


Table of Contents

What is a Walking School Bus? . . . . . . . . . . . . . . . . . . . . 1

1. Recruit Route Leaders ................................... . . 3
2. Establish Routes........................................... . . . 4
3. Promote the Program. . .................................. . 7
4. Hop on the Bus! ........................................... . . 9

Alameda County SR2S Support.......................... 11

Helpful Links.................................................. . . . 13

## What is a Walking School Bus?

## A Walking School Bus is an organized group of families living in the same neighborhood who form an adultsupervised walking group to and/or from school. In other words, it's like a carpool, minus the car.

The Walking School Bus 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.
Walking School Buses can happen on a daily, weekly, or even monthly frequency, depending on volunteer availability and participant interest.

## How to use this Guidebook

This guidebook has been developed by Alameda County Safe Routes to Schools (SR2S), a program of Alameda CTC, which promotes healthy habits by working with educators, parents and kids to increase walking, biking and carpooling to school. The program encourages schools to start and sustain their own Walking School Buses. The guidebook serves as a "how-to" manual when starting a Walking School Bus or bringing new people onboard, and outlines best practices used in Walking School Buses across the country. It includes recommended procedures, template forms, and handouts that schools may use, or choose to adapt.
j
Alameda County SR2S provides initial technical support-outlined on page 11—for new and changing Walking School Buses. Look for this pencil throughout the toolkit to find the the specific activities where the SR2S Program can provide additional training and technical support to your school.

## Benefits <br> of a Walking School Bus

- Saves time and money
by sharing transportation responsibilities
- Decreases traffic congestion around school
by reducing the number
of cars at drop off and pick up
- Encourages healthy living and active lifestyle choices
- Builds community among participants
- Can reduce absenteeism and tardniness by helping students get to school regularly and on time


## Steps to a Successful Program

## 1. RECRUIT ROUTE LEADERS

Leaders can include parents, caregivers, or community members.

## 2. ESTABLISH ROUTES

Consider volunteer and potential participants' locations, along with roadway safety, to determine the routes and stops. Also decide how frequently the Walking School Bus will run.

## 3. PROMOTE THE PROGRAM

Contact families, school administration, and community members to recruit interested students and families.

## 4. HOP ON THE BUS!

## Walking School Bus Roles

Students participate and celebrate the trip to school. Walking School Buses are most appropriate for elementary school students.

Parents can volunteer as Route Leaders or in another support role, encourage their children to participate, and provide incentives to support the program.

PTA/PTOs, school faculty/staff, neighbors, active seniors or older adults, and other school community members can get involved as Route Leaders or support volunteers and build enthusiasm with participants.

Schools can provide support by posting information about how to get involved and by hosting meetings to organize the program.

Local businesses can donate materials or food to encourage more people to get involved. See our template donation request letter on the Walking School Bus web page

Alameda County SR2S can provide a suite of technical support features, as outlined on page 11.

## 1. Recruit Route Leaders

One of the first important steps in creating a Walking School Bus is to recruit Route Leaders who supervise students on their walk to and from school. Route Leaders are the driving force behind Walking School Buses.

Ideally, each group should have two or more adults, one at the front of the group and one at the back. Having two adults
 ensures if one is sick or cannot make it there is a backup volunteer.

## Route Leader Roles

## ENSURE THE SMOOTH OPERATION

of the Walking School Bus

## COORDINATE SUPPORTING VOLUNTEERS

on the route if necessary, and provide leadership about walking formations, timing, and safety

## SUPERVISE STUDENTS WALKING THE ROUTE

 until the group arrives at school
## TEACH AND MODEL SAFE WALKING BEHAVIOR

## RESPOND TO INCIDENTS

and alert parents of participants, when necessary

## HELP CREATE A FUN ATMOSPHERE

that is welcoming for all students

## 2. Establish Routes

Walking School Buses follow an established route. Routes can originate from a particular neighborhood or begin from a designated "park and walk" location, such as a park or parking lot.

