



bikeMN

BICYCLE ALLIANCE OF MINNESOTA

Safe Routes To School & Walk!Bike!Fun!

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October 24, 2019

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Our Vision

Minnesota is a place where bicycling is easy,
safe, and fun for everyone.



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Why Pedestrian and Bicycle Safety Education?

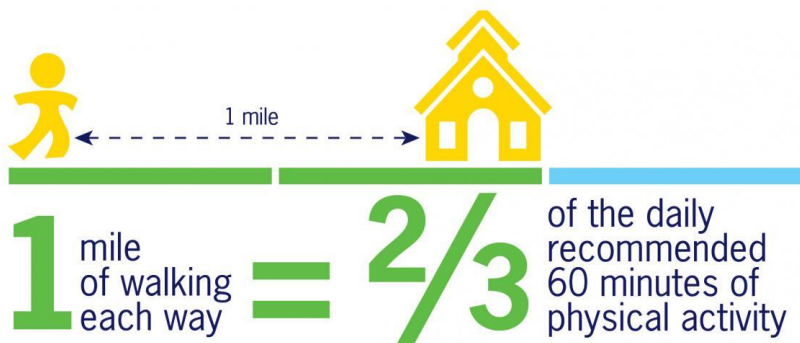
- Encourage more active transportation
- Reduce crashes with driver awareness and safe pedestrian and bicyclist practice
- Improve the physical and mental health of children
- Create life-long healthy habits



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PHYSICAL ACTIVITY AND ACADEMIC PERFORMANCE



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active kids learn better


ACTIVE LIVING RESEARCH


physical activity at school is a win-win for students and teachers

GRADES:



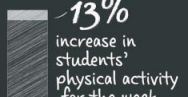
20%
more likely to earn an A in math or English

STANDARDIZED TEST SCORES:



increased **6%** over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

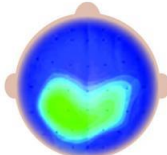


13% increase in students' physical activity for the week

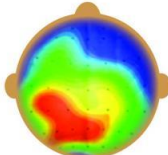
21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



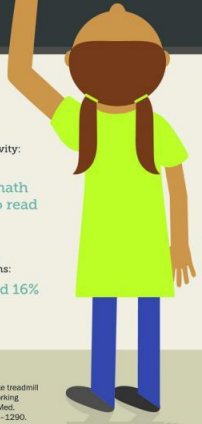
after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%

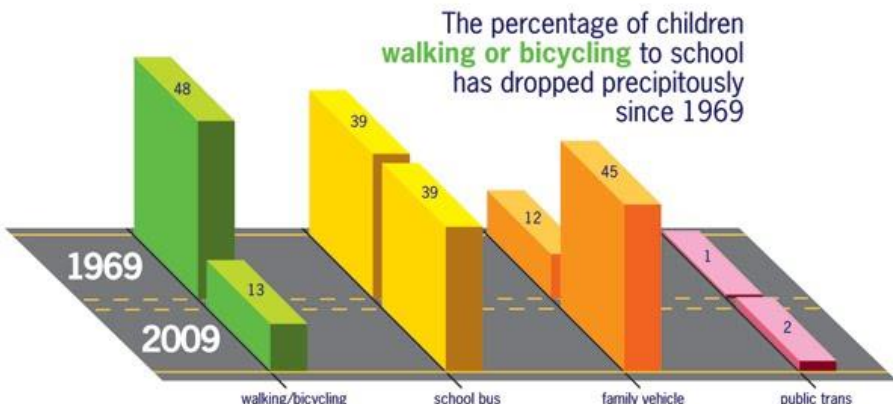


SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom based physical activity, cognition, and academic achievement. Prev Med. 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. Neuroscience. 159(3):1044-1054. Kanaoka K. et al. (2011). The effects of an after-school physical activity program on working memory in preadolescent children. Dev Sci. 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 100: integrating physical activity with academic concepts in elementary school classrooms. Prev Med. 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larsen P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. Pediatrics. 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

ENVIRONMENT AND TRAFFIC CONGESTION

The percentage of children walking or bicycling to school has dropped precipitously since 1969



Mode of Transport	1969 (%)	2009 (%)
walking/bicycling	48	13
school bus	39	39
family vehicle	12	45
public trans	1	2

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To be successful, SRTS programs cover all 6Es:
education
encouragement
enforcement
engineering
evaluation
equity



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Visualizing Health Equity



Examples of Barriers:

- Health/Physical
- Social/Cultural
- Economic
- Systemic
- Geographic
- Environmental

credit: Robert Wood Johnson Foundation



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SRTS Ten Years Later Evidence of SRTS Effectiveness

- **25 percent increase** walking and bicycling after education and encouragement
- **18 percent increase** in walking and bicycling after infrastructure
- **31 percent increase** walking and bicycling with combined infra/non-infra programs

Results based on study of 801 schools over 5 years - McDonald, et al, 2014; *Journal of the American Planning Association*



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Role of enforcement

- Increase awareness
- Reduce traffic safety problems
- Improve behavior



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Safe Routes to School **training**

A different way to look at enforcement

- Students
- Parents
- School administration
- Crossing guards
- Law enforcement officers



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Safe Routes to School **training**

School and community efforts



- Safety patrol
- Driveway monitors
- Crossing guards
- Neighborhood speed watch programs

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Safe Routes to School **training**

Role of law enforcement officers

- Teach safety
- Evaluate traffic concerns
- Provide police presence
- Monitor guards and students



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Safe Routes
to School
training

Education and encouragement strategies can often begin right away



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Safe Routes
to School
training

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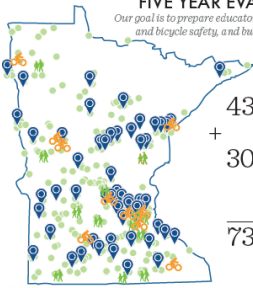
Numbers, numbers, numbers!

