

Missouri Safe Routes to School Program

SRTS Team Development Strategies



**The
PedNet
Coalition**



**Missouri Department
of
Transportation**

Goal of this Training Module



This PowerPoint module focuses on various strategies for developing and working with your SRTS Team.

Assembling Your SRTS Team

Who should be invited to join/collaborate with the SRTS Team?

- School/District representatives (i.e., principal, teacher, PTA/PTO officer)
- Law enforcement (i.e., School Resource Officer or other police representative)
- Health professionals (i.e., state/county health staff, physical education teacher, school nurse, other health/wellness/medical professional)
- Transportation professional (i.e., engineer, planner)
- Safe Routes to School Program Coordinator
- School crossing guard and/or responsible agency
- School/District Safety Committee Officer
- School/District Transportation Director, School bus driver(s) or responsible party
- City/county Public Works or Planning Department staff and/or any potentially interested city council members
- Interested parents, students and/or Community Members, who always have some good insights into the issues



SUSTAINABILITY:

***For want of a Champion,
many, many SRTS programs have died!
Please be sure to identify a leader and an
alternate, then treat them well; e.g., stipends.***

The Good, the Bad & the Ugly Assignment

HOW TO CONDUCT “The Good, the Bad & the Ugly” Exercise



An excellent method for assembling your Safe Routes to School (SRTS) Team, and/or keeping the Team from losing interest in continued SRTS program development efforts is to host a team-building activity called, “The Good, the Bad & the Ugly”.

Step 1: Invite your proposed SRTS Team to a meeting. Be sure your Team includes a few mature students, some proactive parents, school staff, health & wellness, planning, transportation, public works, police department and other appropriate or interested individuals.

Step 2: At the meeting, provide a brief about the SRTS program (if meeting participants have not yet heard of the program).

Step 3: Assign meeting participants to take digital photos of their local neighborhood and/or an area within a two-mile radius of the school with a focus on capturing pictures of “The Good, the Bad & the Ugly” relevant to Safe Routes to School. Provide no more than a week or two-week window to complete the assignment and suggest meeting participants complete their “homework” in the evenings or over the next weekend. Encourage parents and children, school staff and others to plan times when they can go out and take pictures together. Explain that they are to return with their photos to present to the group at a second meeting in another week or two.

Since some SRTS Team members will not own a digital camera, you can either assign Team members who do not own cameras to use the “Walkability” (http://drivilla.ksrc.vnc.edu/cms/downloads/walkability_checklist.pdf) or “Bike-ability” (<http://www.bicyclinginfo.org/pdf/bikeabilitychecklist.pdf>) checklists to score their neighborhood and the school zone area; or you can order/distribute some \$10 disposable digital cameras available at: http://www.bhphotovideo.com/c/product/544005_USA/Ferrania_CA_1000_0149_1_Solaris_Go_Digital_35mm_Disposable.html. If you order the disposable cameras, then you will need to collect those and send them in to the camera manufacturer’s development facility. They send you CD’s of the photos from those cameras, but it can take some time.

Step 4: Participants then submit their printed (or saved) photos for each category: Good, Bad or Ugly. They can save photos to a CD or a junk drive for a SRTS Team member to compile into a PowerPoint or a presentation of photos in each category posted onto poster board paper. Or, a huge strip of butcher paper can be hung on the meeting wall with the three categories on it. People (and/or their kids) can bring their printed photos and tape them up themselves. There are lots of ways to handle displaying photos.

Step 5: At the second meeting, have the participants say a few words about their “walkabout” experiences while discussing the photos they have taken. As a group, review the photos in the Good, Bad and Ugly categories and talk about what kinds of activities and approaches the Team and the community can take to alleviate the Bad and the Ugly and accentuate, expand or develop more of the Good. When devising solutions, utilize the 5 E’s (Education, Encouragement, Enforcement, Engineering and Evaluation) to address the concerns shown in the photos.

Be sure everyone in the group has the opportunity to share and make suggestions. Identify those things that you can do without a SRTS grant to get started immediately and to get/keep people excited; e.g., bike rodeos, bike trains, community SRTS education classes; Walk to School days (e.g., try to host at least one Walk to School or Bike Train day for National Bike Month in May); Walk to Work days (as the Safe Routes National Course training suggests, adult behavior is the model for that of children, so if you can get adult school and government personnel to do a very visible, highly advertised - radio, newspapers and web site - Walk to Work event, you can get/keep that enthusiasm going among the adults while involving the kids, too.

