm on Mondays during Youth Open Shop. See bicyclecollective.org/provo for more info.

You could also learn how to repair bikes yourself and offer a flat repair station at your school. Share tips on your school's social media. Even organize a goat-head weeding event around your neighborhood!
Thank you for your support of Bike to School Week and Safe Routes to School!