## How to Plan a Route

## IS THERE A SAFE PLACE TO WALK?

Choose sidewalks or paths, even if the trip will take a little longer. In places where children already walk to school along routes that lack facilities, adult supervision can improve safety until improvements can be made to the infrastructure.

## IS IT EASY TO CROSS THE STREET?

Minimize the number of street crossings and avoid busy, high-speed, or multi-lane roads. Choose crossing locations with traffic signals, all-way stop signs and/or crossing guards.

## ARE THE STREETS QUIET AND SAFE?

Where possible, choose streets that are quiet, have slow driving speeds, and are adequately lit.

## DID YOU TEST THE ROUTE?

Once you have determined a potential route, walk the route without students present.

## Sample Walking School Bus Route Map



The Alameda Safe Routes to Schools Team can provide initial support in determining routes and creating route maps to groups as needed.


## 3. Promote the Program

Enthusiastically promoting the Walking School Bus program may be one of the most important things a school or Route Leader can do. More participants means a greater chance to recruit more volunteers. With enough enthusiasm for the Walking School Bus program, new routes can be established.

## Promote your Walking School Bus

## ADVERTISE THE WALKING SCHOOL BUS

through school newsletters, e-news, fliers, or announcements

## HAND OUT ROUTE MAPS

to students and parents so they can easily see how they can join in

## PROMOTE AT SAFE ROUTES TO SCHOOLS EVENTS

such as Walk and Roll days, BikeMobile events, or Pedestrian Rodeos

## FOCUS ON BACK-TO-SCHOOL TIME

as a great opportunity to set transportation habits.

## EMPHASIZE THE BENEFITS

of participating for students, caregivers, and the community


## 4. Hop on the Bus!

Following a few simple guidelines can help create a safe, yet fun and welcoming environment, all while getting students to school on time.

## Walking School Bus Guidelines

## WAIT UP TO 5-MINUTES AFTER DEPARTURE TIME

It's important to keep students moving toward school.

## STOP AND WAIT BEFORE CROSSING THE STREET

Students should stop and wait for instructions before crossing the street, and always "look left, look right, look left" before crossing.

## ASK STUDENTS TO FOCUS ON WALKING

Students should walk and never run at any time, and avoid playing with toys or using electronic devices during the walk.

## ASSIGN STUDENT JOBS

Assigning jobs such as assistant line leader or tree/ wildlife spotter can reorient students who are distracted or misbehaving.

## ALERT PARENTS OF DISRUPTIVE BEHAVIOR

Students who cannot participate safely will not be invited to continue walking with the group.

## Ways to Make the Program fun!

- Name the bus-it's fun and creates a sense of ownership. For example, one route could be "Great Egret," another could be "Steelhead Trout," etc.
- Have a theme day-this can include dress up days, wearing the same colors, and other fun themes.
- Create signs for students to carry with "Walking School Bus" and the school name.
- Play "I Spy" and have children pick the theme. For example, "I Spy things that promote physical activity.'
- Create a Jingle - Work with the kids to create a safety-themed song to a tune such as "Twinkle, Twinkle, Little Star".


## Preparing for the Unexpected

## What if a student is late?

If the student is late before school, it is the parent's responsibility to get the student to school. In order to ensure students arrive on campus on-time, Walking School Buses cannot wait for students who may be running behind. The family is responsible for getting the student to or from school if they are late.

## What if there is an emergency?

Alert parents in the event that anything out of the normal occurs. If there is a life threatening emergency or someone is in danger, dial 9-1-1.

## What if unexpected students show up?

Establish a procedure for when unexpected students want to join the Walking School Bus. You may agree that it is either mandatory or recommended that students have a signed parental consent form with them in order to participate.

## What if it's raining, too cold, or too hot?

Encourage students to wear weather appropriate clothing and shoes. Consider organizing a carpool for days with very bad weather.

## What if the Route Leader is sick?

Establish a procedure for communicating if the Route Leader needs to cancel. Identify an alternate route leader or a single point of contact who can alert families.

