



2024 Golden Sneaker Contest Toolkit

Alameda County Transportation Commission



METROPOLITAN
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COMMISSION

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 Measure BB sales tax, and regional, state, and federal funds.

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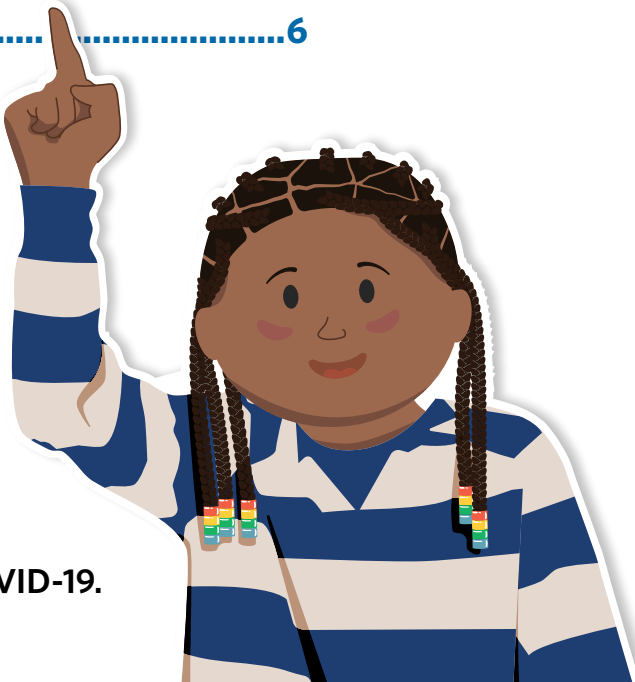
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Note: Some photos used in this document were taken prior to COVID-19.

Event Description

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

- » Walking
- » Biking
- » Using a 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 household

This year, the event will be held on **March 4th to March 15th, 2024**. 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 community
- » Reduce air pollution around schools
- » Encourage students to be physically active
- » Enhance students' mental wellness
- » Connect with classmates
- » Encourage teamwork and collaboration
- » Recognize and appreciate teachers' efforts
- » Reduce impacts on the environment



How To Plan Your Event

Requirements

- » Contest coordinator
- » Principal approval
- » Teacher interest and support
- » Completed [registration form](#) by February 2

Where Can I Find Materials?

All digital Golden Sneaker Contest materials can be found on the [Alameda County Safe Routes to Schools website](#).

For physical materials, coordinate with your SR2S Site Coordinator.

How Does it Work?

- » Safe Routes to Schools provides contest materials, instructions, and awards (including golden shoelaces and a Golden Sneaker trophy to the winning classroom).
- » 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 classroom with the highest participation rate will be awarded the Golden Sneaker trophy and golden shoelaces. Each school announces their winner differently. Please reach out to your site coordinator if you have any questions.



If there is a tie, the Safe Routes to Schools team will facilitate a tie-breaker and announce a winning class.

