

# Let's Bike to School!

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Healthy Shasta Coordinator



# Shasta County BTS Day

10 schools in 2012

18 schools in 2016

Any school in Shasta Co  
can participate



# Benefits of Biking to School

- Builds experience and skills to ride safely
- Builds confidence
- Better concentration/learning in the classroom
- Freedom & Connection
- Health/Obesity Prevention
- Cleaner Air
- Socialize with friends
- It's FUN!



# **Organizer's Responsibilities**

- Identify parents/teachers who can lead/help
- Identify meeting point/route(s)
- Safety education
- Promote event to kids, parents, staff
- Recap the event to keep excitement going

# Support



- Supportive Principal/Admin
- Parent involvement
- Teacher involvement (PE teacher/Tech)
- Involve community partners: businesses, bike clubs, fire stations, churches, law enforcement, elected officials



# Promoting BTS Day

What are some ideas that you have?

We can take care of:

- Press
- Flyer Template
- Banners



# Things to Consider

- Bike parking – identify racks/storage place, should students bring locks?
- Identify school entrance
- Address how students get home (or not?)
- Contact School Resource Officer
- CHP officers (before/at event) Officer Morton: 242-3229 or [jmorton@chp.ca.gov](mailto:jmorton@chp.ca.gov)



# Pre-ride Safety

- Permission Slip/Flyer
- Assembly/Event to go over key safety rules/gear with students before riding
  - Offer helmet fittings
  - Bike safety check
- Organizer Should Pre-ride Course



# **Bike Parts**

## **Project Ride Smart**



# Day of Event



- Signage (optional)
- Wear bright colors/vests, blinky lights
- Check helmets
- Check shoes – no flip flops, laces tied
- Bike pump at start of ride

# How to Choose a Route?

Do kids live along the route?

Central place to meet?

Is it safe?

Do pre-ride of the route



# Route & Bike Train

- Ideally kids that live <2 miles from school (about 30 min or less)
- Beginner route (left turns, bike lanes, hills)
- Lots of parent/teacher participation
- Route with stops along the way, timed

