



FIELD NOTES:

A DISCUSSION ON HOW TO GET A K-12 CYCLING PROGRAM STARTED

Hosted by the League of American Bicyclists
bikeleague.org/webinars





BIKING INSTRUCTION, KNOWLEDGE, AND EDUCATION (B.I.K.E) ACT

**ASK YOUR REPRESENTATIVE TO
SUPPORT THE B.I.K.E. ACT
TO EXPAND ACCESS TO ON-BIKE
EDUCATION IN SCHOOLS!**



bikeleague.org/action-center

Compose First Message

- Officials who did not sponsor/co-sponsor H.R. 7842 (U.S.-2023-2024 Regular Session (118th))

Subject

Please co-sponsor the B.I.K.E. Act

Message Body

Please add your own story about this issue to personalize your message

The B.I.K.E. Act would fund on-bike education programs in elementary and middle schools. Such programs would be eligible for funding through Section 405 of the State Highway Safety Program, which was



BikeWalkKC Safe Routes to School Programs

Four primary youth programs

- 1. Bicycle Lessons and Safety Training**
- 2. Maintain Your Ride**
- 3. Bike Club**
- 4. Pedestrian Safety**

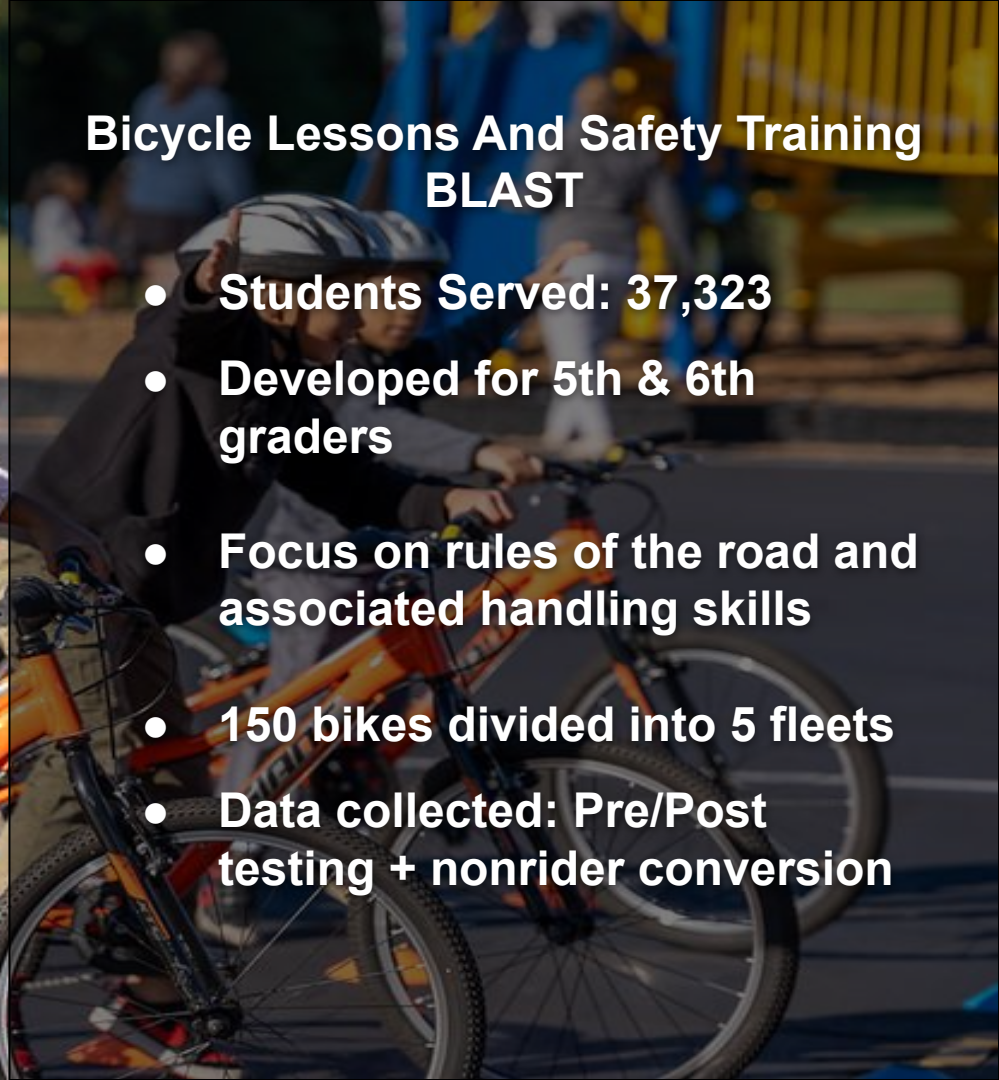
Total Students Served: 55,3967

New Riders: 4,133



Bicycle Lessons And Safety Training BLAST

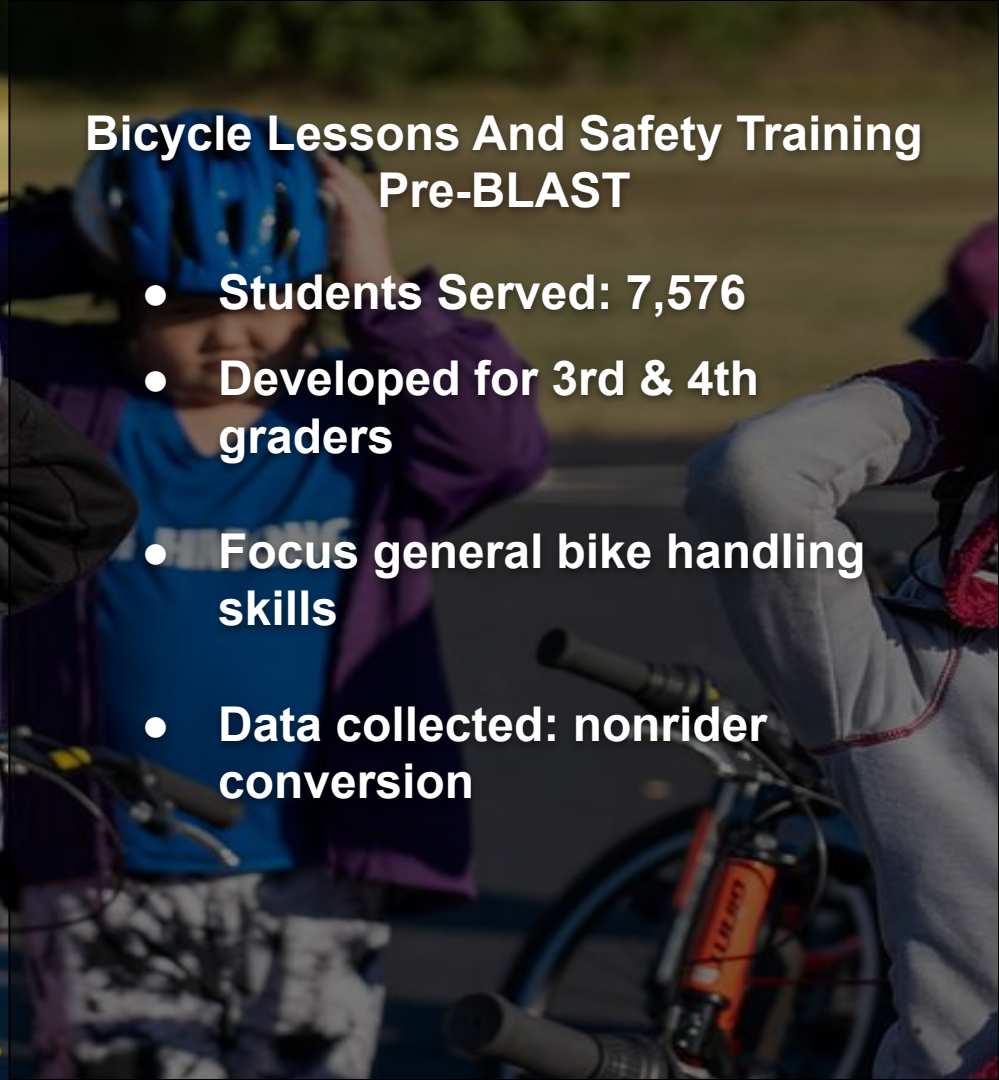
- **Students Served: 37,323**
- **Developed for 5th & 6th graders**
- **Focus on rules of the road and associated handling skills**
- **150 bikes divided into 5 fleets**
- **Data collected: Pre/Post testing + nonrider conversion**

