

Los Altos Safe Routes to School Program

Updates

May 26, 2021



Safe Routes to School

Los Altos EE (Education & Encouragement) Program

The SR2S EE program focuses on identifying opportunities to create education and encouragement activities both inside and outside of the classroom, including possible community-based activities led by the City.

Updates

- 1. Stakeholder Interview Summary**
- 2. Draft Program and Curriculum Recommendations**

1. Stakeholder Interview Summary

Preliminary Findings

1. Existing SRTS efforts in Los Altos
2. Challenges and barriers to walking and biking to School
3. Opportunities to improve SRTS programs
4. Challenges and opportunity in implementing SRTS program
5. Top SRTS program priorities
6. Key stakeholders to engage in the program development

Top SRTS program priorities

- In-Class Education Curriculum
- Parent engagement and Family/parent-child activities
- Travel mode data collection and evaluation
- Improve communication around SR2S



Parent-child Middle School Bike Skills workshop delivered by Wheel Kids in Menlo Park

2. Draft Recommendations

A. Existing Policies and Efforts Review and Recommendation

- School districts' policies
- City of Los Altos policies

B. Best Practices Review

- Explore six key topics

C. Program and activity recommendations

D. Curriculum recommendations

Policy Recommendations Goals

1. Build local partnerships and improve coordination and communication between key stakeholders citywide
2. Make sure that school and school district policies support safe walking and rolling to school
3. Encourage the implementation of a standardized SR2S curriculum in each school
4. Create a culture of SR2S citywide and build awareness

B. Best Practices – Key Topic Areas

1. Pedestrian Safety Curriculum - PE or after school
2. Bike Safety Curriculum - PE or after school
3. Social Science/STEM curriculum - bike/pedestrian safety with social science
4. Walking School Buses
5. Walk + Bike/Roll to School Days - monthly or weekly with themes
6. Evaluation - success criteria for a SRTS program

C. SR2S Program Recommendations

Menu of specific activities and events to be implemented during the 2021-2022 school year including

1. Community engagement materials
2. Walking School Buses
3. Family/Parent-Child activities
4. Walk + Bike/Roll to School Days - monthly or weekly with themes
5. Technology - student-produced pro-walk and bike videos, kid-friendly app/website
6. Evaluation activities

Activity Examples



Crossing Guard Appreciation Day



Parent Engagement and Education



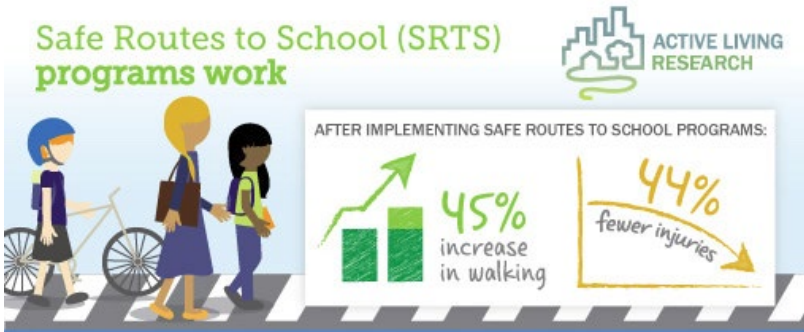
Walking School Bus



Family Rodeo



Walk n Roll to School Days



Surveys, Student Tallies, Bike Rack Counts

D. SR2S Curriculum Recommendations

Recommendations will include material needed, cost per unit, potential topics, number of lessons.

Potential curriculum

- Pedestrian Curriculum
- Bicycle Curriculum
- Social Sciences / STEM Curriculum

Curriculum Examples

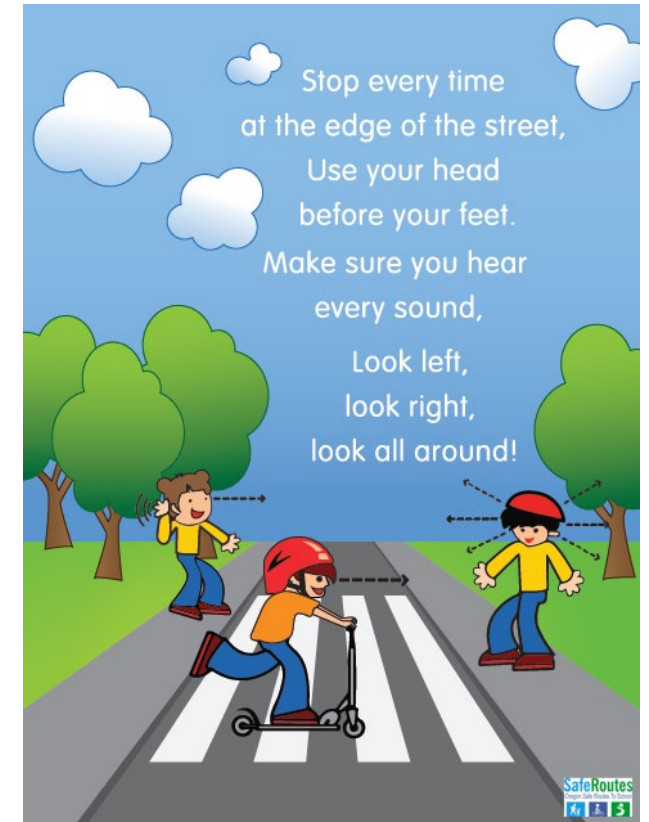
Tacoma Pedestrian Safety Curriculum – Beginner lessons

