

WALK, BIKE AND ROLL TO SCHOOL DAYS



CREATING HEALTHY
SCHOOLS AND
COMMUNITIES



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What are walk, bike, and roll to school days?

An encouragement strategy for safe routes to school (SRTS).

Scheduled day for the school or district to celebrate and encourage students to use active transport to commute to and from school.

Bike & Roll to School Day 2024 – May 8, 2024

Walk & Roll to School Day 2024 – October 9, 2024

Or any other day that works for your school!

Introduction to SRTS (safe routes to schools)

[View webinar](#)

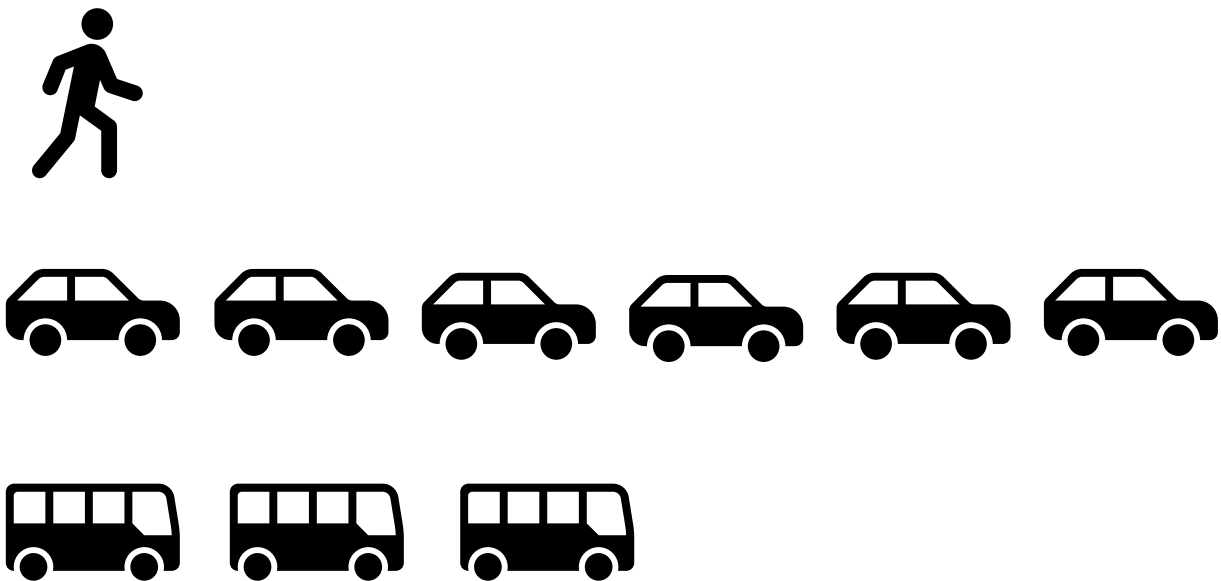


Almost 50% of students walked or biked to school 55 year ago



1969

That number is now estimated at less than 10%



2009

Why host a walk & roll or bike & roll to school day?

Shows some families that active transport is possible

Many students participating increases safety

Closed streets, increased police presence, volunteer adult supervision.

Is a fun school event!

Safe Routes to School Programs reduce the number of children who are hit by cars.





**Active transportation
contributes to a
healthy lifestyle.**



**Active transportation
fosters independence.**

Active transportation prepares students for learning.





**Reduces green house
gas emissions**



Builds community



**Reduces
congestion**



Saves money

Planning Your Day

1. Form a team

School administrators/principals, Teachers, Parents, PTA/PTO, Community organizers or leaders, Crossing guards, School transportation department, Public officials and local government, Youth leadership groups, Health or safety advocacy groups, Bicycle shop owners and bicycling advocates.



Planning Your Day

2. Envision your event

Will depend on the age of students, the distance students travel to school and the safety of the routes.

Options include: Traditional, walking school bus, remote starting point, bike bus, walk, bike & roll at school event.

Add-ons: Incentives, Pre-event pedestrian and bicycle safety, guests, walkability assessment

Planning Your Day

3. Get buy in from school administrators

Have an outline and basic plan for your event so that the principal knows that details have been thought out and potential challenges have been considered.

Describe plans for safety and be ready to talk about how all students can participate. For example, how will students with health or mobility needs be included? What about bus riders?

Planning Your Day

4. If you are taking part in a National Event- Register

5. Recruit volunteers- you will need them!

Specific tasks might include: Design, print, and distribute fliers for the event, Contact potential speakers, Organize student activities, Help test walking and biking routes, Lead walking and rolling groups, Coordinate logistics for a park-and-walk event.

