



Photo taken prior to COVID-19.

2021 Golden Sneaker Contest Toolkit

Alameda County Transportation Commission



METROPOLITAN
TRANSPORTATION
COMMISSION

The Alameda County Safe Routes to Schools Program is an Alameda County Transportation Commission (alamedactc.org) program and is funded with Alameda County local sales tax Measure B, regional, state and federal funds.

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Note: Some photos used in this document were taken prior to the COVID-19 outbreak.

Changes for this Year

We know that many students are currently learning from home and won't be traveling to and from school. That's why this year, students and families can participate in the Golden Sneaker Contest in their neighborhoods or at home.

This year's Golden Sneaker Contest has evolved to meet the current conditions of learning from home. One of the biggest changes for this year's Contest is that the Contest is shortened from two weeks to one week to encourage broad participation among students. Additionally, all Golden Sneaker Contest materials are available digitally on the Alameda County Safe Routes to Schools website (alamedacountysr2s.org) for easy access and use. Another change this year is that teachers of winning classrooms will receive a prize to show appreciation for their role in the Contest. Lastly, to maintain physical distancing and Shelter in Place requirements, trophies will not be distributed. Instead, winning classrooms will receive other fun prizes, such as a video from Goldie, a winners certificate, and a Zoom background!

We look forward to working together to make this year's Golden Sneaker Contest a success in your school community! To make it happen, we need your help in promoting the Contest to teachers and students and coordinating with staff. We ask that you also encourage students to keep track of their walks, rolls, wheels, scoots, and trips on shared transportation to help us record the success of this Contest and to improve it in future years. Keep reading for additional Contest details and helpful planning tips!



How To

Requirements

- » Teacher interest and support
- » Principal approval
- » Contest coordinator
- » Completed [registration form](#) by January 29

Contest Benefits

- » Encourage students to be physically active
- » Enhance students' mental wellness
- » Connect with classmates

School Benefits

- » Build a sense of school and classroom community
- » Emphasizes class teamwork and cooperation
- » Recognize and appreciate teachers' efforts



How Does it Work?

- » Safe Routes to Schools provides contest materials, instructions, and awards.
- » Your help to register your school, encourage teachers to participate, and promote the event.
- » Teachers allow a few minutes each day during the Contest for students to report if they walked, biked, rolled, scooted, or used shared transportation such as the bus or BART.
- » At the end of the one-week Contest, the winning classroom with the most points earned (based on percentage) at each participating school will be awarded the contest prizes. If there is a tie, the Safe Routes to Schools team will decide who is the winner.

Where Can I Find Materials?

All Golden Sneaker Contest materials can be found on the Alameda County Safe Routes to Schools website: www.alamedacountysr2s.org.



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What Will the Contest Coordinator (or a Volunteer) Need To Do?

- » Work with your Safe Routes to Schools Coordinator to confirm that all students and families are informed of the Contest and feel included.
- » Attend a Safe Routes to Schools [Task Force Meeting](#) to review the contest, get updates from your district, and exchange information or advice with other schools participating in the Contest.
- » Share promotional materials and provide virtual mode chart sheets to each teacher at your school.
- » Promote the contest online via newsletters, parent letters, school announcements, etc.
- » Remind teachers to fill out the mode chart sheet PDF or the mode chart sheet Excel sheet daily. Also remind teachers to submit their completed mode chart sheet to your Safe Routes to Schools Site Coordinator at the end of the week.
- » Coordinate with your Safe Routes to Schools Site Coordinator to schedule delivery of contest prizes to the winning classroom at your school.



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Additional Online Resources

At-home learning classroom activities and lessons on active and shared transportation are available for you on the Alameda County Safe Routes to Schools [website](#). These activities and lessons are aligned with the common core standards. Click the links below to access these online learning resources.

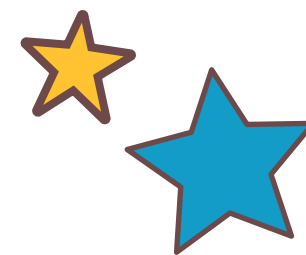
- » Complete list of resources: alamedacountysr2s.org/online-learning/
- » For all grades: [Monthly Wellness Walks](#)
- » Grades K-1: [Use your Head Before Your Feet, Scavenger Hunt](#), and [more](#).
- » Grades 2-3: [Pollution Solutions: Every Trip Counts, Safety Scavenger Hunt](#), and [more](#).
- » Grades 4-5: [How Walkable is Your Route?, Scavenger Hunt](#), and [more](#).
- » Grades 6-8: [Go Green Curriculum](#) and [more](#).