## What if a student misbehaves?

Establish a procedure for when a student misbehaves. For example, if a student behaves in an unsafe manner in traffic, or does not listen to the directions of the adults, they may be given a warning and their family will be informed. If the student acts in a way that creates a persistent danger to themselves or other students, the student will not be allowed to continue participating in the Walking School Bus.

## Alameda County SR2S Support

Alameda County SR2S provides initial technical support for new and updating Walking School Buses. The long term goal is for Walking School Buses to be self-sustaining and renewing among individual school communities.

## WSB TOOLKIT AND FORMS

This guidebook and the corresponding forms serve as a "how-to" manual when starting a Walking School Bus or bringing new people onboard.

## WSB COORDINATION MEETINGS

The Alameda County SR2S Team can attend Walking School Bus coordination meetings at the school. The purpose of these meetings are to identify parents interested in being Route Leaders and explain the initial logistics and safety components of running a Walking School Bus.

## $\checkmark$

## ROUTE PLANNING

The Alameda County SR2S Team can provide initial support in determining routes and creating route maps. Maps can include "Park and Walk" students who want to participate, but live too far to walk to a Walking School Bus stop.

## SUPPORT MATERIALS

The Alameda County SR2S Team has a limited number of high-visibility vests to provide to Route Leaders and Walking School Bus Yard Signs to alert participants of the meet-up locations.



Yard Sign


High-Visibility Vest


## Helpful Links

The following links offer additional information about Walking School Buses:


## Consent Forms

"Parental Consent Form." Kids Walk-to-School: A Guide to Promote Walking to School (PDF, pg. 59)

## Evaluation Tools


"Kids Walk-to-School Participant Evaluation." Kids Walk-to-School: A Guide to Promote Walking to School (PDF, pg. 61)
"Walking School Bus Student and
Family Surveys", SRTS National
Partnership, pg. 30

## International Walk to School Events



International Walk to School Month
http://www.iwalktoschool.org


## Example Walking School Bus Programs

"How to Start a Walking School Bus" Portland, Oregon

Solano County Walking School Bus Program, California


## Liability

"Minimizing your liability risk", SRTS National Partnership

## Route Planning

"Guide to Creating Walking Route Maps for SRTS", SRTS National Partnership
"Walkability Checklist", Partnership for a Walkable America, Pedestrian and Bicycle Information Center, U.S. Department of Transportation

## Safety Tips

"Walking School Bus: Guidelines for Talking to Children about Pedestrian Safety." Pedestrian and Bicycle Information Center

## Walking School Bus Guide and General Resources

"Starting a Walking School Bus"

[^0]APPENDIX A Sample Resources

# Table of Contents 

Walking School Bus Route Sign-up Form<br>Walking School Bus Recruitment Flyer<br>Student Participant Agreement Form<br>Route Leader/Volunteer Agreement Form<br>Walking School Bus Safety Tips<br>Walking School Bus Game Ideas<br>Walking School Bus Scenario Planning Activity<br>Walking School Bus Scenario Planning Activity Answers<br>Walking School Bus Flyer

# The Walking School Bus Sample Resources are available in Word format for easy editing. Please visit alamedacountysr2s.org/plan-an-event/walking-school-bus-bike-train/ to access these resources. 


(Materials adapted from the Safe Routes to School National Partnership)

## Tentative Walking School Bus Routes



## Join the

## Walking School Bus at <br> $\qquad$ Elementary



Safe Routes to Schools

Alameda County Transportation Commission

## Contact Us

 info@alamedacountysr2s.org and/or from school with trusted adults. A WSB improves children's safety by walking in a supervised group and it saves parents time and money by sharing the responsibility of taking kids to school.- We have two tentative routes planned for the Walking School Bus the yellow route and the blue route (see the map on the back). We anticipate that the Walking School Bus will happen once a month, starting in $\qquad$ _ .

Are you interested in leading a Walking School Bus route, volunteering, or having your child participate? Fill out the form below!

Questions? E-mail info@alamedacountysr2s.org

PLEASE fill out and return this form to the Main Office.

