

# Safe Routes to School in Times of Uncertainty: Keeping Your Programs Running and Your Community Active During COVID-19 and Beyond



Colorado Safe Routes to School Program  
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Safe Routes Partnership  
April 21, 2020

## MISSION

The mission of the Safe Routes Partnership is to advance safe walking and rolling to and from schools and in everyday life, improving the health and well-being of people of all races, income levels, and abilities, and building healthy, thriving communities for everyone.



**Safe Routes**  
**PARTNERSHIP**  
*Active Paths for Equity & Health*





**Safe  
Routes**  
PARTNERSHIP  
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## VISION

We know that our bodies were designed to move, yet many of our communities were created with intentional inequities that limit mobility. We believe change is necessary to achieve a vision of safe, active, equitable, and healthy communities – urban, suburban, and rural – for everyone.



NATASHA



MICHELLE



KORI



TODAY'S PRESENTERS

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 +1 (213) 929-4232  
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**Talking:** Sara Zimmerman

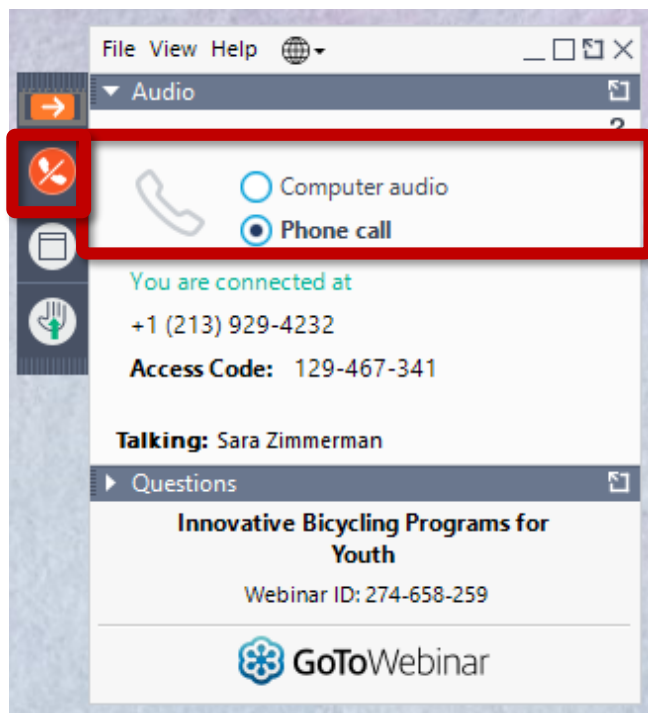
Questions

**Innovative Bicycling Programs for Youth**  
 Webinar ID: 274-658-259

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# AUDIO CONTROLS



## AUDIO

Open or hide your control panel

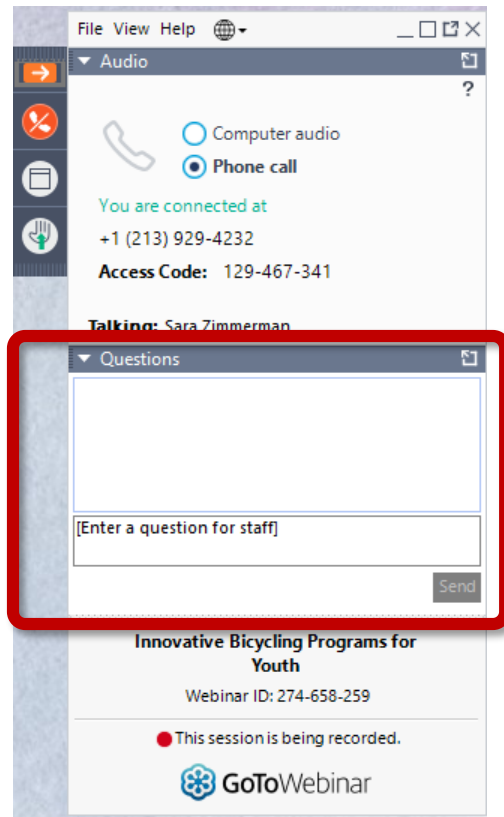
Join audio:

