

Ideas for Safe Routes to High School Collaboration

Featuring Cupertino Safe Routes to School (SR2S), San Jose Walk n' Roll,
and Sunnyvale Safe Routes to School (SR2S)

From Cherie Walkowiak

Proposed Format of High School SR2S Event/Presentation:

- Safe Routes to School Presentation
- Activities
- Incentive: students earn an incentive for doing activities

Please provide feedback on which of the following presentation topics, activities, and incentives high school students would find most valuable.

Note: The topics and activities listed below will not all fit into one 50-minute advisory period. Here are some refined format options to consider, depending on how many activities would be valuable to high school students:

- Conduct the presentation and activities during advisory period by paring down the presentation and selecting a maximum of three activities
- Conduct the presentation during advisory period and the activities plus incentive distribution during lunch or after school
- Conduct the presentation during one advisory period and the activities plus incentive distribution during the advisory period the following week
- Skip the activities and only conduct the presentation

Safe Routes to School Presentation Topic Ideas:

- Bike safety
 - Helmet fit
 - Be visible
 - Be predictable
 - Three ways to make a left turn
 - How to avoid crashes
 - Roadway positioning
 - Rules of the road
 - Choosing the right bike for you
 - ABC Quick Check
 - How to lock a bike
- Infrastructure around each school to be aware of – both the good and the challenging
- Bike rack locations on campus
- Where to ride
 - suggested routes to school
 - local trails for fun

- If you drive, know how to bike around cyclists
- Some colleges don't let students drive on campus, so consider your alternatives
- Sustainable transportation

Activity Ideas:

- Map your route to school (we'll provide maps, students plot their route and take the map home)
- Explore public bus route options with the Valley Transit Authority (VTA)
- Safety quiz
- Bike art and/or bike decorating
- Helmet fit station
- ABC Quick Check and other bike stations, where students learn how to make sure their bike is functioning properly and more:
 - Air: how to inflate bike tires
 - Brakes: identify which bike's brakes are properly adjusted
 - Chain/crank: identify which bike has a well-maintained chain and crank
 - Quick release: how to properly close a quick release
 - Check for anything unusual on a bike
 - How to carry stuff by bike
 - Bike locking: how to properly lock a bike
- Make a smoothie on our blender bikes

Incentive Ideas:

- Pizza
- Boba
- Teen Commission ideas?