



ALAMEDA COUNTY

BIKE TO SCHOOL DAY



Event Toolkit

Alameda County Transportation Commission



METROPOLITAN
TRANSPORTATION
COMMISSION



Safe Routes
to Schools

Alameda County
Transportation Commission

Table of Contents

"How To" for Champions.....	1
Event Description	1
Event Benefits	1
Additional Resources	1
Event Timeline.....	2
4 Weeks Prior to Event	2
1-2 Weeks Prior to Event.....	2
1 Day Before Event.....	2
Day of Event.....	2
Additional Resources	3
Newsletter Text (English)	3
Newsletter Text (Spanish)	5
Above and Beyond Ideas	7
Bike to School Day Participation Reporting Sheet	8
Photo Waiver	9

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



“How To” for Champions and Event Coordinators

Bike to School Day is Thursday, May 11, 2023.

Event Description

May is National Bike Month! To celebrate, the Alameda County Safe Routes to Schools (SR2S) Program partners with schools to organize Bike to School Day at over 100 schools throughout Alameda County.

Bike to School Day includes a set of activities designed to encourage more students to bike or roll to school. In addition to coordinating Bike Trains, schools host an at-school event that typically starts 30 minutes before school begins. During this time, students are greeted by encouraging smiles and a giveaway if they arrived to school on a bike, scooter, skateboard, etc. Events during or after school can be held instead of, or in addition to, the event before school. Check out the website at <https://alamedacountysr2s.org/our-services/plan-an-event/bike-to-school-day/> for promotional posters and for registration link.

Event Benefits

- » Decrease traffic congestion around your school
- » Increase opportunities for physical activity
- » Encourage biking and rolling to school
- » Reduce pollution
- » Build a sense of community

What is a Bike Train?

A Bike Train is an organized group of families living in the same neighborhood who form an adult-supervised biking group to and/or from school. In other words, it's like a carpool, minus the car. A Bike Train can be a structured program with a regular schedule of trained volunteers or it can be more informal, with parents or caregivers taking turns escorting children to school. If you are interested in having a Bike Train for your school, you can refer to our Bike Train Toolkit at <https://alamedacountysr2s.org/wp-content/uploads/2019/07/Final-Bike-Train-Toolkit.pdf>, or speak with your SR2S Coordinator to learn more.