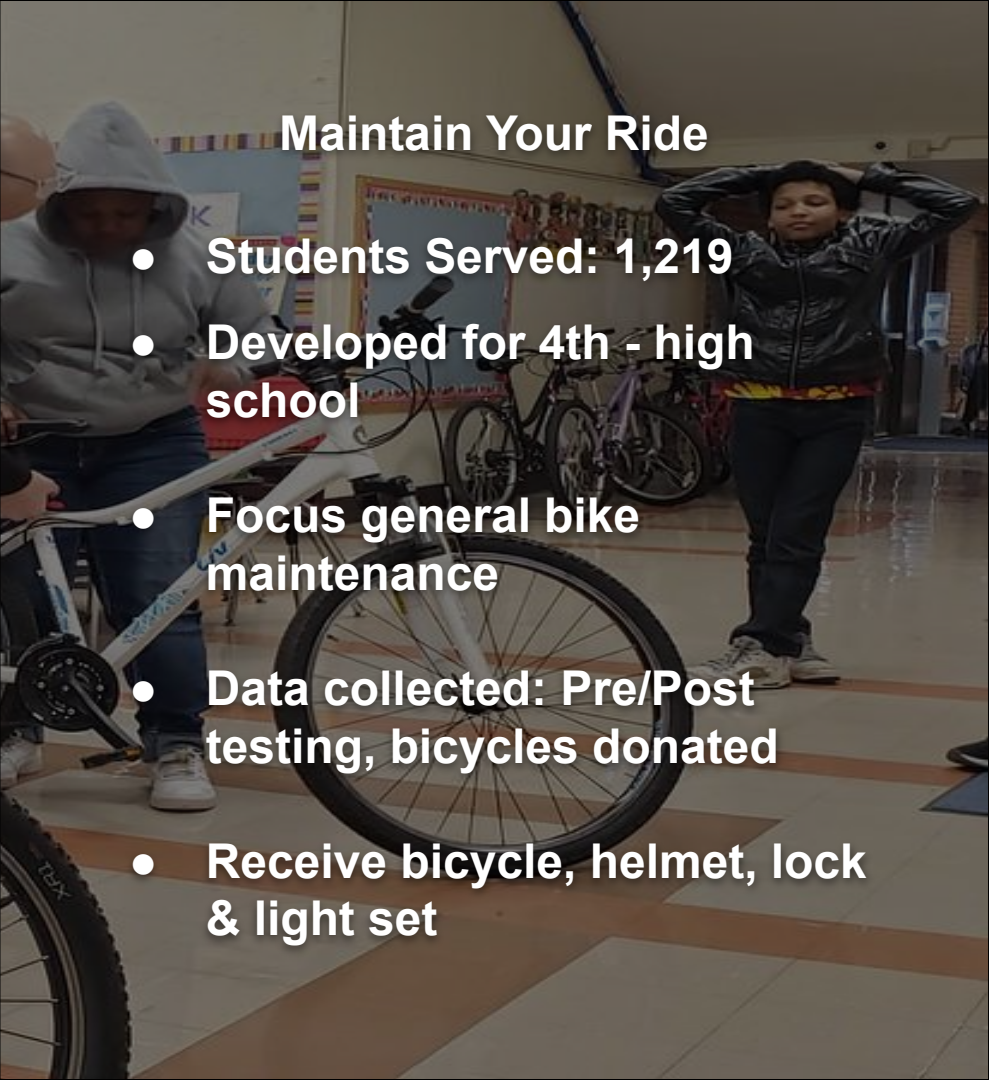




Bicycle Lessons And Safety Training Pre-BLAST

- **Students Served: 7,576**
- **Developed for 3rd & 4th graders**
- **Focus general bike handling skills**
- **Data collected: nonrider conversion**