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Timeline

2021 Golden Sneaker Contest Timeline		
January 4 - 29	Getting Teachers on Board	<ul style="list-style-type: none"> » Register for contest (Deadline January 29, 2021) » Connect with School Champions » Encourage teachers to participate
February 8 - 19	Task Force Meetings	<ul style="list-style-type: none"> » Receive meeting invitation from your SR2S Site Coordinator » Make sure one representative from your school is present at the online meeting » Distribute promotional material digitally
February 8 - 26	Contest Promotion	<ul style="list-style-type: none"> » Receive posters, fliers, and classroom mode charts distributed digitally
March 1	First Day of Contest	<ul style="list-style-type: none"> » Begin daily active and shared transportation tracking with students
March 5	Last Day of Contest	<ul style="list-style-type: none"> » Finalize classroom trip counts
March 8 - 15	Wrap it Up!	<ul style="list-style-type: none"> » Send your mode chart calculations to your SR2S Site Coordinator
March 15	The Winner is....	<ul style="list-style-type: none"> » Safe Routes to Schools will announce contest winners
March 15 - April 23	Celebration Time!	<ul style="list-style-type: none"> » Schedule and deliver Golden Sneaker Contest prizes



Golden Sneaker FAQ Sheet

1. What if a student is absent during the contest?

Students should only track their transportation on days that they are present for virtual learning. If a student is absent, then they don't count for that day.

2. What if a student cannot go outside for physical activity?

Students that cannot go outside for physical activity to walk, roll, or take public transportation can participate by doing indoor physical

activities. Think: yoga, an indoor scavenger hunt, and other creative ways to get moving! The goal is to encourage students and their families to think about changes they can make towards incorporating more active or shared transportation modes into their daily trips.

3. Do I really need to track modes daily?

Yes. Sometimes it's hard for kids to remember what activity they did the day before, so daily tracking is important.

4. How does the mode chart sheet work?

Each day set aside about 5 minutes to update the mode chart sheet. You can use the shared Excel spreadsheet or the editable PDF of the mode chart sheet. Add the total number of students for the active and shared transportation options and for an indoor physical activity in their columns.

If a student took a trip in a car, add up those students under the car column. These tallies will not count towards the Grand Total.



Photo taken prior to the COVID-19 outbreak.

How to Use the Mode Chart Sheet

The mode chart sheet is how classrooms keep track of their participation, and it looks slightly different than previous years. Read the instructions below for how to use it!

- » Everyday, ask students if they used any active or shared transportation options or engaged in an indoor physical activity.
- » Count the number of students who used active transportation, shared transportation, and an indoor physical activity. **Students are counted for only one transportation option per day.** For example, if a student rode their bike AND rode public transit in one day, then only count them once.
- » The column for traveling by car is available for students unable to use active or shared transportation, or who did not engage in an indoor physical activity. Remember, trips by car do not count towards the Grand Total.
- » At the end of each day, add up the columns for active transportation, shared transportation, and indoor physical activities for a Daily Tally.
- » At the end of the week, add of the Daily Tally for a Grand Total.
- » Submit the completed mode chart tracking sheet by Monday, March 15 to your School Champion.

Classrooms can add their active and shared transportation trips and indoor physical activities in two ways:

Option 1: Ask about activities on the same day they occur.

For instance, start counting trips on Monday and record trips take on that day.


Option 2: Ask about activities from the previous day.

For instance, start on Monday and ask about trips from the previous day, Sunday. The last day to count trips would be Friday, for all trips completed the previous day, Thursday. Classrooms can also start asking about trips on Tuesday and record trips the previous day, Monday. This requires the classroom to finish counting up trips the following Monday.

2021 GOLDEN SNEAKER CONTEST

Enter the total number of students participating in each mode for each day. Only enter one mode per student per day.

Classrooms can count their active and shared transportation trips and indoor physical activities in two ways:
Option 1: Count activities on the same day they occur.
Option 2: Count activities from the previous day.



Build community with your classroom!




Get active!

Be the solution to pollution!

	ACTIVE TRANSPORTATION <small>Walk or Roll! Bike, Scoot, or Skatel</small>	SHARED TRANSPORTATION <small>School bus or public transit</small>	OTHER <small>Indoor Physical Activity</small>	Daily Tally	DRIVE <small>Car This mode doesn't earn points.</small>
School _____					
Teacher _____					
Total Class Enrollment _____					
	Remember! 1 student = 1 mode per day				
Example	10	5	3	18	3
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Total Tally					0 Points

GRAND TOTAL

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Participation %

Click the image to download the mode chart from the Alameda County Safe Routes to Schools website.