



Street Smarts: Walk & Ride Safely in San Carlos

SCSD Safe Routes to School,
PTA & San Carlos Bikes



Did you know...


- ❖ Kids who walk or bike to school have better concentration lasting up to four hours.
- ❖ Girls who walk or bike to school perform better in verbal & math skill tests.
- ❖ Based on the 2019-20 Safe Routes to School Survey, the number of students who walk or bike to school increased by 23% from last year to this year - 55% USUALLY walk or roll to/from school

International Walk to School Day SCSD 2019-20

*SCSD students saved
~ **660 lbs**
in GHG emissions in

 = burning
34 gallons
of gasoline

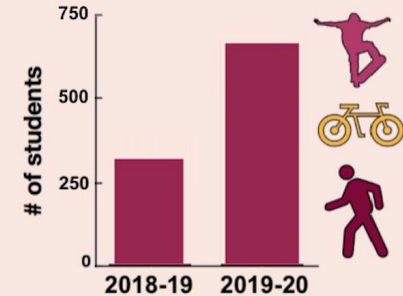
 = burning
357 lbs
of coal

 = the CO2 absorbed by
9 tree seedlings
grown for 10 years

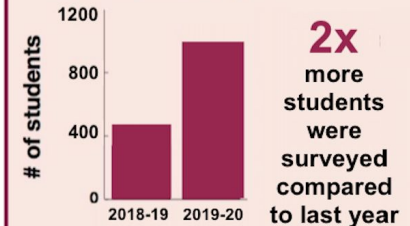
*Assuming that every student who walked or rolled to school avoided 1 mile of driving

64% of students surveyed
walked or rolled to school

Active Transportation



Students Surveyed



San Mateo County
SAFE ROUTES TO SCHOOL

Healthy Kids • Green Communities • Safe Journeys

What is Safe Routes to School (SRTS)?

This program is made possible with funding from the City/County Association of Governments of San Mateo County.

Program Goals:

- Enable school children to walk and roll to school
- Host activities to improve health
- Increase pedestrian & roller safety
- Decrease traffic congestion
- Decrease greenhouse gas emissions caused by transportation



The PTA's Role & Accomplishments

Core Value -- "To advocate for the safety and welfare of all children."

Initiatives include:

- Advocating for safety for all when travelling to or from school and activities.
- Giving children the skills to be independent
- Coordinating with the district, city, and transit agencies to identify safe and accessible routes for kids
- Helping families by creating more transportation options and reducing stress!



Accomplishments since 2015...

- Worked with SamTrans to create 3 new bus routes, which now serve hundreds of children throughout San Carlos.
- Advocated for paid crossing guards, which were hired by SCSD and supported by SRTS funding and the City of San Carlos
- Increased biking, walking and rolling by 4x
- Worked with SCSD to improve communications allowing parents to easily understand bike/walk/bus options available
- Reduced parent stress (and traffic)!

Visit: <https://www.scsdk8.org/apps/pages/Transportation>



Ensuring kids are safe while — walking, rolling, or riding transit

- **Education**

- in classes and real-time on street corners
- Planning the Right Route:
<https://www.scsdk8.org/apps/pages/Transportation>

- **Encouragement**

- reinforce learning and demonstrate safe behaviors
- Readiness Checklist:
<https://tinyurl.com/SRTSWalkRoll2School>

- **Engineering**

- identify/address challenges via walk audits.

- **Enforcement**

- know what's legal, ticket what isn't

- **Equity**

- disabilities, access (Silicon Valley Bike Exchange for low-cost bikes and free training on bike maintenance and repair)





What your children are going to learn



K-3rd grade: April 13-17
4th-8th grade: April 20-24

Safety reminders

ROLLERS

- Always wear a helmet when biking, scooting, or skating
- Know how to make sure your helmet fits properly
- When riding on the sidewalk, ride slowly, on the right, yield to pedestrians
- When riding on the street, ride in the same direction as traffic
- Obey all stop signs and yield to pedestrians
- Make eye contact and hand signals to communicate with drivers

WALKERS

- Always walk with a parent or buddy
- Be alert - look left, right, left again AND behind before crossing the street
- Disconnect from your cell phone and headphone distractions
- Stop at curb's edge and use sidewalks when available
- Cross at corners or marked crosswalks
- Use pedestrian flags correctly
- Use eye contact & hand signals to communicate with drivers
- Follow directions from crossing guards

Safety gear for rolling

- Helmets
 - California law requires children under the age of 18 wear a helmet every time they hop on their bike, skateboard, or scooter.
 - Make sure your child's helmet is the correct size and secured properly
- Visibility
 - Mount a white bicycle light on the handlebars and a red bicycle light behind the seat to improve visibility
 - Add reflective panels or tape to the bike or helmet
 - Wear light or bright-colored clothing
- Lock your ride!



Carrying large items

- Use baskets and racks to carry musical instruments and sports equipment
- Strap larger items to your bike rack with a bungee cord
- Make sure nothing is dangling where it could get caught in the wheels or chain
- Don't carry items on your handlebars or hold them— you need two hands to steer and brake!



Walk & Roll weeks in April 2020 - Followed by Bike to School day May 7th

- Elementary Schools (2 days)--April 13-17
 - Day 1: Safety Assembly & Jeopardy Game,
 - Day 2: Stations to learn how to...cross streets safely, wear helmets properly and obey laws!
- Upper Elementary and Middle school -- April 20-24
 - Safety Assembly (Jeopardy!), lessons during PE classes
 - **TBD:** How to fix bikes at lunch (M, T, Th). Bring something to fix (optional)



We need your support!

- ❖ Helmets to practice (using dummies)! If you have extra helmets (or dummy heads) in good condition you can donate, contact Mindy.
- ❖ Parent support at TK-3 sites to run stations in your MUR (similar to Multi-Cultural day), between 8:30 and 11:50, in 1 hour time slots. Sign-up at <https://tinyurl.com/PEBlitzVolunteer>
- ❖ April 13th and 15th--Brittan Acres & Arundel
- ❖ April 14th and 16th--Heather and White Oaks
- ❖ TL/Mariposa and Central Arroyo -- support with bike fix stations at lunch time -- dates TBD. Contact Sonia.



Presentations at PTA meetings

- White Oaks -- Wednesday, March 4th, 7pm
- Tierra Linda/Mariposa -- Monday, March 16 8:45am
- Heather -- Tuesday, March 10th, 7pm
- Arundel -- Wednesday, March 11th, 8:30am
- Brittan Acres -- Wednesday, March 11th, 8:30am
- Central/Arroyo -- Wednesday, March 11th, 7pm





THANK YOU
