

# The Spin



## Colorado Safe Routes to School Network

Volume 4, Issue 11

### Get Your Kids More Active



### Parent Engagement

One of the 4 key components to a successful Safe Routes to School Program is parent engagement in schools which is defined as parents and school staff working together to support and improve the learning, development, and health of children. At the core of school communities are committed and passionate parents who are working hard to make schools healthier places for children and families. Does your Safe Routes to School program have good parent engagement?

Here are a few resources on engaging parents to help shape a healthy school environment that includes safe walking and biking to and from school.

- The CDC has developed a set of resources called [Parents for Healthy Schools](#) to help schools and school groups (e.g., PTAs, PTOs, school wellness committees) engage parents to create healthy school environments.
- Another CDC resource provides strategies to increase parent engagement - [Parent Engagement - Strategies for Involving Parents in School Health](#).
- A Colorado resource, Action for Healthy Kids, collaborates with schools, districts and other community partners to engage parent volunteers in school wellness

activities. Through their Parents for Healthy Kids educational series, they teach parents how to work with schools and how to become advocates for healthier school policies, practices and programs. Find out more about them [here](#).

Don't forget about your school's PTA or PTO group and your school wellness committee to make parent connections.

**Bike to School Day, Wednesday, May 4th, 2016-** Is it on your calendar?

## Cruisin' with CDOT



**Applications for CDOT-sponsored SRTS grants are due Friday, January 8, 2016 by 4:00 pm. Applications can be found [here](#).**

The goal of SRTS is to get more K-8 students walking and bicycling to school safely through engineering, education, enforcement, encouragement, and evaluation strategies. Eligible applicants can apply for \$50,000 to \$350,000 for infrastructure projects that are within 2 miles of their elementary or middle school. The minimum funding available for a non-infrastructure grant is \$3,500 with no maximum. These are reimbursement grants and require a 20% cash match.

Contact Leslie Feuerborn for more information - 303.757.9088 or [dot\\_srts@state.co.us](mailto:dot_srts@state.co.us).

### **NEW! Colorado SRTS Community Coalition Building Toolkit now available**

Action for Healthy Kids through a contract with CDOT with funding from the Federal Highway Administration (FHWA) recently developed the *SRTS Community Coalition Building Toolkit* to guide communities through eight steps to help create a sustainable SRTS coalition focused on getting your whole community engaged in making it easier and safer to get children to walk and bike to and from school. The Toolkit can be found on the Colorado SRTS webpage [here](#).

## Safe Routes to School (SRTS) programs work



AFTER IMPLEMENTING SAFE ROUTES TO SCHOOL PROGRAMS:



Learn more about why Safe Routes to School programs work at [activelivingresearch.org/SRTSreview](http://activelivingresearch.org/SRTSreview).

## The National Crosswalk

## FAST Act

President Obama signed the Fixing America's Surface Transportation (FAST) Act on December 4th after the House and Senate both passed the legislation earlier last week. The bill represents the first long-term transportation reauthorization since SAFETEA-LU in 2005. Highlights include a small increase in funding for TAP (which is renamed "STP Setaside"), nonprofits are eligible to compete for funding, and the competitive structure with shared decision-making between state departments of transportation and metropolitan planning organizations is maintained. (See SRTS National Partnership's blog [here](#) for more details).

Colorado accepts SRTS infrastructure projects under the TAP program but they do not have priority scoring like some states. Currently the Colorado SRTS grant program is separate from TAP.

### **Write This Way: School Policy Supporting Active Transportation and Physical Activity**

Another key component to a successful SRTS program is policy. To increase physical activity opportunities available through schools over the long term, we need to put it in writing - through policy. The SRTS National Partnership analysis of research on existing policies at the state, district, and local level shows that there is a lot of room to strengthen and expand policies that support Safe Routes to School and active transportation. [Read more.](#) What is the state of your policies for students walking and biking to and from school?

