



ALAMEDA COUNTY

BIKE TO SCHOOL DAY



Event Toolkit

Alameda County Transportation Commission



METROPOLITAN
TRANSPORTATION
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Alameda County
Transportation Commission

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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.

“How To” for Champions and Event Coordinators

Bike to School Day is Thursday, May 16, 2024.

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](#) for the [registration link](#) and [promotional posters](#).

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](#), or speak with your [SR2S coordinator](#) to learn more.

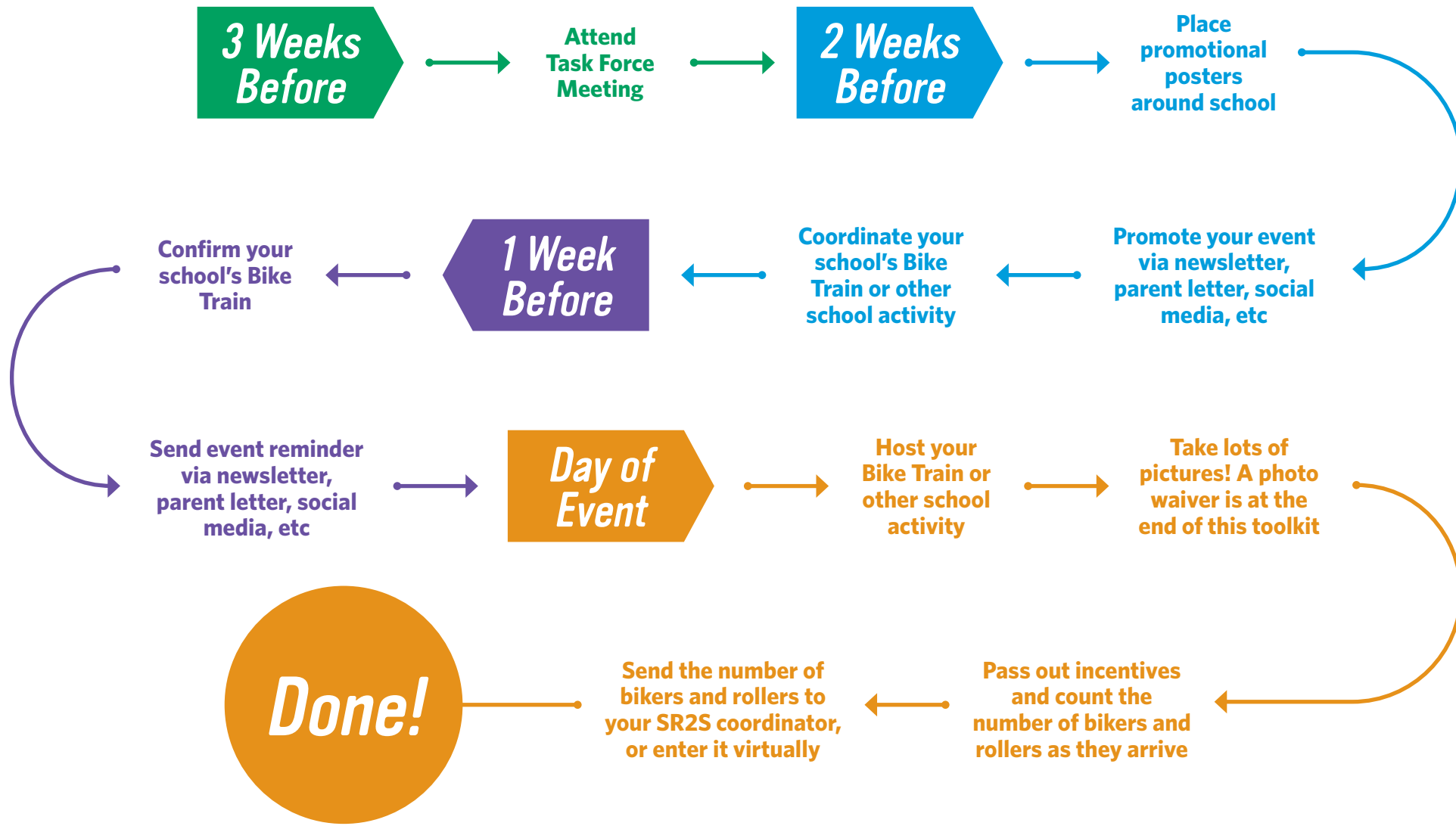
Additional Resources

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. 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 16

Safe Routes to Schools - Bike to School Day

Lace up those shoes and dust off those wheels: **Bike to School Day** is BACK on Thursday, May 16, 2024!

This annual event is a great opportunity for families and students to try bicycling or rolling to school for the first time or to renew a commitment to healthy and safe travel to school.

Remember, this event is not just for bikes! All active modes — including scooters, skateboards, roller skates, and walking — are encouraged. Registered schools receive free resources to help encourage and celebrate safe and active travel.

To register your school, complete the [Bike to School Day Registration Form](#) by Friday, April 12.

Bike to School Day is an event organized by Alameda County's Safe Routes to Schools (SR2S) Program, which is sponsored by the Alameda County Transportation Commission. For more information about the Alameda County Safe Routes to Schools Program, [visit our website](#).

If you have questions or want to get involved, contact **[insert name]** at **[insert phone number and/or email]**.

Have fun!



Sample School Newsletter Text (English)

Template for Schools Celebrating another day other than May 16

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 our website](#). 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!



Ejemplo de texto del boletín escolar (español)

Plantilla para las escuelas celebrando el 16 de mayo

El programa Rutas Seguras a las Escuelas - Día de ir en bicicleta a la escuela

Átense esos cordones y quiten el polvo de esas ruedas: ¡el **Día de ir en bicicleta a la escuela** está DE VUELTA el jueves 16 de mayo de 2024!

Este evento anual es una gran oportunidad para que las familias y los estudiantes prueben ir en bicicleta o andar sobre ruedas a la escuela por primera vez o para renovar un compromiso de viajes sanos y seguros a la escuela.

Recuerden, ¡este evento no es sólo para bicicletas! Se promueven todos los modos activos de viajar — incluyendo patinetes, patinetas, patines y andar a pie. Las escuelas registradas recibirán recursos gratuitos para ayudar a fomentar y celebrar viajes seguros y activos.

Para registrar su escuela, completen [el formulario del Día de ir en bicicleta a la escuela](#) antes del viernes 12 de abril.

El Día de ir en bicicleta a la escuela es un evento organizado por el programa Rutas Seguras a las Escuelas del Condado de Alameda (SR2S), el cual es financiado por la Comisión de Transporte del Condado de Alameda. Para obtener más información sobre el programa de Rutas Seguras a las Escuelas del Condado de Alameda, [visiten nuestra página web](#).

Si tienen preguntas o quieren involucrarse, contacten a **[insert name]** en **[insert phone number and/or email]**.

¡Diviértense!



Ejemplo de texto del boletín escolar (español)

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—isoalo 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 nuestro sitio web](#). 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 our website](#).





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