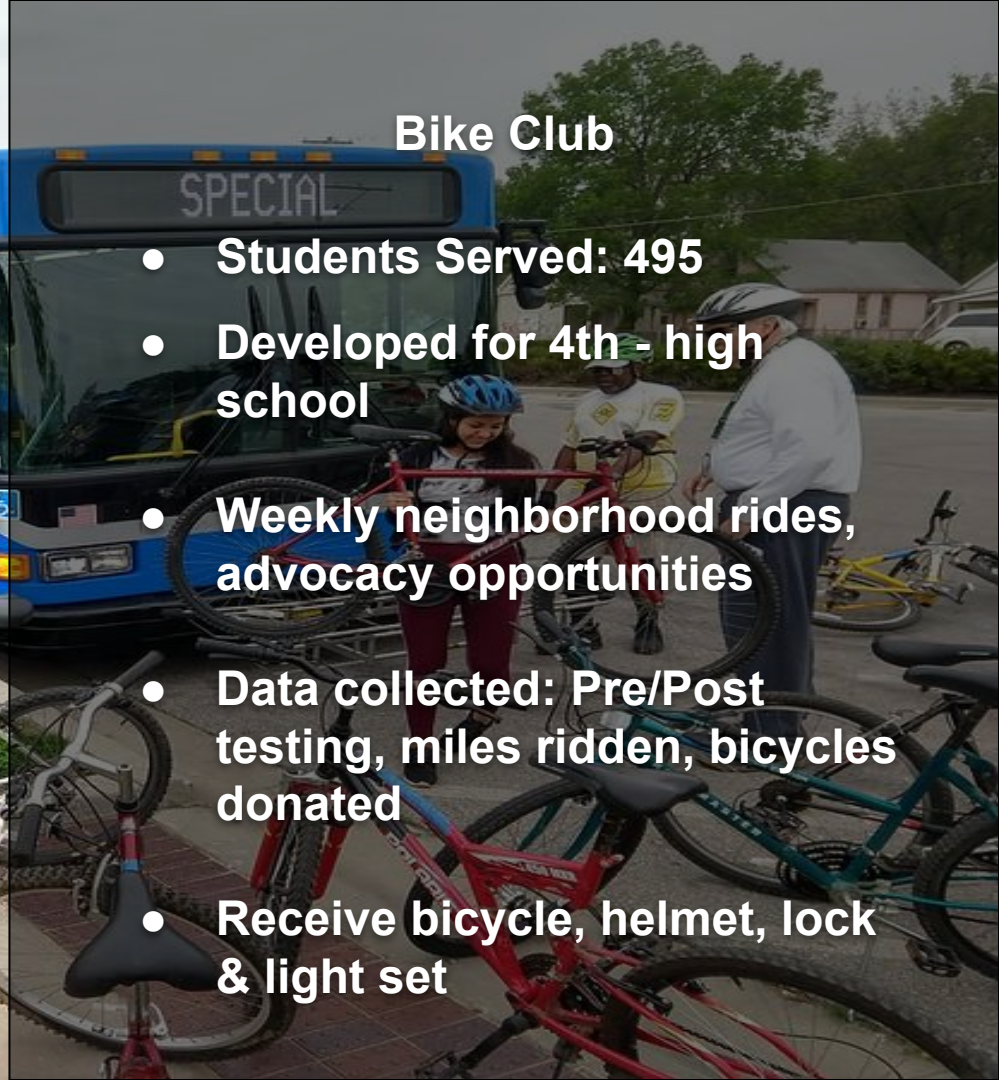
Maintain Your Ride

- **Students Served: 1,219**
- **Developed for 4th - high school**
- **Focus general bike maintenance**
- **Data collected: Pre/Post testing, bicycles donated**
- **Receive bicycle, helmet, lock & light set**