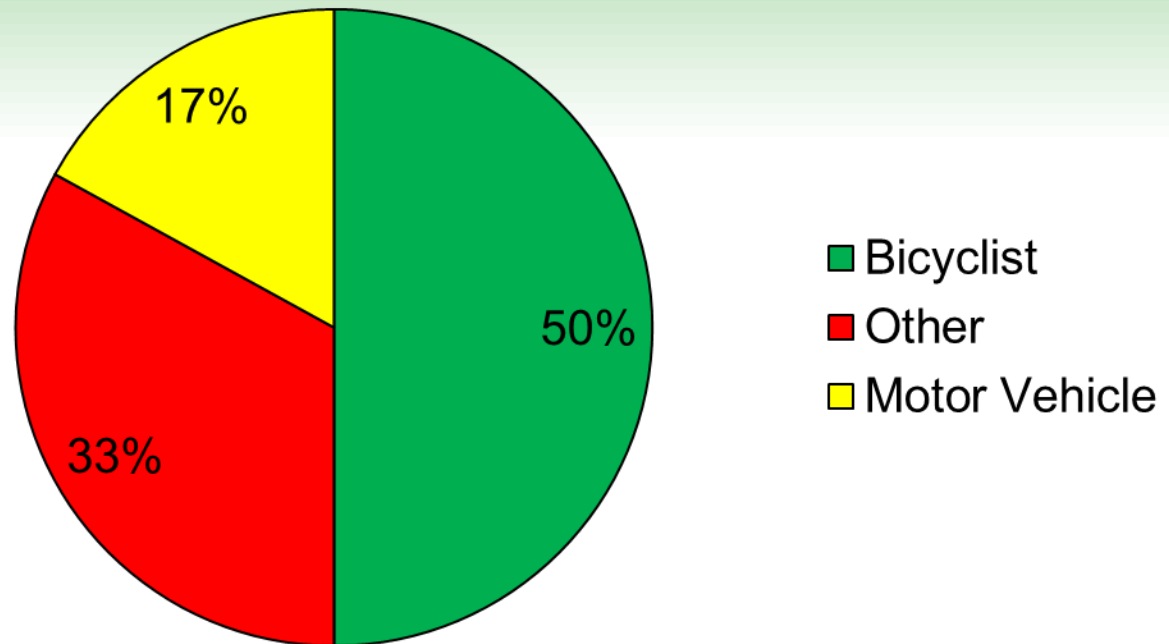


# Group Ride Safety Tips

- Ratio of students to parents (small groups)
- Adult to lead front and back of train, other adult volunteers throughout
- Communicate by talking and using hand signals
- Ride with traffic, on right side of road
- Obey traffic laws
- Single file? Keep bikes 1 length apart for emergency stopping
- OK to bunch up at intersections - avoid impeding motor vehicles
- Helmets required

# Why Crashes Happen

## Who's at Fault





## Helmet Safety in 5 Steps

# 2 V 1

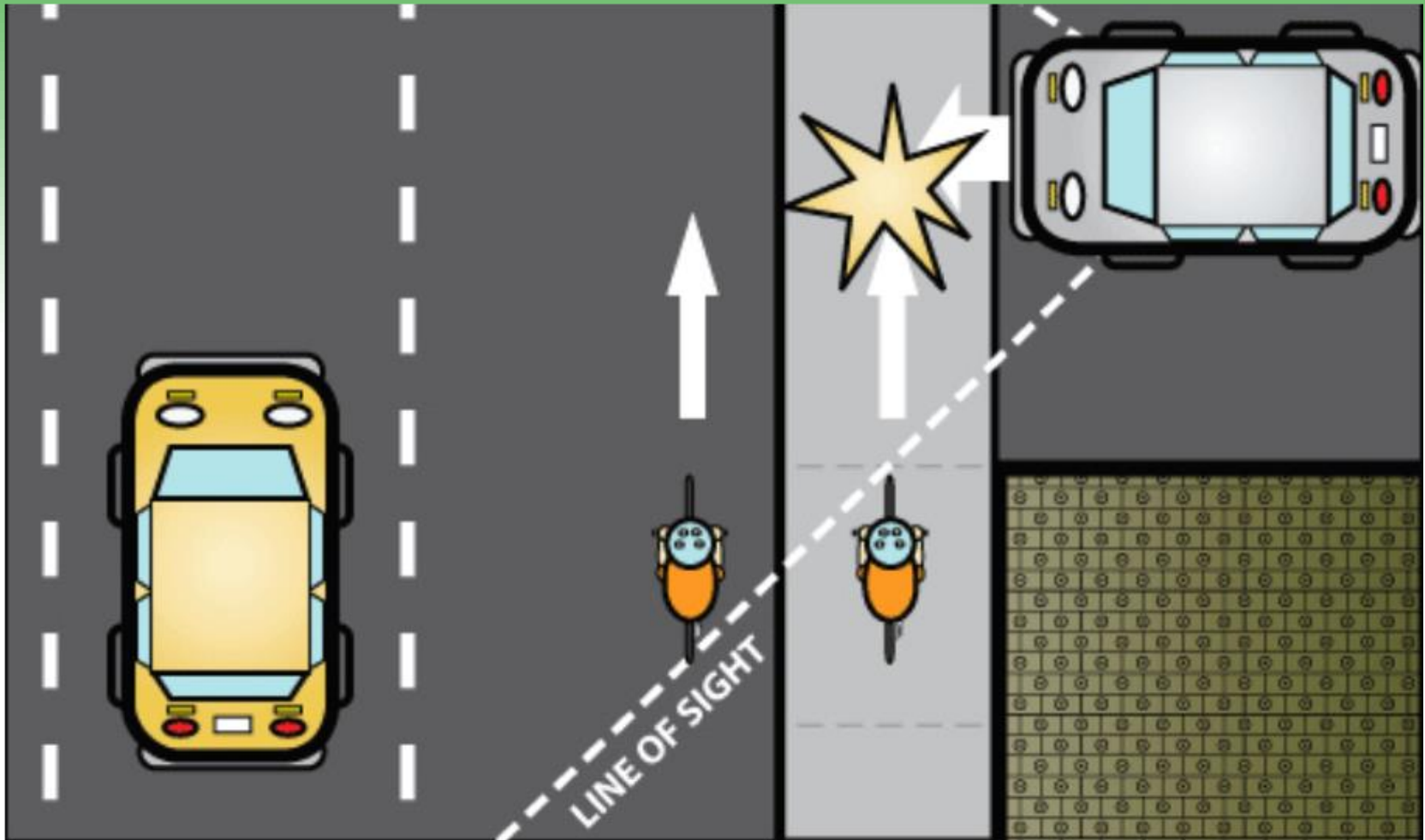
1. Buy the correct size helmet. (It shouldn't move when the child nods their head.)
2. Position the helmet square on the child's head. (Two fingers above the eyebrows.)
3. Tighten the back for a snug fit.
4. Adjust the side straps to make a "V."
5. Adjust the chin strap (1 finger of space between the strap and their chin).



