

Before Your Child Bikes to School

Welcome to this edition of *The Spin*, a monthly e-newsletter brought to you by the Colorado Safe Routes to School State Network. *The Spin* is designed to facilitate information sharing and connections among communities and organizations interested in engaging more Colorado students to walk and bike safely to and from school every day.

March's Question: **How do parents help their child be a safe bicyclist?**

Bicycling is a fun and healthy way for parents to spend time with their child and the best way to gauge their child's bicycling skills and judgment. Consider the following three steps before your child rides to school.

- Do a bike fit and helmet check.
- Assess and build their basic riding skills including assessing when your child's skills are advanced enough to ride in the street.
- Work with your child to pick the route to school and practice riding the route together.

[Click here](#) for more information and to download

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a *Helping Your Child be a Safe Bicyclist* tip sheet.

Stories from Schools

City of Loveland Invests in Thompson School District

At the recent Colorado Bike Summit, hosted by Bicycle Colorado, one of the sessions focused on Safe Routes to School (SRTS). While federal and state dollars have allowed CDOT to award schools and communities grants to address the needs at their schools since 2005, SRTS is not just a funding program. Communities across Colorado often tap into local resources (staff time, local funds, etc.) to really make their programs sustainable.



Four SRTS programs were highlighted at the Summit. All four communities have leveraged SRTS funding by investing local resources to create a Safe Routes to School culture from a specifically funded program. They shared how their school, school district, city, and nonprofit have gone above and beyond to...

[Read more](#)

Cruisin' with CDOT

Bike to School Day is May 6

At the Walk and Bike to School website, you can see who is biking in 2015 (more than 85 Colorado schools participated in 2014) and find useful planning tools such as safety tips, how to get the community involved, how to best build excitement around your event, promotional ideas and more. National Bike to School Day



provides an opportunity for schools across Colorado and the country to join together to celebrate and to build off of the energy of National Bike Month. It can be a great way to motivate both kids and adults in your community to add physical activity into their daily lives. So [register your event](#) and start planning today! www.walkbiketoschool.org/

Ways to Participate in Bike (and Walk) to School Day

There are many different ways to show students, families and communities that walking or bicycling to school is a fun and feasible way to travel. In general, events are structured three ways, with many variations to each. The basics of these three event templates are explained below. Then, browse dozens of ways to [customize these concepts!](#)

1. Walk or bicycle from home

Great for: Students and families who live close enough to walk or bicycle to school on a route that's appropriate for these modes.

How it's done: Encourage students and their families to walk or bicycle to school. They might join other families and form groups in their neighborhoods to travel to school together. This is the essence of Walk and Bike to School Days.

2. Designated starting points

Great for: Families who live too far to walk or bicycle, families with limited routes for walking and bicycling, bus riders and children with disabilities.

How it's done: Identify one or more locations where students and their families will gather to walk or bike to school together or where families can park and make their way to school when they're ready. Have a parade, park and walk or ride and stride...the sky's the limit!

3. Walk or bike AT school

Great for: Families who live too far to walk or bicycle, families with limited routes for walking and bicycling, bus riders, children with disabilities and times when few parents can participate.

How it's done: Walk at school during an assembly, recess or as part of a class activity. Sometimes student aftercare providers will get involved by walking or bicycling from school to the after-school facility.

4. These events can foster a lifelong appreciation for walking and bicycling and develop important safety skills. They're also the easiest way to include every student.

CDOT Announces SRTS Awardees

CDOT recently announced the communities that were awarded funding for their SRTS projects. There are many unique approaches to engaging their schools and communities in getting more students to walk and bike to and from school. This year's recipients are:

- Adams 50 School District
- Adams School District 14
- Aurora Public Schools

- Boulder County Transportation working with St. Vrain Valley Schools
- Boulder Valley School District
- City of Fort Collins working with Poudre School District
- Colorado Springs School District 11
- Idalia School District
- Jefferson County Schools
- Steamboat Springs School District
- Thompson School District
- Town of Buena Vista working with Buena Vista School District
- Weld County Department of Public Health & Environment working with Weld County School Districts 6, RE-8, and RE-1

National Crosswalk

Safe Routes to School National Conference—April 2016

The Mid-Ohio Regional Planning Commission (MORPC), the Safe Routes to School National Partnership and the National Center for Safe Routes to School announced that the fifth [Safe Routes to School National Conference](#) will be held in Columbus, Ohio. The event, sponsored by these two national organizations and hosted by MORPC will take place April 5-7, 2016 at the Hilton Columbus Downtown.

The conference brings together program representatives, state departments of transportation, planners, elected officials, SRTS coordinators, and community members to provide an opportunity for individuals, agencies, and organizations involved with Safe Routes to School to network, engage in educational opportunities, become inspired, and form partnerships to enhance their Safe Routes to School work.

BIKESAFE

The Federal Highway Administration has recently released an updated online version of BIKESAFE - Bicycle Safety Guide and Countermeasure Selection System. The Guide is intended to provide practitioners with the latest information available for improving the safety and mobility of those who bike. The online tools provide background information, countermeasures, case studies, and resources and guidelines. www.pedbikesafe.org/BIKESAFE

Pedaling Programs and Funding Feet

Save the Date for the Fire Up Your Feet Spring Challenge

The dates have been released for the Fire Up Your Feet Spring Challenge! Spring, walk or bike into action April 13 to May 15, 2015. [Register now](#) and take advantage of resources and information to help your school stay active and encourage walking and bicycling all year long.



This spring, [Fire Up Your Feet](#) is offering even more awards to schools participating in the Fire Up Your Feet Activity Challenge. With multiple awards in several categories, your school has even more chances to win awards to support physical activity and wellness programs.

New Website for Community, Resources and Events for Biking in Colorado

[BikeState38.com](#) is a new website that promotes itself as the one stop shop for all things cycling in the State of Colorado! BikeState38 offers a number of resources, one of which is "Cycling with a Cause" which lists a number of organizations that provide bikes for kids and offers bicycle education programs. The Advocacy page provides links to local biking organizations.

The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting 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 \(CDOT\)](#), [Children's Hospital Colorado](#), [Kaiser Permanente](#), [Safe Routes to School National Partnership](#), and subject matter experts.

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