



APPENDIX X: ADDITIONAL RESOURCES

SRTS Guidance and Exemplary Programs

The following web sites offer a wealth of information on SRTS programs, including sample press releases, data, how-to guides, community presentations and ideas to help develop messages.

- FHWA's Office of Safety – SRTS
<http://safety.fhwa.dot.gov/saferoutes>
- NHTSA Safe Routes to School Tool Kit
www.nhtsa.dot.gov/people/injury/pedbimot/bike/Safe-Routes-2002/toc.html
- National Center for Bicycling & Walking
www.bikewalk.org/safe_routes_to_school/SR2S_introduction.htm
- Pedestrian & Bicycle Information Center
www.saferoutesinfo.org
- Active Living Resource Center
www.activelivingresources.org
- CDC, Kids Walk to School (community presentation)
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm
- Marin County (CA) Safe Routes to School
www.saferoutestoschool.org
- Go For Green (Canada)
www.goforgreen.ca/walktoschool.com
- Green City (Canada)
www.greencity.org
- Sustrans SR2S program (Bristol, UK)
www.saferoutestoschools.org.uk

Encouragement Programs

Walking School Bus

The Walking School Bus was not specifically mentioned in the Ashbrook SRTS Action Plan. However, if and when sidewalks are installed on Municipal Road and other streets, the WSB may be an ideal way to get Ashbrook's students walking to school on a regular basis. The WSB has worked in many communities throughout the United States, Canada, Europe and Australia. Additional information on WSBs is available from:

- RideWise TMA
www.ridewise.org/walksafely.shtml
- Pedestrian Bicycle Information Center/Partnership for a Walkable America
www.walkingschoolbus.org
- Active and Safe Routes to School – California
www.saferoutestoschool.ca



Borough of Wharton Safe Routes to School Program Plan 2006



- Go for Green – California
www.goforgreen.ca
- Travel Smart – Australia
www.travelsmart.gov.au/schools/schools2.html

Golden Sneakers

On International Walk to School Day, held October 5, 2005, the Mechanicsburg School District in Pennsylvania rewarded walkers who found the golden sneakers that were hidden along the routes to school. Each “finder” was entered into a drawing to win backpacks full of prizes. While this program revolves around motivating and rewarding good behavior, it can also promote school spirit.

Walk/Bike Across America

Each week, at a designated time, the students total the distance the whole class has traveled and plot it on a map. Then they “travel” to a destination chosen by the class within those miles. Students become aware that they can travel great distances on foot or bike. Each new destination can be reached by the class to find out more about other parts of the country. At the end of a designated time, the class that traveled the farthest gets a special reward. While this activity seem a bit premature for Ashbrook students, it may be appropriate for Bobby’s Run Middle School. For more information, see www.saferoutestoschools.org/events.html.

Bicycle Rodeos

A bicycle rodeo provides children with a basic understanding of the rules of the road; educates those children and their parents about elementary bike safety; gives trained personnel a chance to look over the equipment the kids are riding; and involves parents, teachers, and/or a local civic organizations in a worthwhile activity. A bicycle rodeo involves "stations" that teach skills, such as:

- Looking over a shoulder without weaving
- Fast-braking without skidding
- Dealing with traffic at intersections

More information on bicycle rodeos is available through:

- *Bicycling Life* at www.bicyclinglife.com/SafetySkills/BicycleRodeo.htm
- *Guide to Bicycle Rodeos* (Adventure Cycling Association) at 1-800-721-8719

Campus Walks

An excellent source of information on promotional events and classroom activities is The Safe Routes to School Tool Kit prepared by NHTSA. It can be found on the web at www.nhtsa.dot.gov/people/injury/pedbimot/bike/Safe-Routes-2002/toc.html.

International Walk to School Day

International Walk to School Day is celebrated every year in early October. Information on the event, including instructions on how to organize the event, press releases, downloadable signs, posters and other resources, is available at:

- www.iwalktoschool.org
- www.walktoschool-usa.org



Morton Way School (Brampton, Canada)

Encouragement for schools in the early stages of an SRTS program (www.saferoutestoschool.ca):

- On the first Wednesday of each month, parents and grandparents who walk to school with students are invited into the school library for a cup of coffee or hot chocolate, conversation and an opportunity to sign out library books to read with their children.
- A thermometer made by teachers, along with a complementary graph displayed inside the school, alert drivers of how many vehicles dropped off students the day before. Daily announcements update students on progress, as posters are displayed around the school.

Education Programs

Walking Math

- Math activities for an elementary math class:
www.thelearningcalendar.com/Newsletter/2005/October2005/WalkingMath.htm
- Instructions on how to take students on a *Math Trail*
www.findarticles.com/p/articles/mi_qa3666/is_200411/ai_n9465002#continue

Calculate Miles Per Gallon and Auto Emissions (math and science classes)

Students can calculate gas mileage, auto emissions and compare the miles per gallon (mpg) for different vehicles. These figures have a significant impact on the amount of air pollution produced by a vehicle. Students use the following steps to calculate the gas mileage of their family's car:

- Write down the odometer reading when the gas tank is full.
- The next time the gas tank is filled, write down the odometer reading again and how many gallons of gas it took to fill the tank.
- Subtract the first odometer reading from the second odometer reading to calculate the number of miles traveled between the two fill-ups.
- Divide the number of miles traveled by the number of gallons of gas used. This is the gas mileage of your family's car.
- Calculate the amount of pollution generated by your car. Compare that with the amount of pollution generated by buses, by trains, by carpooling, by walking and biking. (Your local Air Quality District can provide this information.)

Source: NHTSA Toolkit – “Smart Tripper” of Kitsap County, Washington.

Classroom Activities by Subject

Similar lessons can be brought in to health, science, physical education and other class lesson plans.

Resources for these programs include:

- Safe Kids – New Jersey State at (732) 524-3864 or cgiardel@corus.nj.com
- Safe Kids – Middlesex County at (732) 418-8026 or diana.doherty@rwjuh.edu
- The National Safe Kids Campaign at www.safekids.org/members/unitedStates.html
- The League of American Bicyclists at www.bikeleague.org/educenter/labsrts.htm



Enforcement Programs

School Zone Safety

- Information on the Washington Traffic Safety Commission school zone safety program at www.wa.gov/wtsc/school_safety.html.
- More information on school zone safety from the Active Living Resource Center at www.activelivingresources.org/safe_school_zones.html.

Pedestrian Sting Operations

- More information is available at www.walkinginfo.org/ee/sting.htm.

Speed Trailers

- More information at www.nhtsa.dot.gov/people/injury/research/pub/HS809012.html.

Sidewalk, Building and Property Maintenance Laws

- NHTSA resource guide to laws governing pedestrian and bicycle safety at www.nhtsa.dot.gov/people/injury/pedbimot/bike/resourceguide/index.html.
- The Pedestrian and Bicycle Information Center list of exemplary pedestrian plans at www.walkinginfo.org/pp/exem2005.htm.

“Keep Kids Alive – Drive 25” Campaign

An excellent program that details a community-based approach to reducing driving speeds is the *Keep Kids Alive – Drive 25* campaign. Their mission involves demonstrating how communities can mobilize in a number of ways, using local resources to effectively reduce travel speeds to 25 mph. Their web site can be found at www.keepkidsalivedrive25.org.

Engineering Tools

Walkability/Bikeability Assessments

- The PBIC Walkability Checklist can be found at <http://www.walkinginfo.org/pdf/walkingchecklist.pdf>
- The PBIC Bikeability Checklist can be found at <http://www.bicyclinginfo.org/pdf/bikabilitychecklist.pdf>