1. Are you interested in volunteering for the Walking School Bus? If so, which route? (see map on back).
$\square$ Yellow Route $\quad$ Blue Route $\quad$ No
2. Is your child interested in participating in a Walking School Bus? (see map on back).
$\square$ Yellow Route Blue Route $\square$ No

Parent or Caregiver Name: $\qquad$
Student(s) Name(s): $\qquad$
Phone Number: $\qquad$
Email: $\qquad$
Home Address
(or nearby intersection):

## iCómo iniciar un Autobús Escolar Caminante a <br> $\qquad$ Elementary! caminan de o a la escuela con adultos de confianza. Hillside Elementary está estableciendo rutas de Autobús Escolar Caminante para el año escolar <br> $\qquad$ —. <br> Un Autobús Escolar Caminante mejora la seguridad de los niños y niñas al caminar en un grupo supervisado y ahorra a los padres tiempo y dinero al compartir la responsabilidad de llevar a los niños a la escuela. Los niños pueden ejercitarse y divertirse con sus amigos mientras ayudan a salvar el planeta. <br> ¿Está interesado en dirigir una ruta de Autobús Escolar Caminante, ser voluntario o hacer que su hijo/a participe? iVenga a conocer más en esta reunión inicial! <br> ¿Preguntas? Manda un correo electrónico a info@ alamedacountysr2s.org

POR FAVOR llene y llene y regrese este formulario a la oficina principal.

1. ¿Está interesado en ser voluntario para el autobús escolar caminante?

> Sí

No
2. ¿Cree que su hijo/a está interesado en participar en el Autobús Escolar Caminante?
$\square$
Sí $\square$ No

Nombre del Padre, Madre o Tutor $\qquad$
Nombre(s) de estudiante(s) $\qquad$
Número de teléfono: $\qquad$
Email: $\qquad$
Dirección de su casa
(o intersección cercana): $\qquad$

Join other families and students walking to school Únete a otras familias y estudiantes caminando a escuela

## Walking School Bus

$\Rightarrow$
WHO? Students, Route Leaders, and Volunteers
¿QUIÉN? Estudiantes y padres que auiren ser líderes
$\Rightarrow$
WHAT? A Walking School Bus is a group of students walking or biking to and from school with friends and trusted adults.
¿QUÉ? Un autobús escolar caminante es un grupo de que caminan a y de escuela con padres que sirven como guías estudiantes.
$\rightarrow$
WHEN? Beginning
$\qquad$ forthn -nhonlunar. ¿CUÁNDO? Empezando $\qquad$
$\stackrel{\rightharpoonup}{4}$
WHY? Have fun with friends, exercise, explore outdoor activity, and save the planet!
¿POR QUÉ? Diviértete con tus amigos, haz ejercicio, explora actividades afuera y salva el planeta

MT $\overbrace{\text { transportation }}^{\substack{\text { metroboltan }}}$ $\underbrace{\text { MTh }} \boldsymbol{\substack { \text { transportatio } \\ \text { comisston } }}$

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.
$\qquad$

1. Are you interested in participating as a Route Leader or Volunteer? ¿Esta interesado en participar como guia/lider de un Autobús Escolar Caminante?

2. Is your child interested in participated in a Walking School Bus?
¿Crees que su hijo/hija esta interesado en participar en un Autobús Escolar Caminante?
Yes/ sí No

Parent Name: $\qquad$
Phone Number: $\qquad$

Walking School Bus
Student
Participation Form


Safe Routes to Schools

Parent Name: $\qquad$ Student Name $\qquad$ Today's Date: $\qquad$
School: $\qquad$
Parent Phone Number: $\qquad$ Grade: $\qquad$
Parent Email: $\qquad$ Classroom: $\qquad$

Preferred way to be reached: $\qquad$

Before you join us on a Walking School Bus, please review the following rules and expectations with your family. Walking School Buses can be a fun and safe way to get to school if you follow these simple rules! Your Route Leader will give you a warning if you forget any of these rules. If the behavior persists, the Route Leader will alert the school and your family.