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## Training Wheels and Webinars

### ***Webinar: Countermeasure Strategies for Pedestrian Safety: Traffic Calming***

**Presented by:** Pedestrian & Bicycle Information Center (PBIC) and FHWA  
Pedestrian Focus Webinar Series

**Date:** Thursday, December 17, 2015

**Time:** 11:00 - 12:30 PM MST

[Register Here](#)

### ***Webinar: Countermeasure Strategies for Pedestrian Safety: Roundabouts***

**Presented by:** Pedestrian & Bicycle Information Center (PBIC) and FHWA  
Pedestrian Focus Webinar Series

**Date:** Wednesday, January 6, 2016

**Time:** 11:00 - 12:30 PM MST

[Register Here](#)

***Webinars:*** America Walks announces their 2016 Webinar Series on the 2<sup>nd</sup> Thursday of each month. More information [here](#).

**Topic: Livable Communities for all Ages**

**Date:** Thursday, January 14, 2016

**Time:** 11:00 - 12:30 PM MST

[Register Here](#)

**Fort Collins Commuter Study: *Impact of Route Type and Transport Mode on Personal Exposure to Multiple Air Pollutants***

Colorado State University (CSU) researchers published the first set of results from their "[Fort Collins Commuter Study](#)." The research team monitored the commutes of 45 participants to understand a commuter's exposure to air pollutants dependent on mode and route. The researchers found that exposure varies by pollutant; for example bicyclists are more exposed to particulate matter while drivers are more exposed to carbon monoxide.

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## Pedaling Programs and Funding Feet

**Permanent bike track teaches California elementary school students the rules of the road**

Permanent bicycle course painted on elementary school's blacktop features one-way stretches, roundabouts and speed bumps. Have you thought about this idea on your playground area? Check out an [NPR](#) piece and [newspaper article](#) to find out more about the program.

**Colorado Health Foundation - Funding Opportunity: Out-of-School Time Physical Activity**

This funding opportunity will support organizations to provide quality, structured physical activity in out-of-school time settings (including before school, after school and summer programs). We will consider proposals for up to two years of funding. Next grant deadline - February 15, 2016. Find more info [here](#).

**Colorado Health Foundation - Funding Opportunity: Creating Healthy Schools: Local planning and assessment**

Funding can go to a district; group of districts; group of charter schools; BOCES; or local community partners acting on behalf of districts to implement local planning, capacity-building and community collaboration efforts. Next grant deadline - February 8, 2016. Find more info [here](#).

**Check out Great Outdoors Colorado (GOCO) for grant opportunities [here](#).**

**LiveWell Colorado is another resource for funding opportunities. Look [here](#) for more information.**

**Do you have an example of rural SRTS project that you want to share?**

Taylor Lonsdale, a research engineer at Montana State University, is part of a team led by Alta Planning and Design that is developing a rural streets design guide that will translate existing bicycle and pedestrian guidance and best practice to the rural

context. They are reaching out to the SRTS community to gather input from rural communities across the US. They are preparing case studies from small towns and rural communities to share the experience of planners, engineers and advocates that have implemented bicycle and pedestrian improvements.

Examples may include small town main streets with bicycle and/or pedestrian facilities, enhanced shoulders (texture, color, aesthetic paving), pedestrian lanes (paint to demarcate preferred ped space), shared use path and roadway intersections, side paths along a rural road or compact rural roundabouts.

Email [paul.lonsdale@montana.edu](mailto:paul.lonsdale@montana.edu) by December 18th with good locations for rural or small town case studies and contact information for those who have stories to share that may serve as good examples and/or inspire others.

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### **About the Colorado Safe Routes to School State Network**

The purpose of the **Colorado Safe Routes to School State Network** is to facilitate connections among communities and organizations in order to lift up what is working, identify new opportunities and galvanize support for policy and culture change that will increase the number of students walking and biking safely to and from school in every Colorado community.

[LiveWell Colorado](#) serves as the lead facilitator for the Network. Other members of the Network's steering committee include: [Action for Healthy Kids](#), [Bicycle Colorado](#), [Colorado Department of Transportation \(CDOT\)](#), [Colorado Department of Public Health](#), [Children's Hospital Colorado](#), [Kaiser Permanente](#), [Safe Routes to School National Partnership](#), and subject matter experts.