Choose "Telephone" and dial-in using numbers on screen

OR

Choose "Mic & Speakers" to use your computer's sound

# HAVE A QUESTION?



## QUESTIONS & COMMENTS

Submit your text questions and comments using the Questions Panel

A photograph of two people walking away from the camera on a dirt path through a forest. The path is covered in fallen leaves, and the trees are lush and green. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The path leads into the distance, flanked by tall trees with dense foliage.

# Today's Agenda

1. Overview: SRTS and COVID-19
2. SRTS Programming During COVID-19
3. Planning for When Campus Activities Resume
4. Planning Beyond COVID-19
5. Q & A and Next Steps





## OVERVIEW: SRTS AND COVID-19

A child wearing a black helmet and a black hoodie is riding a scooter on a paved path. A small, fluffy dog is walking on a leash next to the child. In the background, a woman in a pink shirt is walking. The scene is set in a park with green grass, trees, and a clear blue sky.

## How is Safe Routes Partnership responding to COVID-19?

- [Blog posts](#)
- [Safe Routes to School Listserv/Google Group](#)
- [SRTS and COVID-19 Resource Google Sheet](#)
- Staff Education – We are learning with you!

# How is Colorado responding to COVID-19?

- CDOT daily COVID-19 updates with information and resource links
- Department of Education COVID-19 resources, including ["Healthy Habits"](#) tips for families
- [Department of Health Equity](#) tools to stop the spread of racism during COVID-19, including an [Inclusive Virtual Community Engagement Guide](#).
- [Department of Public Health and Environment](#) releasing race and ethnicity data on reported COVID-19 cases

A person wearing a helmet and dark clothing is riding a bicycle across a wooden bridge. The bridge has a wooden railing and is set over a stream. The background is a dense forest with trees showing vibrant autumn colors in shades of orange, yellow, and red. The sun is shining brightly from the upper right, creating a lens flare effect. The overall scene is peaceful and scenic.

## Current Safe Routes to School Grantees

Reach out to

Melissa Trecoske Houghton  
[melissa.houghton@state.co.us](mailto:melissa.houghton@state.co.us)

to discuss the specifics of your situation.

# How are Safe Routes to School practitioners responding to COVID-19?

- Sharing resources on bike and pedestrian safety
- Sharing resources that encourage physical activity – dance, yoga, movement videos
- Professional Development – Webinars, articles, etc.
- Connecting with other SRTS coordinators
- Planning – Immediate, Short-Term, Long-Term
  - What can I do right now?
  - How can I plan for the fall/upcoming year?
  - How can I plan for an uncertain future?



## Immediate Planning

- National Bike to School Day - Wednesday, May 6<sup>th</sup>
- Staying Active While Physical Distancing
- Staying Active While Indoors
- Learning About Your Community
- Working in Partnership



## **Bike to School Day 2020: From a Distance**

*This year, we can't gather together to celebrate Bike to School Day, but we can still use this time to focus on safety, fun and community connection. We're offering a week of ideas from May 4 to May 8 to help you do just that. Though not every idea will fit every neighborhood, we encourage you to pick among the options that make sense for your area and fit with local public health guidance. Please help continue the strong sense of community that makes Bike to School Day so powerful by posting pictures on Facebook, Instagram, or Twitter using the hashtag #BiketoSchoolDay.*

**- National Center for Safe Routes to School**

# Bike to School Day 2020 – May 4 to 8

- **Monday**

INSPIRE: Decorate your sidewalk or windows with words of encouragement and reasons to bike and walk for your neighbors or put a [teddy bear in your window and organize a scavenger hunt](#).