## I agree to the following expectations:

BE ON TIME. Be on time to join my assigned Walking School Bus.
STAY WITH THE GROUP. Walk behind the Route Leader in the front and in front of the
Leader in the back.
STOP AND WAIT AT INTERSECTIONS. At street corners or stop signs, wait for the
group and then look left, look right, and look left again before crossing.
FOLLOW DIRECTIONS. Always listen to your Route Leaders and don't run or take off
at any time.
BE AWARE. Pay attention to car traffic at driveways and intersections; don't play with
toys or electronic devices while you walk.
BE RESPECTFUL. Be considerate of other students, the neighborhood, and neighbors.
I have read and understood the expectations of a participant in the Walking School Bus and agree to
follow these rules. Please return to the school office.
Student
Signature:

## Route Leader/Volunteer Agreement Form Sample

## Walking School Bus

$\qquad$

Parent Name: $\qquad$
Phone Number: $\qquad$
Email: $\qquad$
Preferred way to be reached: $\qquad$

Today's Date: $\qquad$
School: $\qquad$ Are you interested in being a (circle one):

Route Leader Volunteer

I agree to the following expectations:
TRAINING. Attend a Walking School Bus volunteer training.
BE ON TIME. Be on time to join my assigned Walking School Bus.
ASSIST THE ROUTE LEADER. Help the Route Leader manage the students along the route.

MODEL SAFE WALKING BEHAVIOR. Model appropriate walking behavior, following the rules of the road and practicing guides such as "look left, look right, and look left again" before crossing the street.

- COMMUNICATE. Inform my Walking School Bus Route Leader if I am unable to attend my designated Walking School Bus of if I am running late.

I have read and understood the expectations of a volunteer and agree to follow these rules. Please return to the school office.

Volunteer Signature: $\qquad$

[^1]
## Walking School Bus

## Safety Tips

> BE ALERT. Look left, right, then left again before crossing the street. At a four-way intersection, look over your shoulder for cars that may be turning
> LISTEN FOR ONCOMING CARS that may be behind a parked car, tree, or other obstacle.
> CROSS AT CORNERS or at a marked crosswalk. This is where drivers expect you.
> USE CROSSING SIGNALS CAREFULLY. If the intersection has a walk signal, push the button and wait for the walk signal. Before you cross, check that all drivers have stopped, especially those turning right.
> USE EYE CONTACT and hand signals to communicate before crossing. Don't assume driver see you.
> FOLLOW DIRECTIONS from crossing guards and safety patrols.
> USE A SIDEWALK WHEN AVAILABLE. If there's no sidewalk, walk on the road facing oncoming traffic.
> WALK WITH AN ADULT, other students, or a buddy, particularly if you are a younger student
$>$ DRESS TO BE SEEN. Bright colors are more visible during the day, and light colors are more visible in the evening or at night Reflective clothing is always a good idea, too!

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## Walking School Bus

## Game Ideas

- EYE SPY: Allow children to pick an Eye Spy theme. Examples may include: Eye Spy safe things, Eye Spy dangerous things, Eye Spy things that pollute, and Eye Spy things that promote physical activity.
- ALPHABET GAME: "I'm going on a walk and I'm taking a $\qquad$ ." Use the letters of the alphabet, $A-Z$, to think of things to take on your walk.
- LETTER OF THE DAY: Find 10 or 20 things on the way to school that start with the letter $\qquad$ Make it a competition between the leader and the children.
- CARPOOL COUNT: Count the number of cars with just one person in them and also the number of cars with more than one person in the vehicle.
- THEME DAYS: Children and adults can come up with themes that go along with each day of the week. For example, Mondays can be "yellow day" when everyone wears yellow; Tuesdays can be "rhyme time" when participants say as many words as they can think of that rhyme with a selected word; Wednesdays can be "sports day," etc.
- NAME YOUR BUS: Name your walking school bus group. Solicit input from the students and ask them to vote.
- ANIMAL GAME: "I'm thinking of an animal that $\qquad$ " (describe details about the animal).
- CREATE A JINGLE: Work with the kids to create a safety-themed song to the tune of a well-known song such as twinkle twinkle or Daniel Tiger's theme song.