MINNESOTA

WALK! BIKE! FUN!

FIVE YEAR EVALUATION SUMMARY

Our goal is to prepare educators to teach children the skills for pedestrian and bicycle safety, and build confidence to be active and healthy.



- WEF Participants
- WEF Curriculum Training Location
- WEF Ambassador Training Location
- MnDOT Awarded Bike Fleet

435 Teachers
Physical Ed., Health, DA PA, Science, Classroom Teachers

+ 304 Educators
Public Health, Law Enforcement, Community Education, Park and Recreation Departments

739 Participants

ANNUAL REACH

71,683

based on precedent: 477 students taught per teacher per school year

FROM WINTER '13 - SPRING '19


102 Trainings have been requested.

53 Trainings have been held.

Overall Rating

4.7 of 5

Participants rated the training a 4.7 on a scale of 1-5, "5" being excellent.



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Educator trainings



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Objectives

- Be able to explain Safe Routes to School.
- Be able to use WBF in area of expertise.
- Increase confidence and knowledge of safe walking and biking skills.
- Increase knowledge of mobility limitations in children and adaptive equipment.
- Be able to evaluate students' knowledge of safe walking and biking skills.



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BIKE FUN!

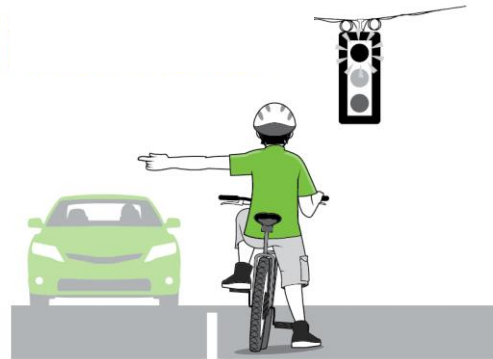


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Bicycling in Traffic

Cyclists fare best when they act and are treated as drivers of vehicles.



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Drive My Bike
Like a Car



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Surprising (?) Safe Cycling practices

Proper lane positioning

Don't ride on sidewalks



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Resource Guide

- Diagrams, handouts, worksheets and equipment lists
- Educational Resources for walking and bicycling safety
- Bike Fleet Guide
- Frequently Asked Questions



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Adaptive Toolkit

1. Letter from a parent
2. Words to remember when working with people with disabilities
3. Learn to ride with disabilities
4. Introduction to common disabilities and bike adaptations
5. List of disabilities and common bike adaptations
6. Common adaptive bikes and equipment
7. Safety considerations for adaptive bikes
8. Additional safety concerns for individuals with disabilities
9. Resources and retailers



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Activity Adaptations

- 5 Explain that walking is good for many reasons, but as we walk, we need to be sure we are safe. Usually, we are not the only people trying to get around.

Display “traffic” vocabulary card with appropriate picture and explain that cars, buses, trucks, herding animals, trains, skateboards, and other vehicles also have to get places like we do.

- *These vehicles are called traffic.*

ACTIVITY MODIFICATION: *Consider using toy objects for visually impaired students, such as cars, buses, trucks, etc.*



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Learn to Ride



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Technical Assistance



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Adaptive Bike Library



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Walk! Bike! Fun! Ambassadors Program



- MINNESOTA BICYCLING HANDBOOK
- ENROLL IN A COURSE
- MINNESOTA BICYCLE EDUCATORS NETWORK
- LOCAL AND REGIONAL EDUCATION NETWORKS
- TEACH A CLASS
- SMART CYCLING PROGRAM
- MINNESOTA BICYCLE LAWS
- BICYCLE FLEET GUIDE
- WALK! BIKE! FUN!**

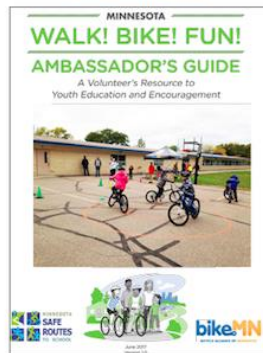
Download the Curriculum
Supplemental Resources
WBF Ambassadors Program
Curriculum Training Dates

The Education Team at BikeMN is pleased to announce the launch of **Walk! Bike! Fun! Ambassadors**, a new training program and educational resource. The Ambassadors program is designed to provide information, training, and guidance to adults on best practices so that they can better support organized youth education initiatives around walking and biking.

For the Ambassadors program, BikeMN developed the *Walk! Bike! Fun! Ambassador's Guide* and a half-day training for educators and volunteers. The guide and training prepare adults to implement programs and activities that reinforce concepts and objectives of the *Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum*.

ABOUT THE AMBASSADOR'S GUIDE

Download the Guide



Download a copy of the *Walk! Bike! Fun! Ambassador's Guide*. Both standard and

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Other Education Programs



TOP 5 HABITS FOR PEOPLE FRIENDLY DRIVERS



- 1 **DON'T DRIVE AGGRESSIVELY**, while **DISTRACTED** or while **INTOXICATED**
- 2 **DRIVE SLOWER** - never above the speed limit
- 3 **BE ALERT** for bicyclists and pedestrians - especially at **INTERSECTIONS** and **TRAIL CROSSINGS** - and prepared to stop and yield
- 4 **BE PATIENT** when passing a bicyclist - slow down and pass only when it's safe.
- 5 **EXIT YOUR VEHICLE SAFELY** - look for bicyclists before opening your car door.

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