[#KidsBikeHelmetSizing](#) [#KidsBikeHelmetSizes](#) [#KidsBikeHelmet](#)

Kids Bike Helmet Sizing and Adjustment: 5 Easy Steps

# Avoid Sidewalks



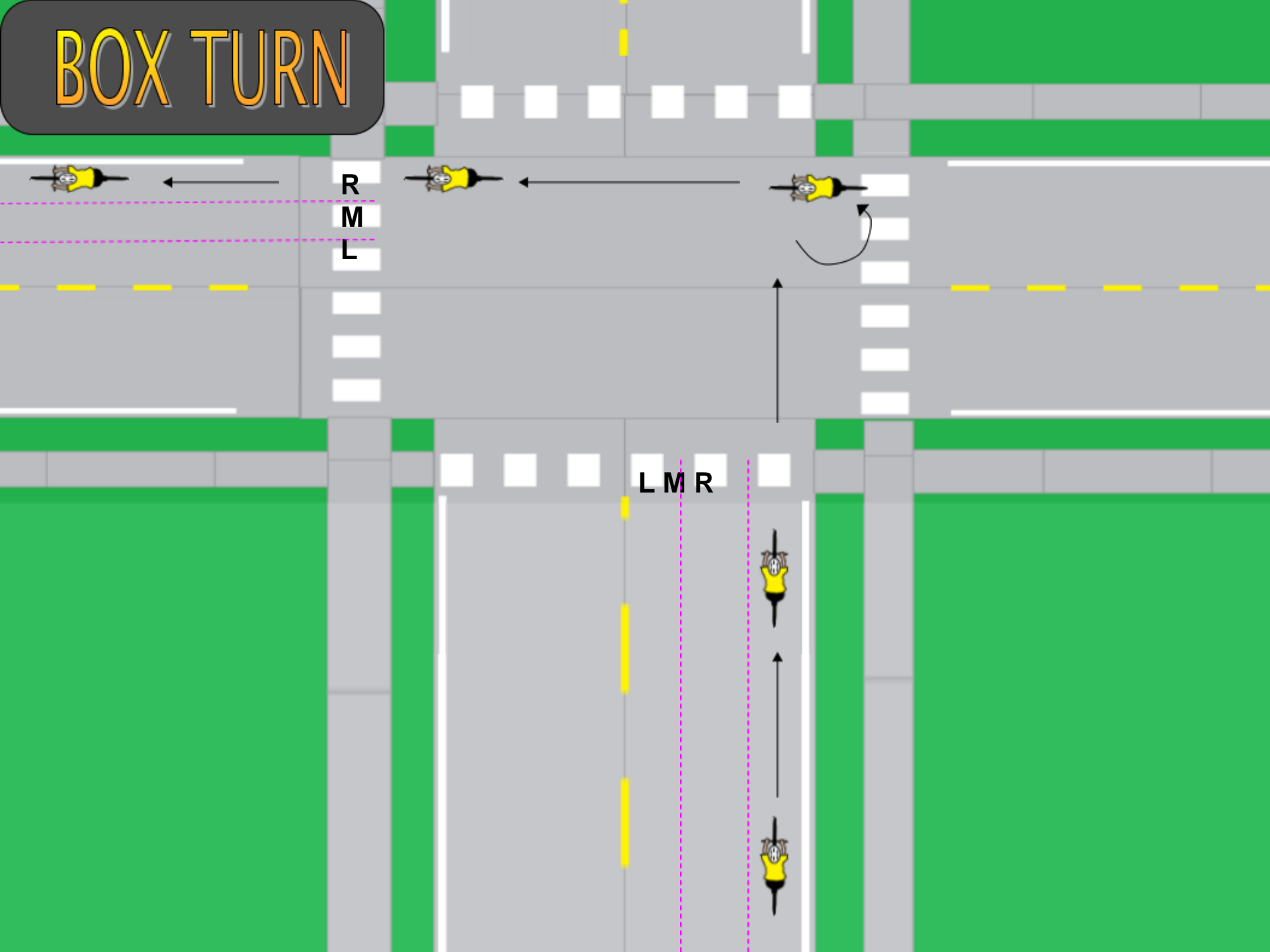
# Ride on the Right



# Stop Before Exiting Driveways



# BOX TURN





# Multi-use/Bike Path Etiquette

- Ride on the right, pass on the left
- Use audible warning (bell/voice) before passing
- Headphone/earbuds
- If you have to stop, pull off trail
- Ride single file when trails are busy
- Expect the unexpected: kids & dogs
- Slow down when crowded
  - 10 mph on RT
  - 5 mph on Sundial Bridge





# Resources

- Red tail lights
- Banners
- Flyers
- Event registration nationally  
[www.walkbiketoschool.org](http://www.walkbiketoschool.org)
- Sign up for local bike challenge  
[www.shastabikechallenge.org](http://www.shastabikechallenge.org)
- Bigfoot Adventure Challenge  
[Bigfootadventurechallenge.com](http://Bigfootadventurechallenge.com)



# Events & Activities



**GET BIGFOOT OUTSIDE**  
APRIL 1-MAY 31 SISKIYOU | SHASTA | TEHAMA | TRINITY

TRAIL MTBI GRAVEL JR

**CHOOSE YOUR ADVENTURE**

Experience our region's amazing trails on your mountain bike, gravel bike, or with your own two feet! Check passport boxes and earn cool prizes. This free, two-month-long adventure is for all ages and skill levels.

Learn more at  
[bigfootadventurechallenge.com](http://bigfootadventurechallenge.com)