6. Promote event

Flyers, social media posts, newsletters, announcements

Planning Your Day

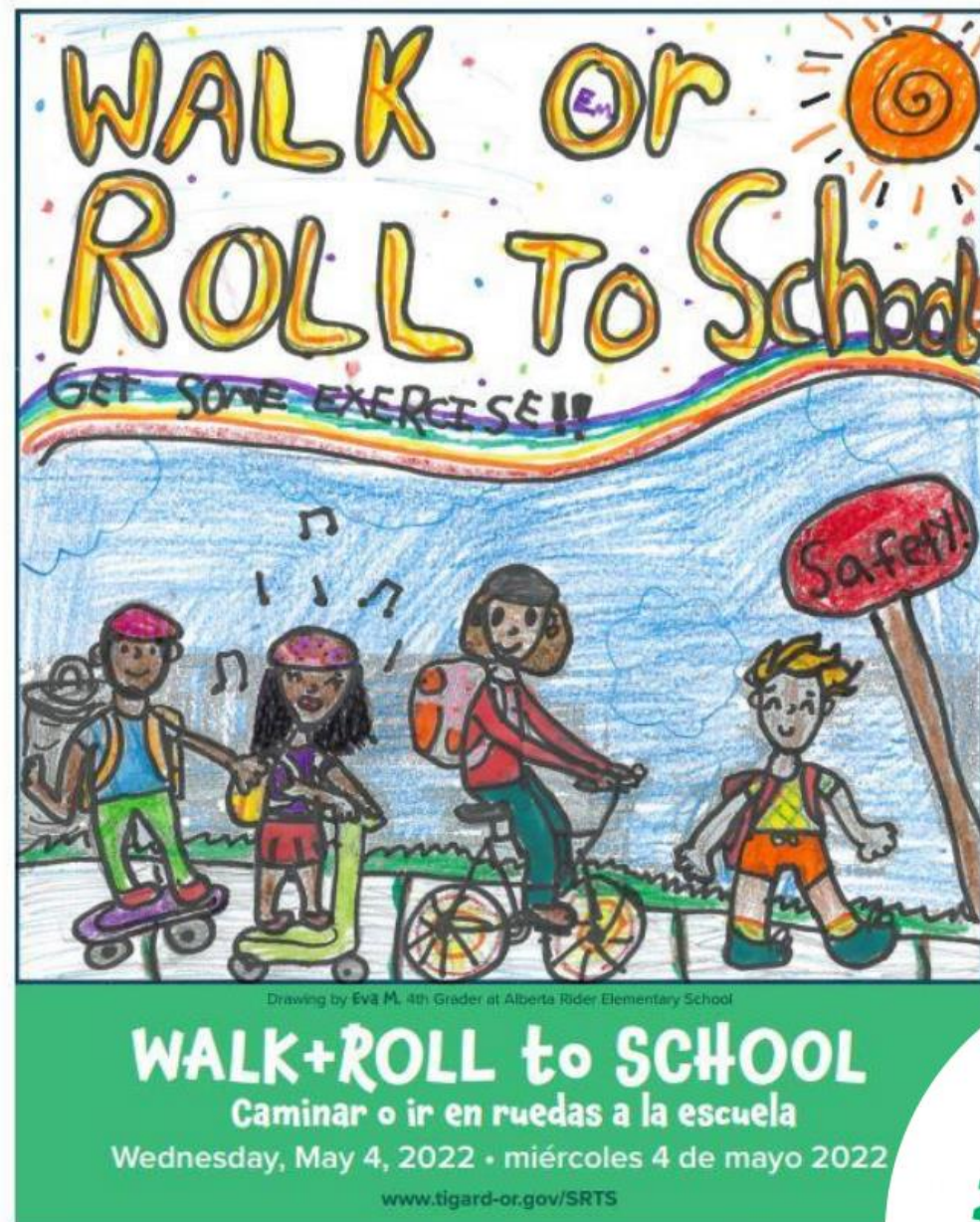
7. Walk, Bike & Roll to school!



Make your event inclusive for students of all abilities

-Include the word “roll” in advertising

-Check in with students with mobility aids to see what they need to be able to participate



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More SRTS

[Webinar](#): May 1, 2024- Setting up a Bike Bus Program



[Wellness Conference](#)- Speaker from GOBike about Walk and Bike to School events



Resources

[SRTS Guide: Home \(saferoutesinfo.org\)](https://saferoutesinfo.org)

[Safe Routes to School | Safe Routes Partnership](#)

[SRTS Curriculum \(ny.gov\)](https://www.ny.gov/srts)