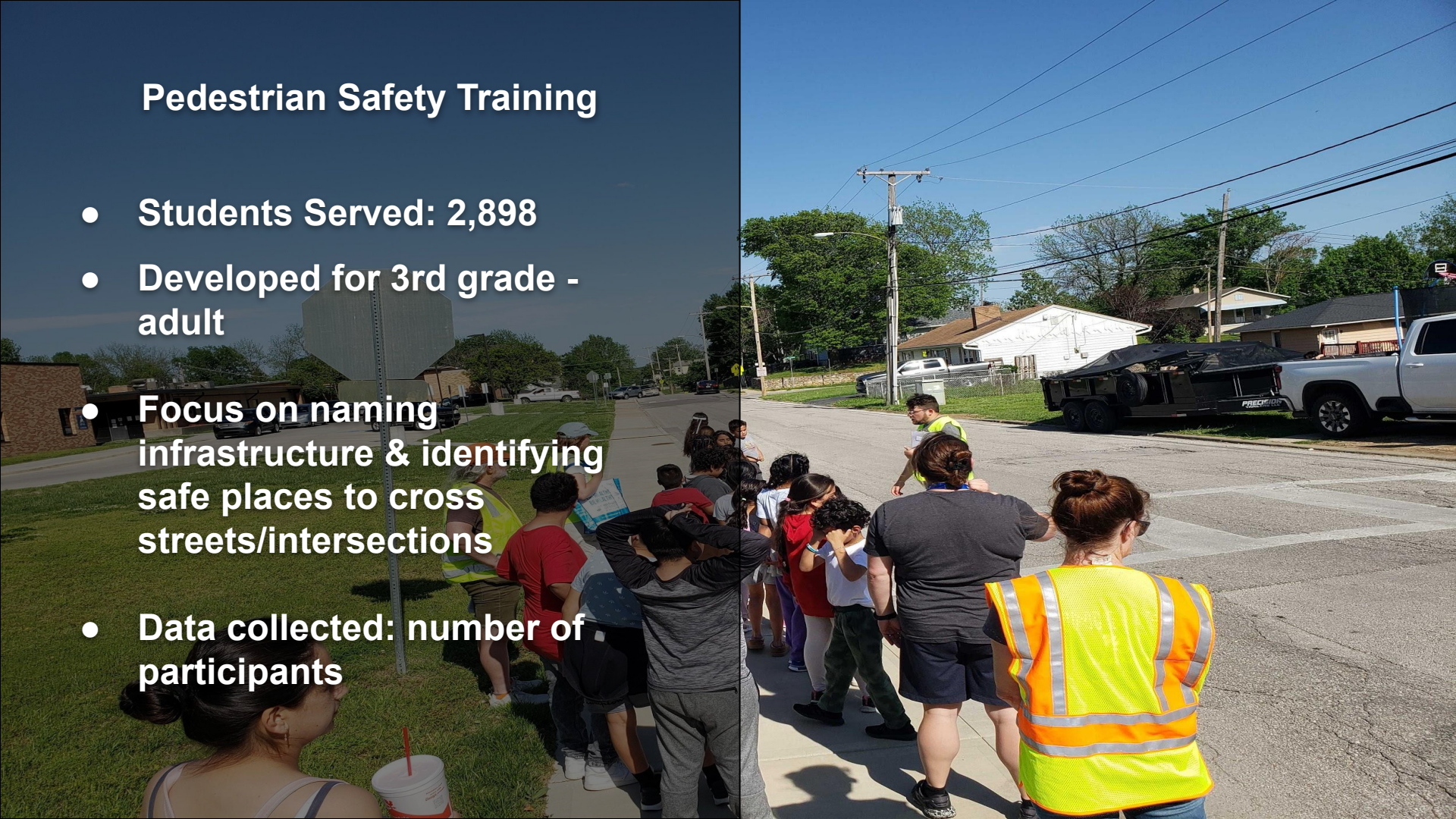
Bike Club

- **Students Served: 495**
- **Developed for 4th - high school**
- **Weekly neighborhood rides, advocacy opportunities**
- **Data collected: Pre/Post testing, miles ridden, bicycles donated**
- **Receive bicycle, helmet, lock & light set**



Pedestrian Safety Training

- **Students Served: 2,898**
- **Developed for 3rd grade - adult**
- **Focus on naming infrastructure & identifying safe places to cross streets/intersections**
- **Data collected: number of participants**