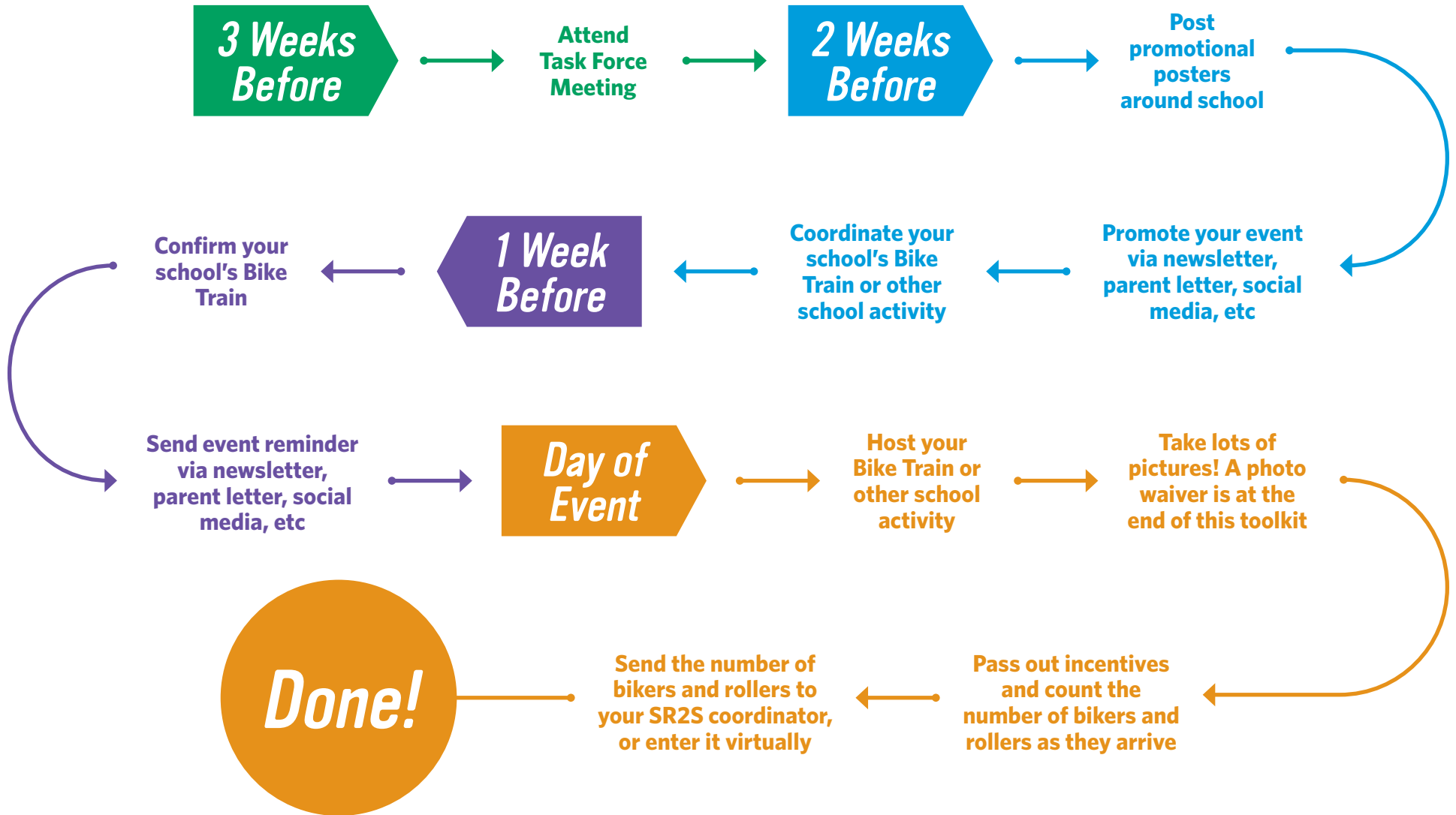
Additional Resources

The Alameda County SR2S Program offers an *Educator Guide* with classroom activities and pedestrian-and bicycle-themed lessons that are aligned with common core standards. Electronic copies of the *Educator Guide* can be found here: alamedacountysr2s.org/our-services/plan-an-event/educators-guide. The guide includes the following lessons:

- » **Grades K-1:** Use Your Head Before Your Feet; Be Safe on Your Feet; Walking Makes Sense; This is the Way We Go to School; Using People Power
- » **Grades 2-3:** Intersections Galore; Walk Around the Block; Active Travel Choices; Pollution Solutions; Green Heroes
- » **Grades 4-5:** School Safety Audit; My Safe Route to School; Green House in a Bottle; What's in Our Air?; Let's Carpool!

You can also set up an Energizer Station to encourage biking and rolling to school and celebrate those who do! See page 8 for more details.

Event Timeline: What Will You (or a Volunteer) Need to Do?



Additional Resources

Sample School Newsletter Text (English)

Template for Schools Celebrating on May 11

Bike To School Day is May 11!

It's time to dust off your bike, pump up the tires, and check the brakes. Bike to School Day on May 11 is just around the corner! Bike commuting is good for our health and the community, and you can be part of the climate solution. Join your friends, make new ones, reach out to your neighbors, form a bike train—just be sure to hop on and pedal! With thousands of riders participating in Bike to School Day, it's one of the best days to try out cycling with your family or friends.

At **[Insert School Name]** Safe Routes to Schools Champions will greet riders with stickers for elementary schools, bike lights for middle schools, and bike bags for high schools. **[Insert any giveaways and other particulars to your school].**

For more information, visit alamedacountysr2s.org/our-services/plan-an-event/bike-to-school-day/. There is a lot going on, and your journey to school is just the beginning.