- **Tuesday**

PREPARE: Conduct a bike safety and helmet fit check. Do you have a bicycle? If so, have you done a basic safety check? Check the [fit of your helmet](#) and teach others in your family how to properly fit their helmets. Review the ABC [Quick Check](#) guidelines.

- **Wednesday**

GET OUT THERE: Get out for a walk or ride with your family! Can you take a [test ride to your school](#) or around your neighborhood? Or take a walk to hunt for chalk art or signs created by others near you? Share a photo of your family or a location on your route with the tag #experience walking or biking.



# Bike to School Day 2020 – May 4 to 8

- **Thursday**

SHARE: Do you have safety concerns with walking or biking around your neighborhood? [Learn more about who can help address those concerns](#) and reach out to them.

- **Friday**

TALK: Hold a five-minute interview with family members about their experience walking or biking.

*Walkbiketoschool.org*

*Facebook: walkbiketoschoolday*

*Twitter: @walkbikeschool*



The image shows a Facebook post from the page "Walk and Bike to School Day". The post is dated April 6 at 8:14 AM. The text of the post reads: "It's like a scavenger hunt suited for social distancing." Check out this article from the The New York Times about a fun way to stay connected and active during social distancing. Have you been hunting for stuffed animals or rainbows in your neighborhood? If so, snap a photo on one of your hunts and share it with us! Below the text is a photograph of a window display. In the window, there is a pink Care Bear plush toy with a rainbow on its chest, a brown teddy bear, and two children's books. Two small rainbow flags are hanging from the top of the window. The background of the window is dark with white speckles, suggesting a night sky or a starry background. At the bottom of the post, there is a link to the article: NYTIMES.COM Children Are Hunting Teddy Bears During the Coronavirus Outbreak.



**STAYING ACTIVE WHILE PHYSICAL  
DISTANCING**



- Stay home if you are sick or experiencing symptoms of COVID-19.
- Practice social distancing by staying six feet away from others.
- Stay close to home
- Avoid playgrounds
- Wear a mask when participating in outdoor activities

**Fewer cars means more room for people:**

- Practice the route to school
- Discuss safe road riding
- Enjoy the freedom that comes with feeling safer with fewer cars





Getting creative together



# Physical activity



# Bike obstacle course

Today we drew a huge bike obstacle course in an empty lot near our house, complete with fire breathing dragons, hot lava, pirates, and of course a treasure chest! Not pictured: cows, pigs, waterfalls, an avalanche, and a black hole. [#sidewalkchalk](#) [#learntorideabike](#) [#quarantinekidsactivities](#) @ Lancaster, Pennsylvania



  11

1 Comment



**Find adventure close to home**



# Neighborhood Bingo

## Week 4: Benefits of Active Transportation

			
Look up close at the bark of a tree	Walk 20 minutes for heart health	Breathe deeply for 1 minute	Bust out some dance moves
			
Wave at someone from a distance!	Be creative! draw with sidewalk chalk	Count the petals on a flower	Use your imagination. Find 3 clouds shaped like animals
			
Do 5 minutes of stretching	Walk to an errand to reduce CO2	Count the number of trees on your street	Go for a bike ride to break up time inside
			
Make a scavenger hunt for your family to do on a walk	Smile! Walking outside will increase happiness	Do 10 jumping jacks to let out more energy	Take a picture of an interesting plant

<https://tinyurl.com/active-transport-bingo>

# Record observations

A Story Map



## Living Cully Walks and Active Transportation in Cully

### Transportation Gaps in Cully



Completion of the Cully Main Street, LIDs, and the 72nd Avenue Green Street projects have addressed some of the deficiencies in Cully. However, these projects only scrape the surface for an area plagued by substandard active transportation infrastructure. With some projects already under construction and more funded in coming years, there is finally hope amongst neighbors. This map shows completed and scheduled projects compared to comments received during the Living Cully Walks events. Click on different lines and points to read about the projects that are scheduled to happen and where gaps in the network were identified during 30+ events.

