



[www.srtsfl.org](http://www.srtsfl.org)

## Resources for helping kids walk and bike to school safely

Thanks to the Winter Park Health Foundation for compiling this list in collaboration with the Florida SRTS Program

### Websites that provide information and guidance for school-linked programs:

**I. National Center for Safe Routes to School (SRTS):** [www.saferoutesinfo.org](http://www.saferoutesinfo.org):

This is a one-stop location for all kinds of information on Safe Routes to School, including:

- How to get a program started: See Getting Started and the SRTS Guide.
- How to get a program recognized: Go to Training and check out the SRTS Coaching Action Network – several webinars cover this topic.
- Resources available: The National Center for Safe Routes to School Resource Center is a centralized location of resources developed by the Center and the U.S. Department of Transportation, Federal Highway Administration. Go to NCSRTS Resources.
- Funding: Federal, state, local, and private funding sources are listed.
- Training: Read about the FREE training and coaching that is offered including an ongoing series of webinars. The National Center for Safe Routes to School partners with America Walks to offer the Safe Routes Coaching Action Network with webinars designed to educate individuals and organizations on topics that will assist with successful outreach efforts. Downloadable and/or listen right from the website.
- Forums and Ask a Question: Learn from experts and others who are implementing programs across the country.
- Links: Access dozens of invaluable resources.

**II. Florida Safe Routes to School Program:** [www.srtsfl.org](http://www.srtsfl.org):

The Florida Safe Routes to School Program is a federally funded program by the Florida Department of Transportation (FDOT) Safety Office. There is a statewide Coordinator and District Contacts. Funding is available for both infrastructure (sidewalks, signs, traffic calming devices) and non-infrastructure (education and encouragement programs). The other two E's (enforcement and evaluation) are required to be done by each funded project. This website includes general program information, program guidelines, forms and contacts.

**III. Safe Ways to School and Florida Traffic and Bicycle Safety Education Program:**  
<http://www.dcp.ufl.edu/centers/trafficsafetyed/>

The Florida Safe Ways to School program is now administered under the "Safe Routes to School" program referenced above. At this site you can download the Safe Ways to School Toolkit, which provides a step by step approach to analyzing the problems around your school which prevent children from walking or bicycling, and working through possible solutions so you will be ready to

apply for a Safe Routes to School project or program. At this site you can also learn about the Florida Traffic and Bicycle Safety Education Program, and:

- Download materials for Training Workshops
- See Calendar of workshops and other learning opportunities
- Apply for Mini Grants

**IV. Super Cyclist Program:** <http://www.biketexas.org/content/view/908/789/>

The Texas Super Cyclist Program is a nationally recognized and comprehensive bicycle safety education course. At this site you can access many educational resources and links to valuable guides, fact sheets and toolkits.

**V. The Safe Routes to School National Partnership:** <http://www.saferoutespartnership.org/>

The Partnership is made up of a group of advocacy groups who support Safe Routes to School programs. The website includes a wealth of information, including:

- Safe Routes to School Increases Physical Activity and Improves Health:  
[http://www.saferoutespartnership.org/media/file/SafeRoutes\\_Health\\_Sept08\\_lowres.pdf](http://www.saferoutespartnership.org/media/file/SafeRoutes_Health_Sept08_lowres.pdf)
- Safe Routes to School: State Networks Create Policy Changes:  
[http://www.saferoutespartnership.org/media/file/SafeRoutes.graphics.FINAL\\_lowres.pdf](http://www.saferoutespartnership.org/media/file/SafeRoutes.graphics.FINAL_lowres.pdf)

**VI. Partnership for a Walkable America:** [www.walkableamerica.org](http://www.walkableamerica.org)

Partnership for a Walkable America is a national coalition working to improve the conditions for walking in America and to increase the number of Americans who walk regularly. The members are national governmental agencies and non-profit organizations concerned about three main areas: Health, Safety and the Environment. From the home page you can download a checklist or use an interactive checklist to determine “How Walkable is Your Community?” The PWA started the International Walk to School event which has grown to over 2,900 U.S. schools in just six years and is celebrated by 40 countries (more information under Walk to School Day/Month below)

**VII. Walk to School Day/Month:**

October is always Walk to School Month, and International Walk to School Day was October 8, 2008. Watch these websites for the announcement of the 2009 event, and for more information:

- USA event: [www.walktoschool-usa.org](http://www.walktoschool-usa.org)
- International: [www.iwalktoschool.org](http://www.iwalktoschool.org)

**VIII. KidsWalk-to-School:** <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

To support the national goal of better health through physical activity, CDC's Nutrition and Physical Activity Program has developed KidsWalk-to-School. This is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. The website offers some excellent downloadable materials:

- Fact sheets
- Community presentation (powerpoint)
- Train the Trainer materials
- Resource lists and links to other programs

**IX. Walking School Bus:** [http://www.saferoutesinfo.org/resources/encouragement\\_walking-school-bus-guide.cfm](http://www.saferoutesinfo.org/resources/encouragement_walking-school-bus-guide.cfm) and [www.walkingschoolbus.org](http://www.walkingschoolbus.org)

A Walking School Bus is a group of children who walk to school on a regular basis, accompanied by responsible adults. See the above websites for complete information, including:

- Easy-to-follow basics about starting a walking school bus
- Resources including links to guides, safety guidelines, program examples, evaluations and case studies

