



Bike to School Day Registration

Shasta County Health & Human Services Agency, Public Health Branch
2660 BRESLAUER WAY
REDDING, CA 96001
530-245-6583

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 8, 2019**. 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.

Requirements for obtaining helmets, tool kit, and bike safety event resources include: parental or teacher support, attendance at training on *Thursday, 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 25, 2019
March 28, 2019, 5:30 – 7:30 pm

HOW TO SUBMIT APPLICATION

Mail, drop off, or complete the registration online on or before **March 25, 2019**. If you have questions, contact Nicole Lightfoot at 245-6583 or nlightfoot@co.shasta.ca.us

Drop off or mail registration form to:
Shasta County HHSA, Public Health
Safe Routes to School Program
Attention: Nicole Lightfoot
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, 5:30-7:30 pm
Shasta County HHSA, Public Health
2660 Breslauer Way
Redding, CA 96001

***Dinner will be provided.**

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

April 19 –Spring Spin, 4:00 pm, at the Caldwell Jr. Bike Park. Sign up for the bike challenge, enjoy live music, food trucks, and riding the bike park course. Spring Spin is a family friendly event and is fun for everyone!

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! **Fun rides and events** will be posted at www.shastabikechallenge.org.

REGISTRATION FORM



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?