Bicycle Education Program

Step one: Herding cats



– Divide and conquer



Inspiration



Kids love to be locomotives at the RR crossing and get bossy as crossing guards

- Team brainstorming on outreach ideas
- Kids are the gateway to parents
- Captive audience in schools
- Greater impact than individual community events
- Able to incorporate healthy lifestyles along with bike safety and bike handling
- Looked to existing curricula such as Wisconsin's

PARTNERS

- BikeWalkBG

Portion of staff duties for two employees

Intern student

Occasional assistance from additional staff

- County Parks & Rec

Already heavily involved in bicycle programs and pop up events

Lead contact is an avid cyclist & bike mechanic

Two employees work with us as available

- Health Department

To include Healthy Lifestyles component

Two employees alternate events

- Community Volunteers

Hard to come by, especially daytime weekdays



Health Dept and Parks & Rec staff teaching about active healthy lifestyles

Funding Sources

- Paula Nye Memorial Education Grants are administered by the Kentucky Bicycle and Bikeway Commission with revenue from sales of “Share the Road” license plates
- Our Mobile Bike Program was initially funded with one of these grants. Included a box trailer and repair tools
- Additional Paula Nye awards in subsequent years to purchase traffic cones & signs, sidewalk chalk, etc.
- Multiple smaller local grants to purchase bicycles and helmets



How our program operates

- Available to all public city and county school 4th grade classes
- Recommend schools let kids bring their own bikes & helmets for increased comfort level, also helps reduce our equipment needs
- 45 minute sessions with 25-28 students
- Divide students into 2 to 4 groups, round-robin stations
- Stations include:
 - *Helmet fitting; ABC check; hand signals*
 - *Health component*
 - *Bike rodeo*
- Send home participants with swag bag of goodies and informational handouts (hoping to be shared with parents)



Challenges

- DETERMINING THE BEST CONTACTS and establishing communication
 - *Varies by the school – Family Resource Coordinators, PE Teachers, Principals*
 - *Separate City and County schools systems*
- CONVINCING THE SCHOOLS to let us set up a single day for back-to-back classes, rather than setting up at regularly scheduled PE times (which means 3-4 trips and setups per school!)
- COORDINATING SCHEDULES with staff from 3 agencies, school programming, and volunteers – The struggle is REAL!
- GETTING WAIVERS SIGNED by parent/guardian - required for on-bike participation (We assign RR crossing and stop sign duties to non-riders.)
- DOCUMENTING SUCCESS with before and after questionnaires
 - *Will help with future funding sources*



OUTCOMES?