Step 6: Work together with the SRTS Team to come up with a date and time for regular Safe Routes to School Team meetings. Please keep in mind that successful Safe Routes to School program development requires a committed SRTS Team. By having regular (monthly or bi-monthly) meetings, and conducting periodic SRTS-relevant events and activities, you can keep the Safe Routes fire alive. The Good, the Bad and the Ugly exercise is a great way to gather a potential SRTS Team together and start the bonding process to get the Team involved and committed to Safe Routes program development in your community. Additionally, the exercise really gives people ownership of local problems and solutions, and encourages them to have their eyes on the street. It is an effective strategy to get parents, grandparents, caretakers and their kids out walking - even hiking - together to look at the places they want to take pictures of while learning SRTS ideology.

SRTS National Course Training

The day-long SRTS National Course workshop*

- Is a great way to train SRTS Team members about:
 - The SRTS program;
 - The 5 Es;
 - How to do a 'walkabout';
 - Using an aerial map of the 2-mile radius around a school to identify concerns/propose fixes; and
 - generate excitement about the SRTS program

Arizona Safe Routes to School Workshop



The rate of childhood obesity has quadrupled since the 1960s. One cause of this are the physical and societal barriers that we have erected that prevent children from walking and bicycling to school.

The physical barriers include wide, fast streets, inappropriate crossings, discontinuous or ill-maintained sidewalks, and schools that are sited on excessively large parcels on fringe land. Each year, this prevents more and more children from getting the physical activity they need in their daily lives.

This free workshop provides participants with an overview of the Safe Routes to School Program, how to use and apply crucial tools to improve the safety and convenience of walking and bicycling for students, and ideas for Safe Routes projects and applications.

In our last funding cycle we awarded \$2,000,000 in SRTS funding to Arizona schools and communities. Participants who attend this session will receive 3 extra points on their future SRTS applications.

Logistics:

Date: April 20, 2010

Time: 8:30a – 4:30p

Location:

Sedona City Hall
Vallee Conference Room
102 Roadrunner Drive
Sedona, Arizona 86336

Cost: FREE

Lunch: \$10.00 - Includes your choice of a sandwich or a tortilla wrap accompanied by chips, cookies, fresh fruit, pasta salad, sandwich condiments and bottled water.

Facilitators:

Michia Casabier M.G. Tech-Writing, L.L.C.
Brian Fellows Arizona Department of Transportation, SRTS Program

In order to reserve your place you must reply to this message by April 15th at 5:00 pm to Michia Casabier at mtechwriting@yahoo.com or by phone at (928) 369-8241. Please indicate in your registration e-mail or phone call: your name and telephone number, as well as your lunch choice of a sandwich or tortilla wrap with either beef, ham, turkey, chicken, Italian or vegetarian filling. Additionally, you may choose a Chicken Caesar Wrap with Caesar salad dressing.

Space is limited to 30 attendees.

For additional information about Arizona's SRTS Program: <http://www.adot.gov/azsaferoutestoschool>

* Please check the NCSRTS website's 'Events & Training' tab often for upcoming workshops!

Conducting Walkabouts, Walkability & Bikeability Checklists &/or Pruning Parties

Neighborhood Walkabouts and Bike-abouts

Neighborhood walk-abouts and bike-abouts, also sometimes called "Walkability" or "Bikeability" surveys, are environment analysis exercises used in the creation and program design/development stages of many Safe Routes to School (SRTS) programs. These walking/biking surveys are conducted to: raise awareness of the issues and conditions that pedestrians and bicyclists are facing while walking and bicycling; to gain support for the changes to the built environment that are needed; and to gather essential information that will be used to help create school route maps. Walk-abouts and bike-abouts seek to identify and document the traffic and safety issues near schools, as well as seeking to identify potential short and long-term solutions to deal with these safety issues.

Participants of Tucson Biclar Elementary School's neighborhood walk-about interview participants within the school zone.



Neighborhood or school zone walk-abouts and bike-abouts are organized by the community or school and may involve local policymakers, traffic engineers and planners, law enforcement, safety professionals, school district personnel, school nurses, parents, students, school principals and local media. The group typically meets at the school, observes the school activities during drop-off and pick-up time, and tours the school zone, plus the walking and bicycling routes to the school. Along the way, safety concerns are documented and photographed for later discussion. **Active &**

Safe Routes to School (<http://www.safeschoolstoschool.ca/default.asp>) offers a list of items to consider during a walk-about. Participants also can complete easy to use checklists such as the **Walkability Checklist** (<http://druells.harc.york.edu/cms/download/walkabilitychecklist.pdf>) and **Bikeability Checklist** (<http://www.bikeability.org/02/03/walkabilitychecklist.pdf>) while conducting the walk-about or bike-about.