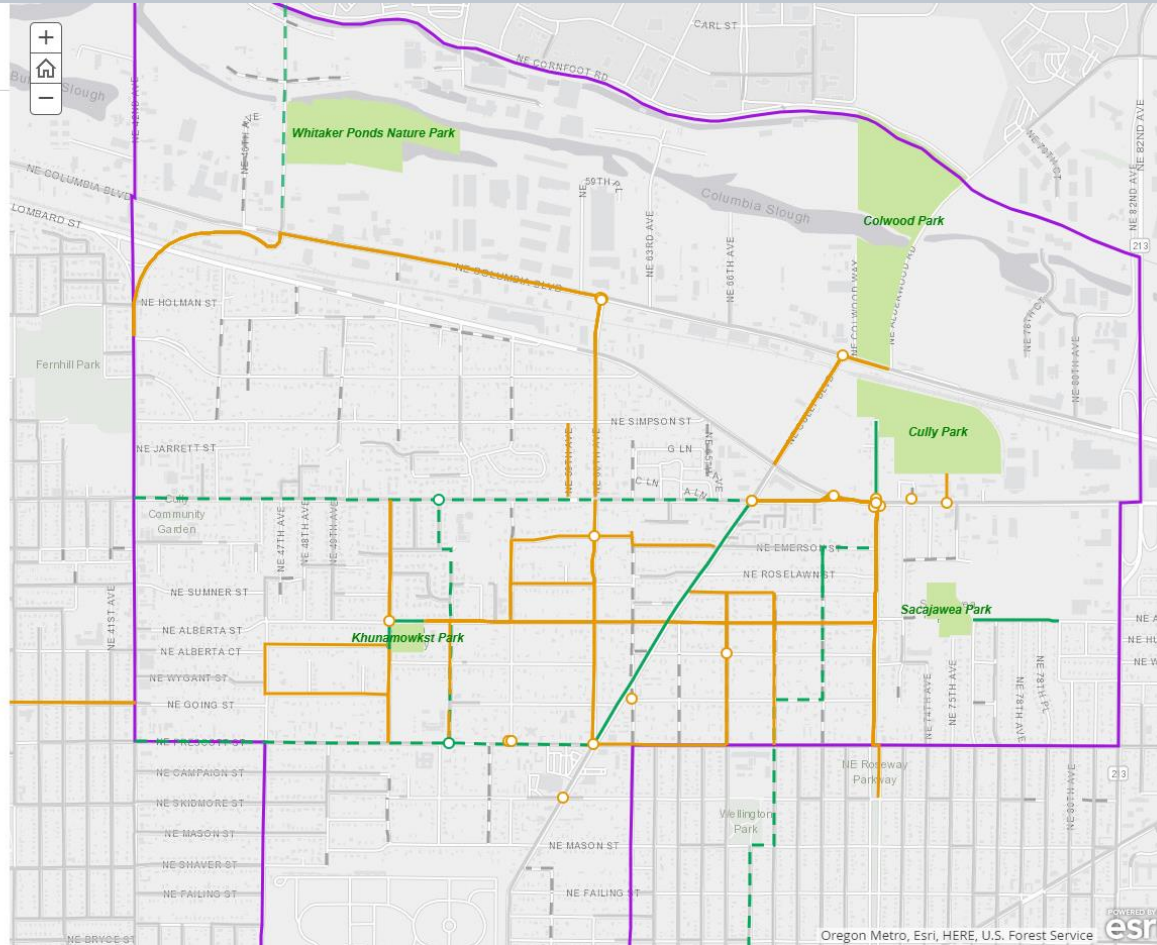
### Gaps Identified by Cully Community Members on May 26th, 2017

On May 26th, 2017, a meeting was held with members of the public at Hacienda CDC. The goal of the meeting was to address how successful completed or funded projects are at addressing deficient pedestrian and bicycle infrastructure. Community members were asked which projects would be the most beneficial, along with what was missing. The feedback from this event is on the photograph to the right. These comments were ultimately relayed to the Portland Bureau of Transportation for future consideration.