Happy Kids + More Confident Kids + Safer Kids = More People on Bikes



**RED
SHED**


BICYCLE PROGRAMS



**WOONASQUATUCKET RIVER
WATERSHED COUNCIL**



States

Rhode Island DOT Launches Bicycle Safety Program For Children

editor@ashto.org October 25, 2019 0 COMMENTS



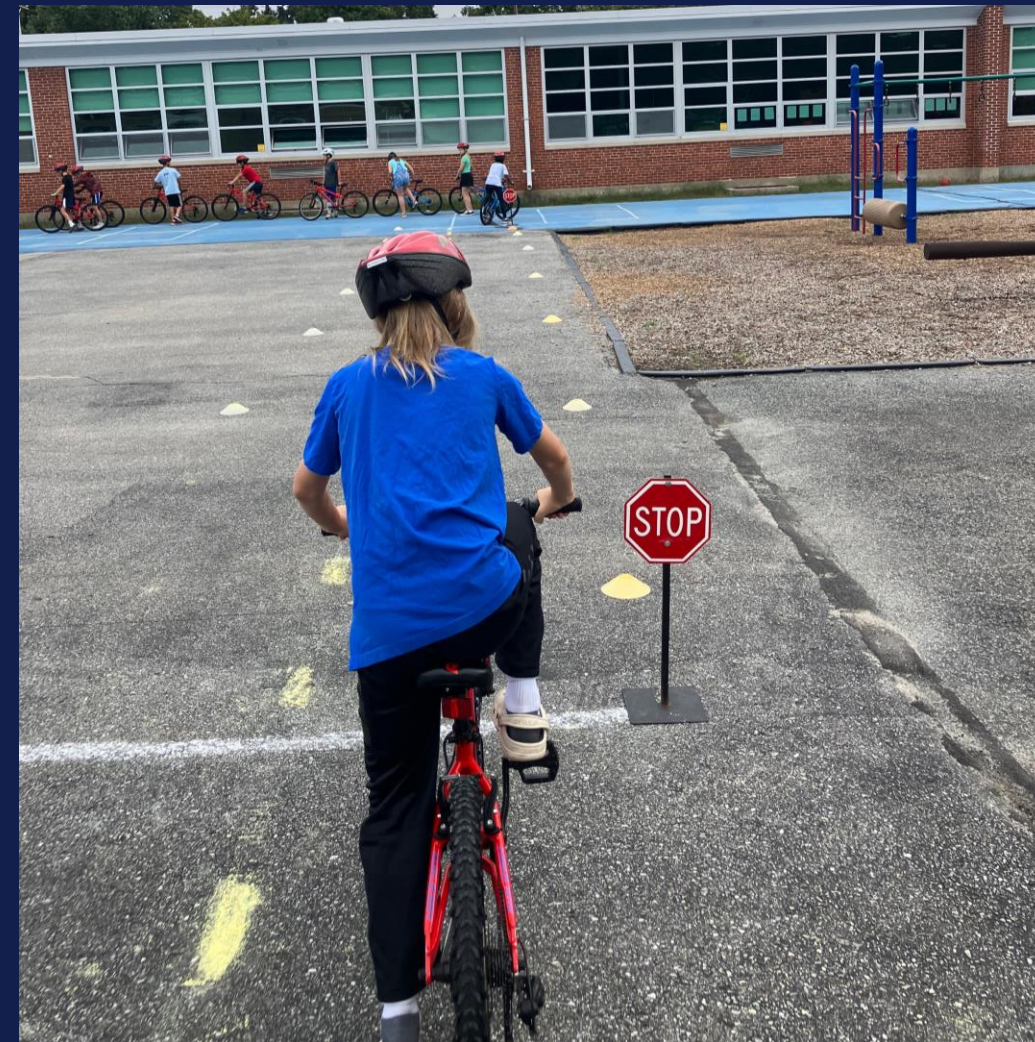
The Rhode Island Department of Transportation officially launched a new program on October 18 called “Rhode to Bicycle Safety,” which teaches elementary school-age children safe bike riding skills.

In a [statement](#), the department said it has operating this new program at three schools this fall, reaching more than 500 fourth and fifth graders, and intends to expand it in 2020 to many other schools across the state.



RHODE

RHODE



Free for Schools

All Equipment Provided

Students keep
their helmets

RHODE



Day 1: Rules of the Road, Be Predictable, Helmet Fit

Day 2: Parts of the Bike, Safe Starting & Stopping, Scanning

Day 3: ABC Quick Check & Hand Signals

Day 4: Right of Way & Skill Review

RHODE



2023-2024
School Year

20 Schools

+ 1200 Students



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Health and Physical Education

Biking in the Park Cornerstone

Miriam Kenyon

Director, Health and Physical Education
DC Public Schools



Why?

“I think it's an essential skill for kids to learn and I want to encourage and help DCPS to make it possible for every kid in school.”

*-Daniel Hoagland
Education Coordinator
Washington Area Bicyclist Association
December 2014*



What is Biking in the Park?

- Annual teacher training
- New teacher support
- Tool kits for teachers
- Six lessons
- Differentiated instruction
- Balancing first
- Balance bikes for Pre-K students
- Culminating 5-7 mile bike ride
- Partnership with DDOT
- Empowering the community
 - <https://www.youtube.com/channel/UCnsmUzbqM-xNT-yj35xfUzQ>



Reflections on Program

■ Successes:

- Active engagement from community stakeholders
 - Parents
 - MPD Bike Police
 - WABA, Trail Ranger Program
 - Bloomberg Foundation
- Interest from across the nation
- Average of 80% of students were proficient riders by the end of the unit
- Traffic Gardens through Vision Zero Grant
- Pop-up bike shops