After the tour, the group reconvenes at the school to discuss their findings and potential short and long term solutions to address the problems they encountered. Participants leave the meeting with a clear plan of action, including responsibilities for each person and follow-up dates. Results of the walk-about and bike-abouts are communicated to the school community through newsletters or other channels. A walk-about and bike-abouts can also be conducted by teachers with students as a hands-on learning experience about their community.

In 2008, the Yavapai-Apache Nation conducted walkability surveys of both the Middle Verde and Clarkdale parcels of its reservation as part of the SRTS Planning Assistance Program grant it received from the Arizona Department of Transportation with great success. Results of the surveys were compiled into a School Route/Travel Plan. The School Route/Travel Plan and walk-about results were incorporated into the Nation's Safe Routes to School Cycle Three infrastructure grant application and program design. To request a copy of the Yavapai-Apache Nation's School Route/Travel Plan, or to learn more about the Nation's Safe Routes to School program development process, please contact Mr. Robert Mills, Yavapai-Apache Nation Grants and Contracts Manager, at 928.649.7103 or mills@yan-tribe.org.

Information for this brief originated from the SRTS Guide Book at: http://www.yavapai-tribe.com/walkabilitychecklist/walkabout_walkabout.pdf on the National Center for Safe Routes to School's web site.

Mentioned in our 1st module, the value of these exercises can not be overstated when developing a SRTS grant program design. Additionally, these activities are great ways for your SRTS Team to commence a working relationship.

Bikeability Checklist

How bikeable is your community?

Walking a bike is fun!
Walking a bike may not seem like a great idea, but it's a great way to get your child on a bike and into the outdoors. It's a great way to get your child on a bike and into the outdoors. It's a great way to get your child on a bike and into the outdoors.

Can you get to where you want to go by bike?
There are many reasons why you might not be able to get to where you want to go by bike. It could be because of a lack of bike lanes, or because of a lack of safe places to ride. It could be because of a lack of safe places to ride. It could be because of a lack of safe places to ride.

Walkability Checklist

How walkable is your community?

Walk a walk with a child and adults for pleasure.
Walking a walk with a child and adults for pleasure is a great way to get your child on a walk and into the outdoors. It's a great way to get your child on a walk and into the outdoors. It's a great way to get your child on a walk and into the outdoors.

Walking at school.
Walking at school is a great way to get your child on a walk and into the outdoors. It's a great way to get your child on a walk and into the outdoors. It's a great way to get your child on a walk and into the outdoors.

Conducting Walkabouts, Walkability & Bikeability Checklists &/or Pruning Parties



Gathering your SRTS Team or some interested parents, students, community members and/or neighbors to prune bushes and trees can be an effective way to encourage people to take ownership in the safety & visibility of their neighborhood.

Often a phone call to the city/county can provide pruning aid when/where needed, but it is more fun to make a 'party' of it with your SRTS Team. Other ideas?

Keeping the SRTS Fire Alive & the SRTS Team's Involvement

Strategies:

- Keep having monthly meetings of your SRTS Committee or Team.
- Identify those things that you can do without project funds to get started immediately and to get/keep people excited; e.g.,
 - bike rodeos;
 - bike trains;
 - the Good, the Bad and the Ugly exercise;
 - community education classes;
 - Walk to School days;
 - Walk to Work days (Adult behavior is the model for that of children, so try to gather your partnership organizations together to do a very visible, highly advertised Walk to Work event, to get/keep the SRTS fire among the adults and get the kids involved, too.)

Keeping the SRTS Fire Alive & the SRTS Team's Involvement

One of the challenges of the SRTS program is that each year it is in the fall before you can pursue either of the SRTS projects, then the earliest the project will come will be the next spring.

If it is a non-infrastructure or infrastructure project, it won't start until spring 2015, so you must think of how to get/keep people and students enthused in the meantime.

Jeopardy!



SRTS Project Types for 100

100

Answer:

The 2 types of SRTS Projects

What are:

- Infrastructure Projects and
- Non-infrastructure Projects



SRTS Project Resources for 200

200

Answer:

**Three essential online SRTS
resources**

What are:

the:

- National Center for Safe Routes to School;
- Safe Routes to School National Partnership; and
- Missouri Department of Transportation Safe Routes to School Program



SRTS Kick Off Events for 300

300

Answer:

**Fun, educational &
motivational non-
infrastructure events that
encourage walking or
bicycling to school**

What are:



May 12th-16th is Bike-to-Work Week
May 16th is Bike-to-Work Day

Bike 2 Work

Bike-to-Work
with Cotnamwood Mayor
Diane Joens
& Yavapai County Supervisor
Chip Davis
Friday, May 16th
at 7:00 AM

Jerona Cafe
across from the
Cotnamwood Post Office
677 E. Mesquite Avenue

Riders will gather at
Jerona Cafe & Gifts (600
Mesquite Avenue) across
from the Post Office) at
7:00 AM to ride to the
Mayor's Residence at 312
NW Mesquite Drive and join
Mayor Joens, Supervisor
Davis and others for her
ride to work at 8:00 AM.
The ride will continue after
we arrive at City Hall!