Maps by Kevin Donohue

Project Team

Portland State University - Rebecca McLain, Kevin Donohue



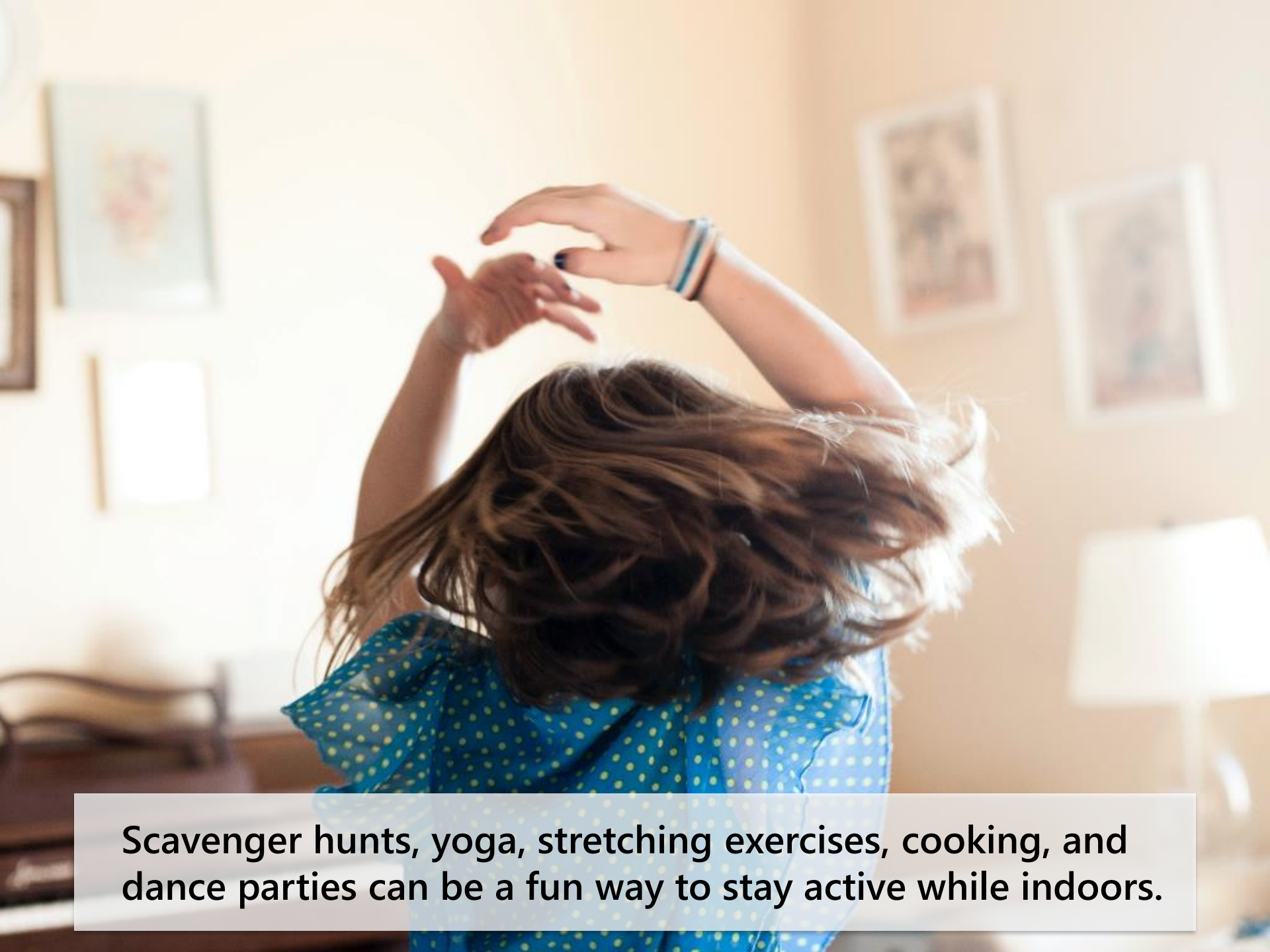
Oregon Metro, Esri, HERE, U.S. Forest Service





# STAYING ACTIVE WHILE INDOORS





Scavenger hunts, yoga, stretching exercises, cooking, and dance parties can be a fun way to stay active while indoors.