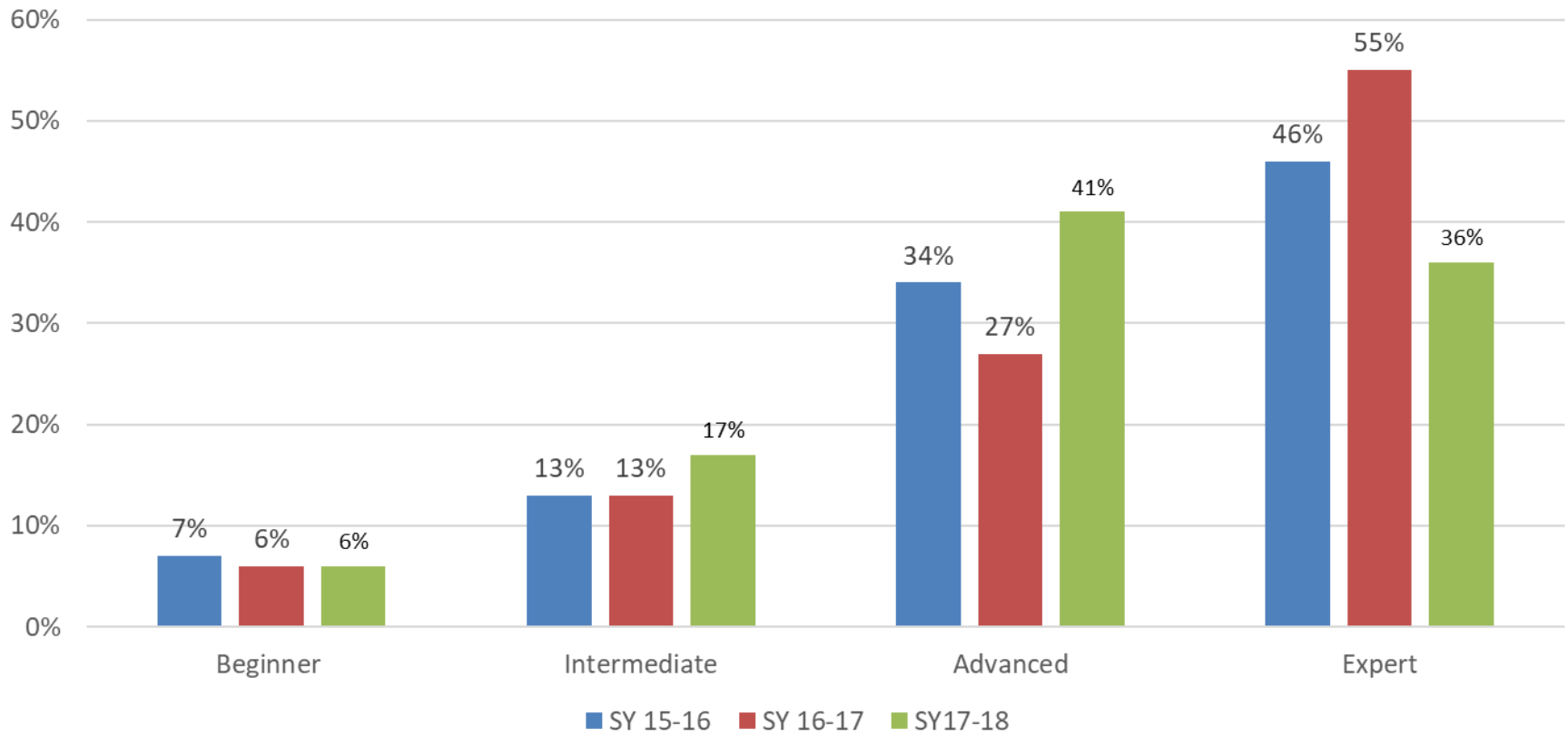
Data Puzzles and Challenges

- Varied skilled level regardless of neighborhood
- Differences by school each year
- Balancing vs. training wheels
- Storage and practice space at school-sites



80% Average Proficiency Rate Across Program

Biking in the Park Effective Results





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