Don't forget, riders under 18 must wear a helmet. It's the law! Be a "roll" model and wear your helmet, too. If you have questions, please contact **[Insert your school's SR2S School Champion or Site Coordinator info]**.

See you at the bike racks!

There's safety in numbers, and Energizer Stations will be in place to celebrate your efforts and give a boost to your day! Treats and goodies await you at **[Insert the address of the Energizer Station nearest your school. Ask your Site Coordinator for the location if you don't know it.]**



Sample School Newsletter Text (English)

Template for Schools Celebrating another day other than May 11

Bike To School Day!

It's time to dust off your bike, pump up the tires, and check the brakes. Bike to School Day is just around the corner! Bike commuting is good for our health and the community, and you can be part of the climate solution. Join your friends, make new ones, reach out to your neighbors, form a bike train—just be sure to hop on and pedal!

Schools around the county are celebrating Bike to School Days in May. **[Insert Name of Your School]** is celebrating Bike to School Day on **[Insert Date]**.

At **[Insert School Name]** Safe Routes to Schools Champions will greet riders with stickers for elementary schools, bike lights for middle schools, and bike bags for high schools.

For more information, visit alamedacountysr2s.org/our-services/plan-an-event/bike-to-school-day/.

There is a lot going on, and your journey to school is just the beginning.

[Insert any other giveaways and other particulars about the event at your school].

Don't forget, riders under 18 must wear a helmet. It's the law! Be a "roll" model and wear your helmet, too. If you have questions, please contact **[Insert your school's SR2S School Champion or Site Coordinator info]**.

See you at the bike racks!



Sample School Newsletter Text (Spanish)

Plantilla para las escuelas celebrando el 11 de mayo

¡El Día de Ir en Bici a la Escuela es el 11 de mayo!

Es la hora de quitarle el polvo a sus bicicletas, inflar las llantas y revisar los frenos. ¡El Día de Ir a la Escuela en Bici, 11 de mayo, está justo a la vuelta de la esquina! Viajar a la escuela en bici es bueno para nuestra salud y para la comunidad. Pueden ser parte de la solución climática. Únanse con sus amigos, hagan nuevos amigos, inviten a sus vecinos, formen parte de un tren de bicis—¡solo asegúrense de subirse y pedalear! Con miles de personas participando en el Día de Ir a la Escuela en Bici, es uno de los mejores días para probar el ciclismo con su familia o sus amigos.

En **[Inserte el nombre de la escuela]**, los Campeones del programa Rutas Seguras a las Escuelas recibirán a los participantes con stickers para la escuela primaria, luces para bicicletas para las escuelas intermedia, y bolsas de bicicleta para las escuelas secundarias. **[Inserte cualesquiera otros regalos e información es particular a su escuela].**

Para obtener más información, visiten alamedacountysr2s.org/our-services/plan-an-event/bike-to-school-day. Hay muchas cosas ocurriendo y su viaje a la escuela es simplemente el comienzo.

No se olviden, participantes menores de 18 años de edad deben llevar puesto un casco. ¡Es la ley! Sean un ejemplo sobre ruedas y lleven sus cascos también. Si tienen preguntas, por favor contacten **[Inserten el Campeón del programa Rutas Seguras a las Escuelas (SR2S) de su escuela o la información del Coordinador del Sitio]**.

¡Nos vemos montando bici!

Hay seguridad en números y habrá Estaciones Energizantes puestas para celebrar sus esfuerzos y idarles un empujón para comenzar el día! Sorpresas y golosinas los esperan a **[Inserte la dirección de la Estación Energizante más cerca de su escuela. Pregúntele a su Coordinador de Sitio por la ubicación si no la sabe.]**



Sample School Newsletter Text (Spanish)

Plantilla para las escuelas celebrando otro día

¡El Día de Ir a la Escuela en Bici!