Reading and creative play can activate your mind while staying indoors.



Decorate an old pair of sneakers – cut outs, drawings, etc. – and have a fashion show when campus activities resume.

# National Spotlight

Safe Routes to School in Marin County, CA is hosting an art and poetry contest. Students are encouraged to create art and poetry about staying active.

Remember, not all students have email and internet access. Consider adapting this concept to include social media posts or celebrate student art when campus activities resume.



**ART & POETRY  
SPRING CONTEST**

**DRAW, PAINT, OR WRITE ABOUT  
WALKING, BIKING, SKATING, OR SCOOTERING!**

**What do you see  
while walking  
or rolling?**

**How does it  
make you feel?**

Submissions due April 30th.  
Email a picture of your  
student's work to  
[lou@marinbike.org](mailto:lou@marinbike.org)

**50 students will  
win a \$10 gift card  
for ice cream!**

Art by Ariah Whipkey, White Hill Middle School

**TAM**  
Transportation Authority of Marin

spare  
the  
air

**SAFE ROUTES  
TO SCHOOLS**  
MARIN COUNTY

The poster features a central illustration of a grey elephant riding a red bicycle on a green path. In the background, there are brown mountains, a blue sky with a yellow sun and white clouds, and a red schoolhouse with a bicycle parked in front of it. The text is arranged in a clear, bold font, with the contest title at the top, the theme in the middle, and the submission details and prize information on the right. Logos for TAM, spare the air, and Safe Routes to Schools are at the bottom.

# National Spotlight

Safe Routes to School in Charlottesville, VA is teaming up with their local arts community to create a city-wide art gallery. Families can make or find a piece of artwork and display it in their window or on their porch. They can add their work to a digital art map and then use the map to find art during walks and bike rides!