Questions? ¿Preguntas?
Contact/Contacto:
info@alamedacountysr2s.org

## Walking School Bus

Scenario
Planning

| Scenario | Route Leader response |
| :--- | :--- |
| Imagine a child in the walking school bus <br> tripped and fell on the sidewalk. He has a <br> scraped knee and is crying. |  |
| There is one child in the walking school bus <br> with a lot of energy. She continuously runs <br> ahead of the bus. |  |
| One of the children in the bus is not <br> following proper walking safety rules. He <br> runs out between parked cars and forgets to <br> look left, right, then left again. |  |
| One day, on your normal route, you find <br> construction has started that blocks the <br> entire sidewalk. |  |

 trassporatan
conumssox

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Walking School Bus
Scenario Planning


Safe Routes to Schools

Questions? ¿Preguntas? Contact/Contacto: info@alamedacountysr2s.org

| Scenario | Route Leader response |
| :--- | :--- |
| Imagine a child in the walking school bus <br> tripped and fell on the sidewalk. He has a <br> scraped knee and is crying. | Assess the situation: can child still walk to school with group? <br> Or, does one route leader slay behind with the child to seek <br> appropriate medical attention. |
| There is one child in the walking school bus <br> with a lot of energy. She continuously runs <br> ahead of the bus. | Remind her the importance of staying with the group and give <br> her a task: help lead the younger students, start offa game of <br> eye spy, etc. <br> If she is continually running ahead of the group, warn her that <br> you will have to talk to her parents. |
| One of the children in the bus is not <br> following proper walking safety rules. He <br> runs out between parked cars and forgets to <br> look left, right, then left again. | Remind him of the rules of a safe walking and potentially start <br> playing a game to get him involved with the group. <br> Warn student that y ou will have to contact his parents if he <br> continues to not follow proper walking safety rules. |
| It is up to the discretion of the Route Leader to determine if the |  |
| student cannot safely walk to school with other students in the |  |
| WSB |  |$|$

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.

## All Aboard the Walking School Bus!



Walking school buses are organized walking groups led by (SCHOOL
NAME) parent volunteers. Get outside, avoid drop-off traffic, and walk or wheel to school with us.
[FRIDAY, MAY XX
3:30 pm]
Meet at [Location]
Contact [Name] at [email/phone]
[FRIDAY, MAY XX
3:30 pm]
Meet at [Location]
Contact [Name] at [email/phone]

Questions? Interested in volunteering to lead a walking school bus?

Contact our Safe Routes to School Site Coordinator
[NAME,
Email Address
Phone Number]
[SCHOOL LOGO TO GO HERE]

## ¡Todos a bordo del autobús escolar a pie!



Los autobuses escolares a pie son grupos organizados para caminar dirigidos por padres voluntarios de (NOMBRE DE LA ESCUELA). Salga, evite el tráfico de descenso y camine o conduzca a la escuela con nosotros.
[VIERNES, XX de MAYO
3:30 p. m.]
Reúnase en [Ubicación]
Póngase en contacto con [nombre] en [correo electrónico/teléfono]
[VIERNES, XX de MAYO
3:30 p. m.]
Reúnase en [Ubicación]
Póngase en contacto con [nombre] en [correo electrónico/teléfono]
¿Preguntas? ¿Está interesado en ofrecerse como voluntario para dirigir un autobús escolar a pie?

Comuníquese con nuestro
coordinador de rutas seguras a la escuela
[NOMBRE,
Dirección de correo electrónico, Número de teléfono]
[LOGOTIPO DE LA ESCUELA
PARA IR AQUí]
s\%rimely
EALAMEDA
$\checkmark$ NT
metropolitan transportation commission

El Programa de Rutas Seguras a las Escuelas del Condado de Alameda es un programa de la Comisión de Transporte del Condado de Alameda (alamedactc.org) y se financia con el impuesto local sobre las ventas Medida BB del Condado de Alameda y con fondos regionales, estatales y federales.



[^0]:    "The Walking School Bus: A Primer and First Steps"

[^1]:    AnIIII
    (atropolitan transportation commission

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