Es la hora de quitarle el polvo a sus bicicletas, inflar las llantas y revisar los frenos. ¡El Día de Ir a la Escuela en Bici está a justo a llegar! Viajar a la escuela en bici es bueno para nuestra salud y para la comunidad. Pueden ser parte de la solución climática. Únanse con sus amigos, hagan nuevos amigos, inviten a sus vecinos, formen parte de un tren de bicis—¡solo asegúrense de subirse y pedalear!

En mayo, escuelas por todo el país celebran los Días de Ir a la Escuela en Bici. **[Inserte el nombre de su escuela]** va a celebrar el Día de Ir a la Escuela en Bici el **[Inserte la fecha]**.

En **[Inserte el nombre de la escuela]**, los campeones del programa Rutas Seguras a las Escuelas recibirán a los participantes con stickers para la escuela primaria, luces para bicicletas para las escuelas intermedia, y bolsas de bicicleta para las escuelas secundarias.

Para obtener más información, visiten alamedacountysr2s.org/our-services/plan-an-event/bike-to-school-day. Hay muchas cosas ocurriendo y su viaje a la escuela es simplemente el comienzo.

[Inserte los regalos y otra información particular para su escuela] OR [Inserte cualesquiera otros regalos e información es particular a su escuela].

No se olviden, participantes menores de 18 años de edad deben llevar un casco. ¡Es la ley! Sean un ejemplo sobre ruedas y lleven sus cascos también. Si tienen preguntas, por favor contacten **[Inserten el Campeón del programa Rutas Seguras a las Escuelas (SR2S) de su escuela o la información del Coordinador del Sitio]**.

¡Nos vemos montando bici!



Above and Beyond Ideas

Your event can be as simple or robust as you like. Here are some suggested “above and beyond” activities to get you rolling.

Set up a Bike to School Day welcome table or Energizer Station outside the front entrance of your school or by the bike racks and:

- » Provide refreshments for bikers, scooters, or skaters.
- » Offer healthy snacks or small giveaways to students who roll to school.
- » Decorate helmets with glitter, stickers, or colorful tape.
- » Host helmet fittings and pass out helmet safety information for students.
- » Decorate spoke cards with students to put in their bike’s wheels. Use contact paper to protect the cards from the weather.

Other Activities

- » Ride to school with principals or teachers. Select a meeting point and time for a group ride to school in the morning.
- » Have a parade at lunch time where proud bikers and rollers ride around the blacktop to show off their skills while other students cheer.
- » Have top-secret Bike Elves leave surprises (ribbons, cards, messages, etc.) on bikes before or during the big day.
- » Talk to your Site Coordinator about hosting the BikeMobile, Bike Blender, or Bike Trivia Wheel during the day. For more information, visit alamedacounty2s.org/our-services/



Bike to School Day Participation Reporting Sheet

Bike to School Day Participation

Champion Name: _____ School: _____ Date: _____

Reporting Instructions:

- » Count the number of bicyclists and rollers as they arrive at your school OR count the number of bikes, scooters, and skateboards at your school’s racks on the day of the event.
- » Share the numbers with the Alameda County Safe Routes to Schools Program by 11 a.m. on the day of your event. There are two ways to report the participation numbers:
 - » Complete the following form: airtable.com/shrILXDcRErkLheR
 - » Email Mario Valadez at mvaladez@alamedacountysr2s.org

	Bike	Scooter	Skateboard
Tally			



Photo Waiver

Bike to School Day

Date: _____

By signing below, I hereby consent to and authorize the use and reproduction by the Alameda County Safe Routes to Schools (SR2S) Program of any and all photographs or video which have been taken of me or my child(ren) at this event and submitted to the SR2S Program. I hereby certify that I am the parent or legal guardian and that I am over 18 years of age. The photographs and/or videos may be used for any purpose authorized by the SR2S Program, including but not limited to: website use, editorial publication, and non-commercial promotional use (e.g., to promote the SR2S program). The photographs and/or videos may not be used for any commercial use or for use by any other entity not named in this agreement.

Parent/Guardian Name	Student Name	Email	Parent/Guardian Signature



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