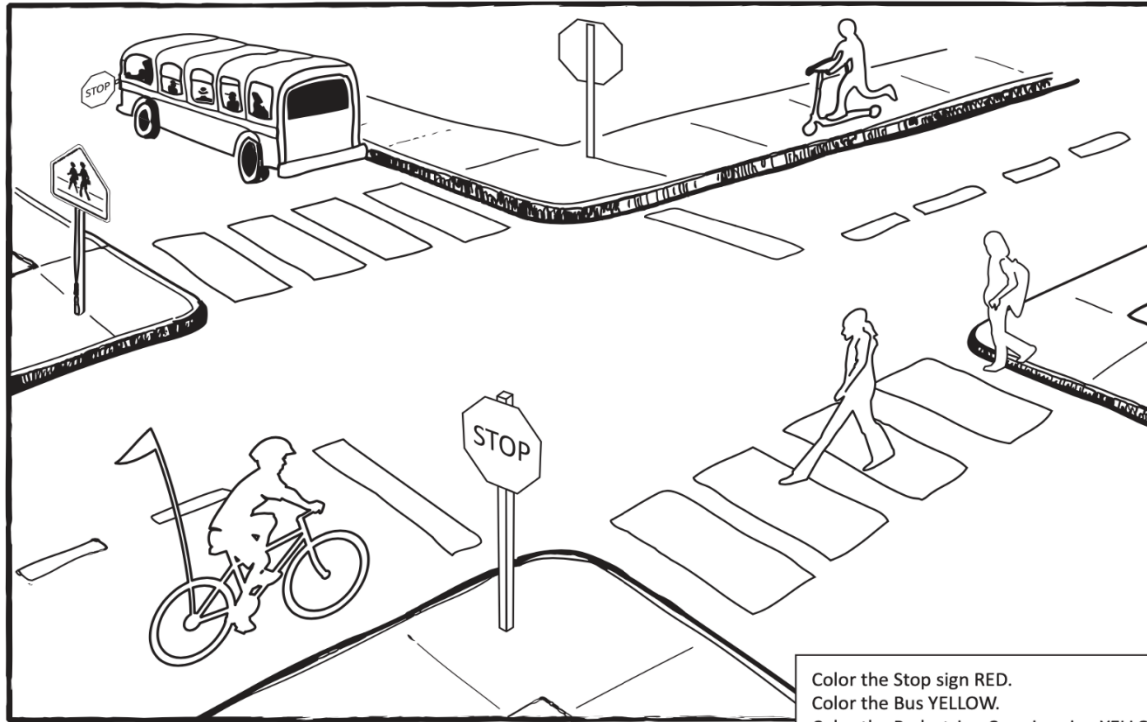




# National Spotlight

## Color the Intersection

Name \_\_\_\_\_



Color the Stop sign RED.  
Color the Bus YELLOW.  
Color the Pedestrian Crossing sign YELLOW.  
Color the Bicycle BLUE.  
Color the Scooter GREEN.  
Color the Pedestrian ORANGE.  
Color the Crosswalk YELLOW.

Alameda County (CA) Safe Routes to School program offers a [list of activities](#) for students to enjoy indoors and outdoors. Activities include coloring sheets, safety videos, lesson plans, webinars, and a [climate conversation contest](#).

# National Spotlight



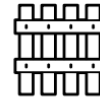
Bear hunts are happening all around the world! This one was spotted in Littleton, CO. Residents are encouraged to place bears, or other fun creatures, in their windows to add a bit of fun to daily walks.

# WE'RE GOING ON A *Scavenger Hunt*

Check each item off as you find it on our walk!



ball



fence



flowers



cat



blue car



tree



airplane



police  
car



dog



leaf



bicycle



letter P

You can also create your own scavenger hunt, use a [pre-made template](#), or encourage students to make their own.



LEARNING ABOUT YOUR COMMUNITY



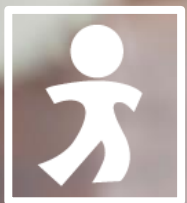
**As you walk and ride around your community, consider asking yourself:**

- What businesses are opened? What is closed?
- Who is working? Who is not? What kind of work are they doing?
- Who else is walking/riding around?
- What are things about your community you have not noticed before (landmarks, buildings, street names, etc)? Do you know the story behind these places?



# WORKING IN PARTNERSHIP





PLANNING FOR WHEN CAMPUS  
ACTIVITIES RESUME

# Getting Started

- Research all the schools in your region and gather data about income levels, food access, park locations, crash rates. Prioritize the schools where SRTS work is most needed .
- Use Google maps to review the streets around schools and start building a sidewalk and crosswalk gap inventory.
- Review curricula to identify ways to build walking and biking into lesson plans. Watch our past webinars to get ideas for your program.
- Don't have a SRTS task force yet? Use down time to research different departments and staff to identify the right advocates.
- Review your school's wellness policy and other policies to see if they can be strengthened for walking/biking to school.
- Draft messages in advance for your Walk to School Day in the fall.





## Short-Term Planning

- Preparing Students
- Preparing Parents and Caregivers
- Preparing Teachers and School Staff

# Preparing Students

- Create traffic safety refreshers
  - Videos, social media, newsletters
- Walk to School Day – October
- Adapt current programs for small groups and physical distancing
- Continue encouraging safe walking and biking
- Draft messaging about safely using school buses and public transit.



A woman and a young girl are walking on a sidewalk in front of a school building. The woman is wearing a white t-shirt and dark pants, and the girl is wearing a pink and white striped shirt and blue pants. They are walking towards the right. The school building is made of red brick and has a playground area with a blue slide and a basketball hoop in the background. There are trees and a grassy area in the foreground.