**X. Bike Train:** [http://www.saferoutesinfo.org/guide/encouragement/walking\\_school\\_bus\\_or\\_bicycle\\_train.cfm](http://www.saferoutesinfo.org/guide/encouragement/walking_school_bus_or_bicycle_train.cfm)

A Bike Train is similar to a Walking School Bus, only with bikes, of course. Metro Atlanta Safe Routes to School developed a great checklist and job descriptions with roles and responsibilities for Bike Train "engineers" and "caboosees":

[http://www.atlantabike.org/Guidelines\\_for\\_WaRtS\\_Bike\\_Trains.pdf](http://www.atlantabike.org/Guidelines_for_WaRtS_Bike_Trains.pdf)

**XI. Helmutt's Home:** [www.helmutt.com](http://www.helmutt.com)

Developed by the Brain Injury Association of Florida, Inc., this child-friendly, happy website provides tips for children and grownups on how to wear a bike helmet. These tips are reinforced through online games and activities.

**Websites offering general information regarding safe walking and biking (& more Safe Routes to School information):**

**I. Florida Department of Transportation:** [http://www.dot.state.fl.us/Safety/ped\\_bike/brochures/ped\\_bike\\_brochures.shtm](http://www.dot.state.fl.us/Safety/ped_bike/brochures/ped_bike_brochures.shtm)

Resources abound on this website for both pedestrian and bicyclist safety as well as information about the Florida School Crossing Guard Training Program, the Safe Routes to School Program, and the Florida Traffic and Bicycle Safety Education Program. Several downloadable brochures are available.

**II. America Walks:** [www.americawalks.org](http://www.americawalks.org)

America Walks is the voice of advocacy for local, state, and national issues. America Walks is part of a growing movement to create walkable communities across North America. America Walks also works closely with other like-minded organizations to provide excellent webinars and resources.

**III. Pedestrian and Bicycle Information Center:** [www.pedbikeinfo.org](http://www.pedbikeinfo.org)

Started in 1999, this organization/center's mission is to "improve the quality of life in communities through the increase of safe walking and bicycling as a viable means of transportation and physical activity." Among the information and/or links on the website are:

- An image library with 1000's of walking, biking and road safety photos one can use
- Resources to make your community walkable : [www.walkinginfo.org](http://www.walkinginfo.org)
- Resources to make your community bikeable: [www.bicyclinginfo.org](http://www.bicyclinginfo.org)
- Links to websites, great tools and checklists, community outreach, and training programs

**IV. National Center for Bicycling and Walking:** <http://www.bikewalk.org>

The aim of the NCBW's program is to change the way communities are planned, designed and managed to ensure that people of all ages and abilities can walk and bike easily, safely and regularly. They also do a lot of work on Safe Routes to School issues, including teaching the City Safe Routes to School Programs, through the Active Living Resource Center. For more information, see: <http://www.activelivingresources.org/saferoutestoschool.php>. Here are a few resources:

- 13-minute flash presentation on Your Safe Routes To School Campaign: <http://www.activelivingresources.org/saferoutestoschoolcampaign.php>
- 2006 Report on City Safe Routes to School Pilot Program: [http://www.activelivingresources.org/assets/City-SRTS\\_report\\_fnl.pdf](http://www.activelivingresources.org/assets/City-SRTS_report_fnl.pdf)

**V. National Highway Traffic Safety Administration, US Department of Transportation:** <http://www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.dfedd570f698cabbbf30811060008a0c/>

The National Highway Traffic Safety Administration (NHTSA) is the part of the USDOT which focuses on the people side of transportation, and stresses education and enforcement as methods to increase traffic safety. At this site, you will find a series of links to a variety of useful resources as well as some excellent traffic safety facts that focus on pedestrians, bicyclists and children. The site contains:

- Publications
- Description of various programs
- Activities and materials for kids
- Resource guides
- Studies and research
- An image library: [http://www.nhtsa.dot.gov/nhtsa/ImageLibrary/category\\_search.cfm](http://www.nhtsa.dot.gov/nhtsa/ImageLibrary/category_search.cfm)

**VI. Federal Highway Administration, US Department of Transportation:**

<http://safety.fhwa.dot.gov/> The Federal Highway Administration (FHWA) is the part of the USDOT which focuses on the infrastructure side of transportation, and stresses improvements to planning and engineering as methods to increase traffic safety. This site links to many useful resources, including the following:

- Pedestrian safety: [http://safety.fhwa.dot.gov/ped\\_bike/ped/index.htm](http://safety.fhwa.dot.gov/ped_bike/ped/index.htm) (many resources, including a Pedestrian Safety Campaign)
- Bicycle safety: [http://safety.fhwa.dot.gov/ped\\_bike/bike/index.htm](http://safety.fhwa.dot.gov/ped_bike/bike/index.htm) (many resources, including Hispanic bicycle safety materials)
- The general Guidance for the Safe Routes to School Program: <http://safety.fhwa.dot.gov/saferoutes/> (however, keep in mind that each state has set up its program within these general guidelines, so your state's guidelines will tell you what is fundable in your state).

**VII. League of American Bicyclists:** <http://www.bikeleague.org/index.php>

This national bicycle advocacy group's website includes a wealth of bicycling and Safe Routes to School information, including:

- a 4-minute introductory Safe Routes to School video: <http://www.bikeleague.org/programs/saferoutes/video.php>
- artwork for a bicycle safety bookmark: [http://www.bikeleague.org/programs/saferoutes/pdfs/saferoutes\\_bookmark.pdf](http://www.bikeleague.org/programs/saferoutes/pdfs/saferoutes_bookmark.pdf)