Verde Valley Cyclists
www.vvcc.org

THE MOUNTAIN
CITY

- International Walk to School Day;
- Walking School Bus;
- Bike Train; and
- Bike/Walk to Work Day

SRTS Evaluation Strategies for 400

400

Answer:

**Effective evaluation techniques for
SRTS program
refinement/improvement/tracking**

What are:

- Student Travel Tally Sheets;
- Parent Surveys;
- Walkability Checklists;
- Bikeability Checklists;
- Active School Neighborhood Checklists; and
- Walkabouts

SAFE ROUTES TO SCHOOL
STUDENT ARRIVAL AND DEPARTURE TALLY SHEET

Student: _____ Date: _____

Homeless: Yes No

Directions: _____

1. Please indicate how you or any other group from Tuesday, Wednesday, or Thursday of the week arrived at school. Only one type of mode per student per morning at 10 minutes before school. Please do not include any mode of transportation at school or on campus.

2. Before using your tally sheet to indicate the way you arrived at school today, please make sure that you have already indicated the way you arrived at school yesterday.

3. If you arrive at school by a mode other than walking, please indicate the mode you arrived at school today.

4. Please indicate how you arrived at school today.

5. Please indicate how you arrived at school yesterday.

6. Please indicate how you arrived at school the day before yesterday.

7. Please indicate how you arrived at school the day before yesterday.

8. Please indicate how you arrived at school the day before yesterday.

9. Please indicate how you arrived at school the day before yesterday.

Mode	Arrived at School Today	Arrived at School Yesterday	Arrived at School the Day Before Yesterday
Walking			
Bus			
Car			
Other			

SURVEY ABOUT WALKING AND BIKING TO SCHOOL
FOR PARENTS

Dear Parents or Caregivers:

Your child's school wants to hear your thoughts about children walking or biking to school. The survey will take about 5 to 10 minutes to complete. We will use the information you provide to help us make our school safer and more walkable and bikeable. We will also use the information you provide to help us make our school safer and more walkable and bikeable. We will also use the information you provide to help us make our school safer and more walkable and bikeable.

1. How often do you walk or bike to school? Never Rarely Sometimes Often Always

2. How often do you walk or bike to school? Never Rarely Sometimes Often Always

3. How often do you walk or bike to school? Never Rarely Sometimes Often Always

4. How often do you walk or bike to school? Never Rarely Sometimes Often Always

5. How often do you walk or bike to school? Never Rarely Sometimes Often Always

Walkability Checklist

How walkable is your community?

Walkability is a measure of how easy it is to walk. It includes things like sidewalks, crosswalks, and safe places to walk. Walkability is important because it helps people get to school, work, and other places safely and easily.

1. Sidewalks: Yes No

2. Crosswalks: Yes No

3. Safe places to walk: Yes No

4. Sidewalks: Yes No

5. Crosswalks: Yes No

6. Safe places to walk: Yes No

7. Sidewalks: Yes No

8. Crosswalks: Yes No

9. Safe places to walk: Yes No

Bikeability Checklist

How bikeable is your community?

Bikeability is a measure of how easy it is to bike. It includes things like bike lanes, bike paths, and safe places to bike. Bikeability is important because it helps people get to school, work, and other places safely and easily.

1. Bike lanes: Yes No

2. Bike paths: Yes No

3. Safe places to bike: Yes No

4. Bike lanes: Yes No

5. Bike paths: Yes No

6. Safe places to bike: Yes No

7. Bike lanes: Yes No

8. Bike paths: Yes No

9. Safe places to bike: Yes No



SRTS Team Development Strategies for 500

500

Answer:

**Individuals who should be invited to
join & collaborate with
your SRTS Team**

Who are:

- **School/District representatives (i.e., principal, teacher, PTA/PTO officer)**
- **Law enforcement (i.e., School Resource Officer or other police representative)**
- **Health professionals (i.e., state/county/tribal health staff, physical education teacher, school nurse, other health/wellness/medical professional)**
- **Transportation professional (i.e., engineer, planner)**
- **Safe Routes to School Program Coordinator**
- **School crossing guard and/or responsible agency**
- **School/District Safety Committee Officer**
- **School/District Transportation Director, School bus driver(s) or responsible party**
- **City/county/tribal Public Works or Planning Department staff and/or any potentially interested city/tribal council members**
- **Interested parents, students and/or Community Members, who always have some good insights into the issues**