

Would you like to be involved?

There are many ways you can be involved with Safe Routes to School.

Here are some ideas:

- Join the task force
- Walk/bike your child and others in the neighborhood to school
- Assist with helmet fitting
- Assist with bike rodeos/other safety events
- Coordinate Walk to School Day
- Coordinate a frequent walker/rider program
- Integrate Safe Routes to School program into class curriculum
- Walk and bike more in your neighborhood
- Be a role model



Safe Routes to School

For more information, contact:

Sara Sundquist
Safe Routes to School Coordinator
2650 Breslauer Way
Redding, CA 96001
(530) 245-6457
ssundquist@co.shasta.ca.us
www.healthyshasta.org



SCHOOL ZONE



Safe Routes to School

Making it
safe, easy and
convenient to
walk/bike to
school



Walking to School is Fun!

The Safe Routes to School (SRTS) program helps community leaders, schools and parents improve safety and encourage more children to safely walk and bicycle to school. The program works toward reducing traffic congestion and improving health and the environment, making communities more livable for everyone.

SRTS is a national program. Shasta County Public Health received a 2-year grant from CalTrans to develop an education and encouragement program in four target schools.

The components of SRTS include the five Es:

Education - teaching pedestrian, bicyclist and traffic safety and creating awareness of the benefits of walking/biking to school.

Encouragement – building interest and enthusiasm by offering incentives to increase the number of students walking/biking to school.

Enforcement – enforcing rules for safe walking, bicycling and driving, along with neighborhood watch programs.

Engineering – slowing down traffic and installing paths, sidewalks, and safer crossings.

Evaluation – assessing the number of children walking/biking to school and finding out why they do it to determine program goals and objectives.

The Four Target Schools are:

Anderson Middle School
Burney Elementary
Mistletoe School, Redding
Shasta Lake School



Events and Activities include:

- Develop a county-wide task force
- Offer pedestrian and bicycle safety programs and information
- Assist with coordinating bicycle rodeos and helmet distribution
- Provide an incentive bank for schools to conduct educational activities
- Assist with coordinating and celebrating annual Walk to School Day – 1st Wednesday in October
- Offer assistance with coordinating walk/bike to school programs
- Coordinate crossing guard trainings
- All Shasta County schools can request assistance and resources.

Walking to School is Fun!

Has your child ever asked you if he/she can walk to school? Kids think it's fun to walk or bike to school! Support their desire by walking or biking with them.

Live too far to walk? Park a distance away from school and go from there! If your child takes the bus, walk him/her to the bus stop. Walking to school is a great way to get exercise and to relieve congestion around the school area, making it safer for more children to walk/bike.

Why is Walking to School Important?

33% of children are overweight. Children need at least 60 minutes of physical activity a day for their health. Studies show when children are physically active, they can concentrate better and are prepared to learn.

Up to 25% of morning commute traffic is school related. Air quality is measurably better at schools where many students arrive on foot.

Safety Tips

- Cross street at intersection or crosswalks
- Look left, right, and left before crossing
- Walk in pairs or groups
- Form a walking school bus/bike train (supervised group of children walking/biking to school)
- Don't talk to or take rides from strangers