Core Learning Objectives

- Describe the importance of walking
- Identify common safe places to walk
- Define terminology
- Identify basic traffic signs and signals
- Dress to be seen
- Practice basic stop and look crossing steps
- Specific guidance for walking on streets without sidewalks

Additional Learning Objectives

- Alleys and driveways crossings
- Playing on/near the road
- Parking lot safety
- Walking near school buses



Curriculum Examples

Walk! Bike! Fun! Minnesota Bike and Ped Curriculum

LESSON 1: Bicycle Ridership and Safety



OVERVIEW

Educational Goal: To develop an understanding of the importance of traffic laws and how they pertain to riding a bicycle.

Preparation

- Set up technology to view and listen to video from the Internet.
- (OPTIONAL) Invite a police officer or person familiar with Minnesota bicycle laws to present to the students. Make sure the guest speaker is made aware of any special needs of the students. The speaker should make sure what they teach and how they teach is beneficial for every child in class.

Topics covered

- Basic bicycle etiquette
- Traffic laws and signs

Options

Consider beginning the bicycle safety unit as part of "Transportation Safety Week" at the beginning of the school year or prior to "International Walk/Bike to School Day," which is the first Wednesday of October.

Learning Objectives and Minnesota Physical Education Standards (SEE PAGE VI FOR "STANDARDS")

At the end of this lesson, students will be able to:

- Describe the importance of doing bicycle safety checks as described in the video. (Standard 2)
- Describe how equipment and gear relate to bicycle safety as described in the video. (Standard 2)
- Identify a common traffic law and potential consequences when not followed. (Standard 2)
- Describe how basic traffic laws relate to bicycling. (Standard 2)
- Identify the five key rules for bicycling related to traffic laws. (Standard 2)

LESSON 1

Timeline

	10 MINUTES Introducing Bike Fun!	28
	10 MINUTES How Much Do You Know?	30
	10 MINUTES "Bike Safe, Bike Smart"	31
	15 MINUTES Ask the Expert (OPTIONAL)	32

Materials and Equipment

- One pre-test per student
(RESOURCE GUIDE PAGES 163-66)
- Pencil for each student
- Whiteboard and markers (OPTIONAL)
- Computer, speakers, and projector with Internet connection, or Smartboard
- "Bike Safe, Bike Smart" video:
www.bikemn.org/education/walk-bike-fun/supplemental-resources
- Parent letter and agreement form for each student
(RESOURCE GUIDE PAGE 162)
- Pocket Guide to Minnesota Bicycle Laws and Minnesota Statutes

BIKE FUN! LESSON 5: Getting Started and Getting Stopped

LESSON 6: Drive My Bike Like a Car



OVERVIEW

Educational Goal: To develop the basic riding skills of scanning and proper positioning on the road.

Preparation

- Set up a riding course based on the included diagram to practice riding in a straight line, scanning and proper positioning on the road. Diagram on page 66.

Topics Covered

- Riding in a straight line and scanning
- Proper positioning on the road



Learning Objectives and Minnesota Physical Education Standards (SEE PAGE VI FOR "STANDARDS")

At the end of this lesson, students will be able to:

- Demonstrate the ability to ride their bicycle in a straight line for at least twenty feet with one hand on the handlebars. (Standards 1 and 2)
- Activity Modification:**
- Students riding a handcycle should not be instructed to pedal one-handed due to safety and risk of injury to shoulder while coasting.
- Demonstrate the ability to scan, or look over the left or right shoulder, to identify the signal given by the teacher. (Standards 1 and 2)

LESSON 6

Timeline

	15 MINUTES Riding with One Hand	64
	15 MINUTES Scanning	68

Materials and Equipment

- Two cones
- Four ropes at least 100 feet long (or use lines on gym floor)
- Chalk (used to mark lines on cement playground or parking lot)
- Two stop signs
- Measuring tape
- Bicycle and helmet for each student

Next Steps

Los Altos SRTS Program

- SR2S Program Development Memo to be completed early June
- Presentation at the CSC meeting, June 30, 2021
- SR2S Program Development in July/August

Thank you!

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