# Preparing Parents & Caregivers

- Connect with parents and caregivers to find out what kinds of resources they will need
  - PTAs and parent/caregiver groups
- Connect with school district about keeping buses safe – How are they protecting drivers and students?

A stack of four books is on a wooden surface. A red apple sits on top of the stack. To the right of the books are several colored pencils (yellow, green, red, blue) and a yellow block with the letter 'C' on it. In the background, there is a blurred colorful pattern.


# Preparing Teachers & School Staff

- Stay updated on your school district's plans
- If possible, be a part in the planning process
  - Connect with transportation planner, administrators, etc.



# PLANNING FOR DISTANCE LEARNING



A photograph of four people standing on a paved path, viewed from behind. They are standing in a line with their arms around each other's shoulders, looking towards a forested hillside. The person on the far left is wearing a white t-shirt and black pants. The second person is wearing a grey long-sleeved shirt and black pants. The third person is wearing a light green t-shirt and blue jeans. The person on the far right is wearing a dark brown puffer jacket and dark pants. The path is surrounded by trees, some with yellow autumn leaves, and a yellow fire hydrant is visible on the right side. The background shows a forested hillside under a clear sky.

## Long-Term Planning

- Advancing SRTS Policies
- Taking Care of Ourselves

## Parting Policy Thoughts

- Stay abreast of the policy discussions in your municipality and school district
- Be cautious so we don't put in place policies that create barriers to students walking and bicycling
- Spaces to walk and bike have become precious. How do we make changes permanent?
- Remember that SRTS benefits include student health and well being, cost savings, and environmental benefits

A vertical garden with a variety of green plants, including large heart-shaped leaves and smaller foliage. A neon sign in a cursive font reads "and breathe". The sign is illuminated with a warm, pinkish-orange glow. The background is a dark, textured wall.

and breathe

Last but not least...remember to take care of yourself too!





Q & A

## Reminders

- Sign up for the Colorado Safe Routes to School Newsletter – email Wendy McMillan at [wendy.mcmillan@state.co.us](mailto:wendy.mcmillan@state.co.us)
- Upcoming SRTS Grant Cycle
- Upcoming Webinar – Community Engagement, May 13th, 11am MT
  - Request for Case Studies
- **Colorado SRTS Contact:**  
**Melissa Trecoske Houghton**  
[melissa.houghton@state.co.us](mailto:melissa.houghton@state.co.us)



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### Join Our Email Discussion Network

Exchange knowledge with advocates and practitioners working on Safe Routes to School, active transportation and healthy community design. If you have a Google account, [click here](#) to join. Otherwise, email [margaux@saferoutespartnership.org](mailto:margaux@saferoutespartnership.org) to be added.

### E-NEWS ARCHIVES

[Read the current issue and browse the archives.](#)

## Safe Routes to School E-News

[Safe Routes to School E-News](#) is a monthly e-mail newsletter published by the Safe Routes Partnership, a network of hundreds of local, state and national organizations, non-profits and businesses that are working to advance the Safe Routes to School national movement in the United States.

The Safe Routes to School E-News includes national Safe Routes to School news, state updates, events and Safe Routes Partnership information. We welcome your Safe Routes to School news and story ideas and encourage you to send them to [info@saferoutespartnership.org](mailto:info@saferoutespartnership.org) for possible publication.

### SIGN UP FOR E-NEWS

All Safe Routes Partnership partner affiliates automatically receive [Safe Routes to School E-News](#). There is no charge to become a partner and we invite your organization to officially [join the National Partnership](#). If your organization or agency is prohibited from joining, or if you are an individual, you are still welcome to sign up to receive our E-News below.

### SUBSCRIBE TO OUR MAILING LIST

\* indicates required

Email Address \*

First Name \*

Last Name \*

Organization \*

City

State

# Email Discussion Network



# Contact Information

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