



2023 Golden Sneaker Contest Toolkit

Alameda County Transportation Commission

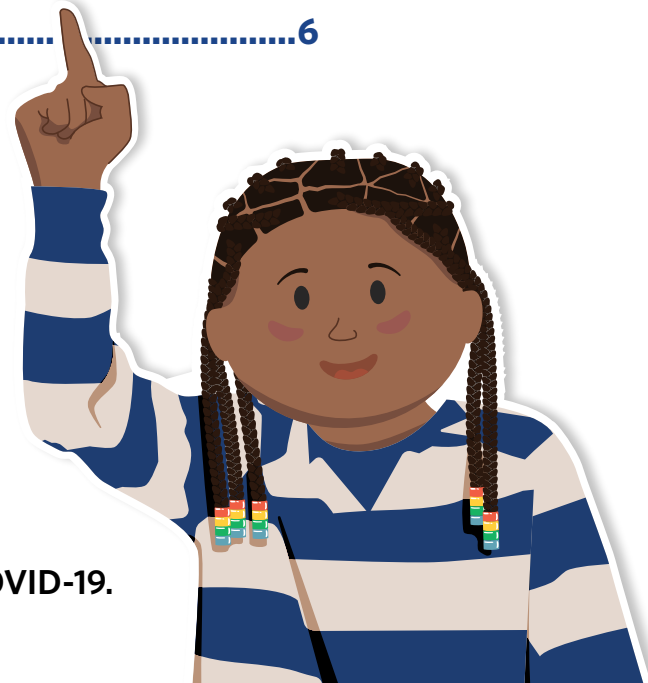


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The Alameda County Safe Routes to Schools Program is an Alameda County Transportation Commission (alamedactc.org) program and is funded with Alameda County local sales tax Measure B, regional, state and federal funds.

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

Event Description

The **Golden Sneaker Contest** is a two week-long classroom challenge (with a one week option) that encourages students, parents, teachers and administrators to take healthy modes of active and shared transportation options, such as:

- » Walking
- » Biking
- » Rolling in a wheelchair or mobility device
- » Skateboarding or using a scooter or any other human-powered wheels
- » Riding public transit like AC Transit or BART
- » Carpooling with a different family

This year, the event will be held on **February 27 to March 10, 2023**. For over a decade, hundreds of schools across Alameda County have participated in this annual countywide celebration. The Safe Routes to Schools program has many tools to help you plan a successful event.

Contest Benefits

- » Build a sense of school and classroom community
- » Reduce air pollution around your schools
- » Encourage students to be physically active
- » Enhance students' mental wellness
- » Connect with classmates
- » Emphasize class teamwork and cooperation
- » Recognize and appreciate teachers' efforts
- » Help the environment



How To Plan Your Event

Requirements

- » Contest coordinator
- » Principal approval
- » Teacher interest and support
- » Completed [registration form](#) by February 3

How Does it Work?

- » Safe Routes to Schools provides contest materials, instructions, and awards.
- » Contest coordinator registers your school, encourages teachers to participate, and promotes 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 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 virtual Golden Sneaker Contest materials can be found on the Alameda County Safe Routes to Schools website: www.alamedacountysr2s.org/our-services/plan-an-event/golden-sneaker-contest. For physical materials, coordinate with your SR2S Site Coordinator.

