



Bike to School Day Registration

Shasta County Public Health
2660 BRESLAUER WAY
REDDING, CA 96001
530-245-6457

PROGRAM OVERVIEW

The Safe Routes to School Program is a federal program directed at improving the health and well being of children by encouraging them to safely walk and bicycle to school. Bike to School Day is a day when communities from all over the nation come together to celebrate a child's active and safe trip to school. The Shasta Safe Routes to School Program is looking to train and support PTA/parent clubs who commit their school to participating in National Bike to School Day, **Wednesday, May 9, 2018**. If the school does not have a PTA/parent club, then site councils or an individual parent/teacher who want to organize a group ride are welcome to register.

Schools that register will receive a limited supply of helmets for students in need, technical support, training; and a tool kit with information on how to safely and effectively implement Bike to School Day. New this year, we are encouraging schools to promote Friday Fun Rides, Fridays, April 27 – May 18, 2018 at the Caldwell Jr. Bike Park, 6-7:30 pm (except April 27, ride starts at 5:30 pm taking Highway 44 Bikeway to watch the Kool April Nites Parade).

Requirements for obtaining helmets, tool kit, and bike safety event include: parental or teacher support, attendance at training on *Wednesday, March 28, 5:30 – 7:30 pm*, and participation in Bike to School Day.

Bike to School Day Goals:

- Encourage more children to bicycle to and from school
- Increase awareness of the importance of regular physical activity
- Educate students on how to ride safely
- Mobilize schools and neighbors to work together to make the streets more bike friendly

Bike to School Day Benefits:

- Increased levels of daily physical activity
- Friendlier neighborhoods as people get out and interact with one another
- Safer streets and neighborhoods
- Fewer cars traveling through the neighborhood
- Less traffic at school pick-up and drop-off points
- Improved air quality reducing the risk of respiratory problems such as asthma
- A fun way to get to school!

For more information on National Bike to School Day, visit <http://www.walkbiketoschool.org>

Registration Deadline
Bike to School Day Training

March 23, 2018
March 28, 2018, 5:30 – 7:30 pm

HOW TO SUBMIT APPLICATION

Mail, drop off, or complete the registration online on or before **March 23, 2018**. If you have questions, contact Sara Sundquist at 245-6457 or srts@healthyshasta.org

Drop off or mail registration form to:
Shasta County Public Health
Safe Routes to School Program
Attention: Sara Sundquist
2660 Breslauer Way
Redding, CA 96001

Electronic versions of the application are available online at:
www.healthyshasta.org

Orientation Meeting

In order to obtain helmets, at least one staff member or parent from your school *must attend* the mandatory orientation meeting. The orientation will provide resources and assistance to help with implementation of the program. *Please bring your helmet to learn to teach proper helmet fitting.* The training will be held:

**Thursday, March 28, 2018, 5:30-7:30pm at Shasta County Health & Human Services -Public Health Branch.
Dinner will be provided.**

May is Bike Month! Save the date for these other fun, upcoming bike events.

April 20 –Spring Spin and BMX Bike Show, 4:00 pm, Caldwell Jr. Bike Park. Sign up for the bike challenge, enjoy live music, food trucks, outdoor movie, and the BMX Bike Show by StuntMasters. Event starts at 4 pm.

April 27 – Kool April Rides, 5:30 pm. This is the first ride in our Friday Fun Ride series geared toward children and families. All rides will start at the Caldwell Jr. Bike Park and will offer a safety lesson and 3 - 6 mile ride on the River Trail. This ride will use the Highway 44 Bikeway to take us to Hilltop Drive to watch the parade or have a bite to eat.

May 4– Friday Fun Ride: School Spirit, 6-7:30 pm. Sport your school colors to show your school pride! This is a great ride to prepare and get you excited about National Bike to School Day. Ride will be around the Arboretum Loop or around the larger River Trail loop to the concrete suspension bridge.

May 11 – Friday Fun Ride Bike Bling, 6-7:30 pm. Have fun decorating your bike before we head out on a ride. Pipe cleaners, stickers, ribbons and other “bling” will be provided. A short safety lesson will be presented, followed by a ride around the Arboretum or larger River Trail loop.

May 18 – Friday Fun Ride Wear Neon, 6-7:30 pm. Wear your favorite neon socks, shirt, or whatever you’ve got. Safer bicyclists are seen bicyclists! A short safety lesson will take place followed by a ride around the Arboretum loop or larger River Trail loop.

May 1-31 - Shasta Bike Challenge – form a school team to challenge school staff and students to ride to school, activities, sports, or errands. Opportunity to socialize, get active, and win great prizes! All Friday fun rides count as rides toward the challenge.

Other **fun rides and events** will be posted at www.shastabikechallenge.org

REGISTRATION FORM

SUBMIT



School Name & Address	Name and Email of Event Coordinator	Phone

I have discussed this event with the school principal (check the box if so)
(Use additional paper if needed to answer the following questions)

1. Approximate number of students that would participate in Bike to School Day: _____
2. How many helmets are needed for your event? (approximately 5 helmets allotted per school)
3. Describe your plan for students to obtain helmets and how they will be fitted properly.

4. Who will be involved in implementing the Bike to School Day activities at your school? (i.e. teachers, parent club...)

5. Describe how you would **celebrate** Bike to School Day.
 - Include plans for supervision of a bike train (if applicable):

 - Location(s) of where bike train would meet (if applicable):

 - Safety activities before or during event

6. Describe how you/the school would **promote** Bike to School Day and/or other bike month events.

7. What are your ideas for making the streets around the school safer for walking or biking to school?