**CORNERSTONE**  
COMMUNITY BANK

**THE MCCONNELL FOUNDATION**  
MEDICAL CALIFORNIA

**REU** City of Redding Shasta Living Streets



**LEARN HOW TO RIDE A BALANCE BIKE!**

Tuesday, April 4, 3-4 pm  
Manzanita Elementary

Sign up for a timeslot at  
[healthyshasta.org](http://healthyshasta.org)

**HEALTHY SHASTA**  
Healthy Shasta. Healthy Children.

**FIRST5 SHASTA**

# Resources & Events

- May 1 – Start of Shasta Bike Challenge
- May 13 – Redding Trail Mixer at Swasey
- May 17 – Ride of Silence, Sundial Bridge
- May 19: Bike to Pancake breakfast
- June 9: Bike Month & Challenges wrap up party
- All rides and events can be found at:  
[www.shastabikechallenge.org](http://www.shastabikechallenge.org)

# Timeline and Recap

- Week of March 29 - Bike to School Day Training
- Weeks of April 3-21
  - Recruit volunteers (parents, teachers) – assign specific jobs
  - Contact law enforcement
  - Test ride the route(s)
- Week of April 18-21 –
  - Pick-up supplies (Breslauer Way, Redding)
  - Prepare flyer/promotion
- Week of April 24-April 28
  - Post fliers and banners
  - Send out fliers/messages electronically
  - Weekend before – send out call/app reminder to check bikes and get ready
- Week of May 1-5
  - Call or app reminder 1-2 days before the event
  - Have a great event!
  - Wrap-up Survey
  - Send us pictures



# Contact Information

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