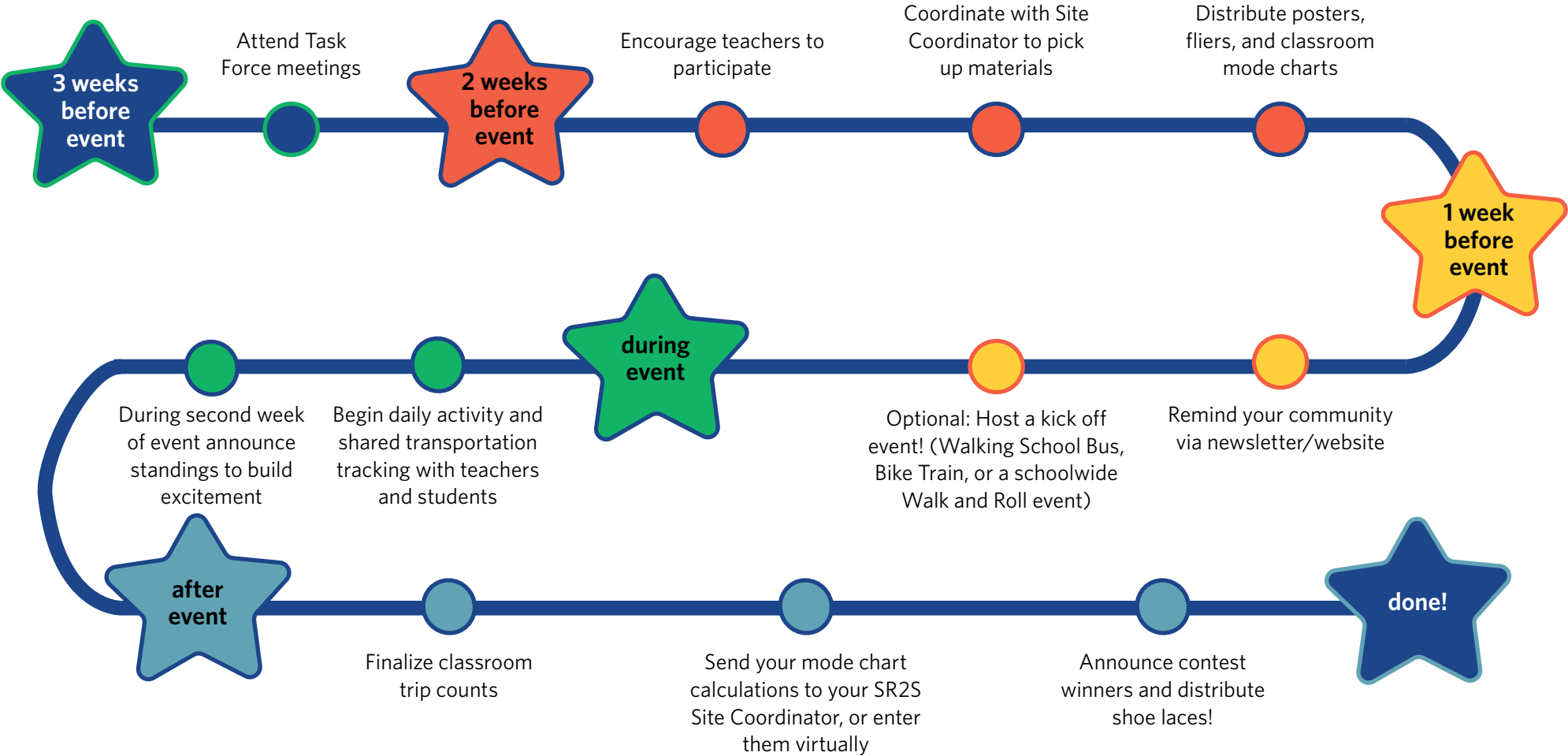


What Will the Contest Coordinator Need To Do?

- » Work with your Safe Routes to Schools Coordinator to confirm that your school community is informed of the contest and feels included.
- » Attend a Safe Routes to Schools Task Force Meeting (February 6 - 17) to get contest and district updates, and exchange information with other participating schools in your district. Your Site Coordinator will share Task Force meeting details with you.
- » Coordinate with your Safe Routes to Schools Site Coordinator to receive contest materials.
- » Share promotional materials and provide mode chart sheets (see [page 5](#)) to each teacher at your school.
- » Promote the contest via newsletters, parent letters, school announcements, etc.
- » Remind teachers to fill out the physical mode chart or the virtual mode tracker daily.
- » Identify mode chart collection plan and make sure to share your plan with teachers.



Event Timeline



How to Use the Mode Chart Sheet

The mode chart sheet is how classrooms keep track of their participation. Read the instructions below for how to use it!

1. Ask students daily how they got to school using the mode chart options.
2. Count the number of students who used active transportation or shared transportation to travel to school. **Students are counted for only one transportation option per day.** For example, if a student rode their bike AND rode public transit, then only count them once.
3. At the end of each day, add up the columns for active transportation, shared transportation, and indoor physical activities for a Daily Tally.
4. At the end of the two weeks, add all of the Daily Tally for a Grand Total.
5. Submit the completed mode chart tracking sheet by Friday, March 17 to your School Champion.



The Contest Coordinator can submit paper mode charts or enter data into a virtual mode chart tracker spreadsheet.

POLLUTION SOLUTION

Golden Sneaker Contest

Join Your Class

Get Active

Help the Planet

Track your mode of transport with a tally mark in the appropriate mode. 1 tally = 1 point.

						Daily Tally	
SAMPLE						16	
ONE WEEK	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
Subtotal							
TWO WEEK	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
Total Tally							

GRAND TOTAL

0 points

School: _____

Room: _____

Teacher: _____

Total class enrollment: _____

Walk or Roll

Bicycle, Scoot, or Skate

Bus
School bus or public transit

Share Your Ride
with people from another household

Drive
This mode doesn't earn points

Participation %



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.

Golden Sneaker FAQs

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

Students should only track their transportation on days that they are present for class (in person or virtual). If a student is absent, then they don't count for that day.

2. 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.

3. How does the mode chart sheet work?

Each day set aside about 5 minutes to update the mode chart sheet. Use the large mode chart sheet provided to keep track of how many students used active or shared transportation that day.

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.

4. Do electric vehicles count?

While electric vehicles, or EVs, are a great way to reduce pollution, they may only count as a carpool option if more than one family rides in the vehicle.

5. What if teachers do not have capacity to participate in the contest?

Let your SR2S Site Coordinator know and they can work with you to modify the Contest to meet your school's needs.

6. How do I use the virtual mode chart tracker?

If you choose to use the virtual mode chart tracker, visit the [Golden Sneaker Contest webpage](#) at the end of the contest to enter trip data for each classroom participating at your school. This is a substitute for sending in the paper mode trackers.





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