

Middle School Physical Education Program

PEDESTRIAN AND BICYCLE SAFETY

On-Bicycle Skills and Safety Training

Safe Routes to School (Los Angeles Department of Transportation) brings **free** Active Transportation (bicycle and pedestrian) safety education and skills training to school communities.

The Middle School Physical Education Program provides resources and technical assistance for your school's Physical Education teachers with the goal of equipping youth with life long skills to support healthy recreation, independent mobility and self-confidence.



Program includes:

- Paid 1-Day Professional Development for Physical Education
- Teachers Comprehensive Curriculum Unit
 - Safety Education Presentation and Knowledge Survey
 - CA Standards Based Lesson Plans
- Fleet of Bicycles and Helmets delivered to your school for duration of the unit
- Certified Bicycle Instructors for team teaching



For more information or to request for your school, please contact:



Safe Routes to School
c/o Colin Bogart
L.A. County Bicycle Coalition
Phone: 213.629.2142 x114
Email: colin@la-bike.org



WALK 'N ROLL FESTIVALS

Bringing No-Cost Programming to your School



Walk 'n Roll Festivals are Safe Routes to School events that teach kids essential bicycle and pedestrian safety rules to help them develop the confidence they need to safely navigate their urban environment.

Featuring several skills stations and lead by certified instructors, Walk 'n Roll Festivals are designed to teach kids proper bike handling skills and valuable safety techniques, in a safe, fun and engaging environment. Children – and their parents – learn important lessons to more safely and responsibly ride their bikes in an urban environment.



SAFETY FIRST

Several skills stations are set up for the children to progress through including:

- Helmet Checks
- Bike Checks
- Starting and Stopping techniques
- Hazard Avoidance
- Turning and signaling
- Yielding



After working their way through the stations, the children participate in on-street group rides in the neighborhood (when appropriate) to practice what they have learned under the watchful eyes of our trained instructors. Each child then receives a certificate of completion and signs a pledge to always wear their helmet. Often, additional activities are set up as well, such as an obstacle course or a speed zone.



BUILDING COMMUNITY

Walk 'n Roll Festivals are excellent opportunities to build community partnerships. We encourage participation from local law enforcement, local organizations and community-minded businesses, such as bike shops and restaurants.

"The Festival was brilliant because it helped kids learn important safety education while having a blast! This will help kids remember that safe cycling is fun cycling. I especially loved the pledge kids took to wear their helmets."

– Meghan Sahli-Wells, Culver City Mayor and mother of two



For more information on how to bring a Walk 'n Roll Festival to your school or community, contact us today

www.WalkMoreBikeMore.org • 310-204-4346

WALK 'n ROLLERS
bike • walk • skate • scoot

SAFE ROUTES TO SCHOOL

PROGRAMS & ACTIVITIES AVAILABLE TO SCHOOL COMMUNITIES



Safe Routes to School (SRTS), a partnership of the Los Angeles Unified School District (LAUSD) and the Los Angeles Department of Transportation (LADOT), is a key strategy to help achieve the City's Vision Zero goal to eliminate all traffic fatalities by 2025. A student who travels safely to school is more likely to arrive ready to learn.

SRTS brings SAFETY IMPROVEMENTS to the streets of your school neighborhood, and SAFETY EDUCATION to your school community. To learn more about bringing these programs to your school, please contact us at ladot.saferoutes@lacity.org.

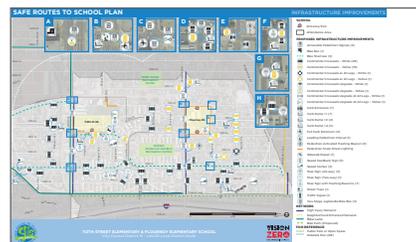
SAFETY IMPROVEMENTS

Walking Safety Assessment (WSA)**

A WSA is the first step in a 2-part SRTS Plan process, bringing the school community together to walk the neighborhood and identify challenges to walking and bicycling safely to school.

SRTS Plans**

Community input from the WSA's help SRTS prepare SRTS Plans that include street improvement recommendations customized to meet the community's specific needs. SRTS uses SRTS Plans to apply for grant funding to build major improvements, and uses available discretionary funds to install lower-cost treatments such as crosswalks, signal timing changes, and speed humps.



SAFETY EDUCATION PROGRAMS

Middle School Bicycle Education Program*

(Principal submits request to SRTS)

The program is designed for integration with the Physical Education (PE) Curriculum. PE instructors are trained to teach a 15-lesson course, where students practice hand signals and controlled maneuvers on bicycles. *Middle Schools



Student Safety Patrols (Principal submits request to SRTS)

Student leaders promote a culture of traffic safety by reminding peers of traffic safety rules. Depending on the school's Student Patrol Charter, Safety Patrols assume In-School or Outside responsibilities.

School Safety Valet (Principal submits request to LAUSD OEHS)

Safety Valets support a more orderly and fluid movement of vehicular traffic during the morning drop-off. The Valet channels drivers through a queue of traffic cones to drop-off students while volunteers assist students to safely exit the car.



saferoutes.lacity.org

**SRTS Plan development work plan informed by SRTS Prioritization adopted by City Council / SRTS Contact: margot.ocanas@lacity.org



Safe Routes to School is a partnership of the Los Angeles Department of Transportation and Los Angeles Unified School District



SAFE ROUTES TO SCHOOL

PROGRAMS & ACTIVITIES AVAILABLE TO SCHOOL COMMUNITIES



SAFETY EDUCATION PROGRAMS (CONTINUED)

Student Travel Tally Project
(School staff administer each September)

This annual in-classroom data collection event builds awareness and promotes discussion with students and staff about how students travel to/from school. Staff administers the tally survey in the classroom, and SRTS analyzes the surveys to prepare a customized Tally Report for each school.

Traffic Safety Campaign
(Available at SRTS website)

Monthly campaign including flyers, web-embedded graphics, classroom activities and lesson plans help champion traffic safety in the classroom and with the broader school community.

Traffic Safety City
(Principal submits request to SRTS)

This on-yard activity that teaches pedestrian and bicyclist skills using a simulated mini-city. Through hands-on interaction, students build awareness of their surroundings and safe vs. unsafe traffic situations, and learn how to walk and bicycle safely on our City streets.

Walk to School / Bike to School Days
(Parents / school staff host each October)

Walk to School Day (October) and Bike to School Day (May) encourage the community to focus on improving the personal and traffic safety of students on the way to school, increasing the share of students walking and biking to school, and providing physical activity opportunities. These events bring LAUSD and the City together to help create safe and comfortable routes to school for students that walk and bike. Keep Walking! Activity Guides provide ideas and simple steps to plan school community events, in the spirit of Walk to School Day and Bike to School Day throughout the year.

Walk Wise / Drive Wise Pledge*
(Principal submits request to SRTS)

This assembly, hosted by the Los Angeles Police Department, helps create student safety ambassadors. Students learn how to cross streets safely, and how to encourage people who drive not to be distracted drivers. *Elementary Schools



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