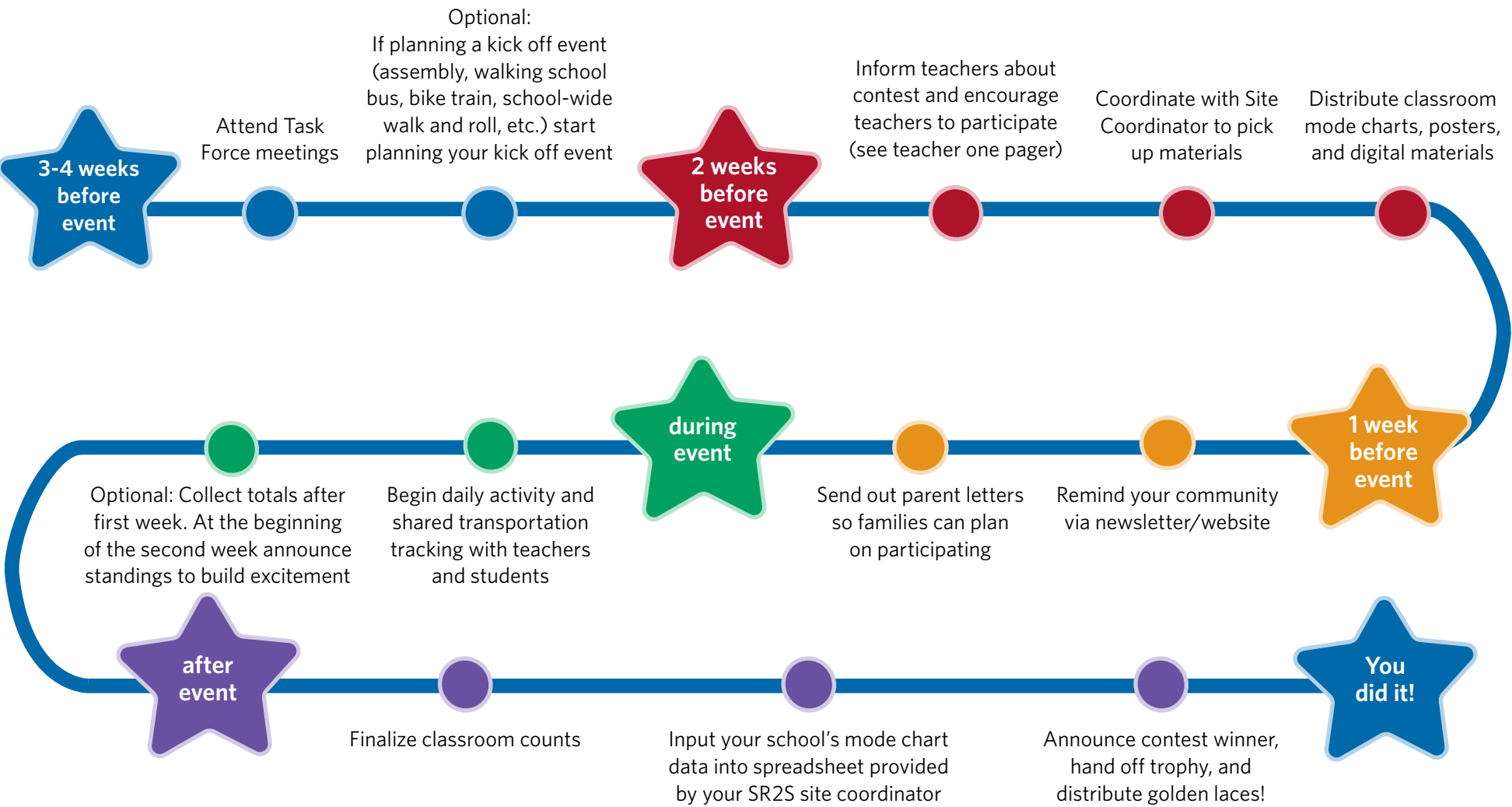


What Will the Contest Coordinator Need To Do?

- » Register your school for the contest using this [registration form](#).
- » To bring the contest to your school, receive materials, and get important updates about the contest, coordinate with your school's SR2S site coordinator.
- » Attend a SR2S task force meeting (February 5-16) to get contest information, district updates, and collaborate with other participating schools in your area. Your site coordinator will share your specific meeting date and time with you.
- » Make sure your school community is aware and prepared for the contest. Put up promotional posters at your school, distribute mode charts to participating classrooms, and promote the contest via school communication channels (newsletter, parent letters, school announcements, school social media channels, etc.)
- » Remind teachers to fill out their classroom mode chart (physical or digital) regularly (daily) to gather accurate information.
- » Identify mode chart collection plan and make sure teachers know the plan.



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. Fill out all school information (in the section on right-hand side of the poster)
2. Each day, ask students how they got school using the mode chart options (there is a key on the right-hand side of the poster) and tally all responses. (Driving does not count for points but you can collect that data in purple column.)
3. Each day, tally all active and shared transportation modes for the daily total (bright yellow column). **Students only get one point per day even if they used more than one mode.**
4. At the end of the two weeks, add all of the daily totals to get your Grand Total! You can have your class help you come up with the total percentage by having them divide the grand total by the total classroom enrollment number.
5. Submit the completed mode chart to your contest coordinator after the contest period and before March 20th.

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						
TWO						
WEEK						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Subtotal						
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 Contest Coordinator can submit paper mode charts or enter data into a virtual mode chart tracker spreadsheet.

The column for traveling by car is available for students unable to use active or shared transportation. Remember, trips by car do not count towards the Grand Total.

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Golden Sneaker FAQs

1. How do we make sure our event is accessible?

If you anticipate any accessibility needs from students in your school, please contact us and we can collaborate solutions with you! Email us at info@alamedasr2s.org

2. 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.



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. Use the large mode chart sheet provided to keep track of how many students used active or shared transportation that day. Remember to track daily to ensure accuracy!

5. 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 household rides in the vehicle.

6. 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.

7. 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.

8. What do we do in the event of inclement weather?

The contest goes on rain or shine! If you choose to walk or roll to school, check the weather beforehand and be prepared (bring rain gear, an umbrella, and anticipate longer travel times). In the case of rain, you may also use other modes such as carpooling or transit!





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