

# For Helping Kids Walk and Bike to School Safely



Websites that provide information and guidance  
for school-linked programs:

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- I. National Center for Safe Routes to School (SRTS): [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
  - How to get a program started: See Getting Started and the SRTS Guide.
  - How to get a program recognized: Go to Training and check out the SRTS Coaching Action Network – several webinars cover this topic.
  - Resources available: The National Center for Safe Routes to School Resource Center is a centralized location of resources developed by the Center and the U.S. Department of Transportation. Go to NCSRTS Resources.
  - Funding: Federal, state, local, and private funding sources are listed.
  - Training: Read about the FREE training and coaching that is offered including an ongoing series of webinars. The National Center for Safe Routes to School partners with America Walks to offer the Safe Routes Coaching Action Network with webinars designed to educate individuals and organizations on topics that will assist with successful outreach efforts. Downloadable and/or listened to right from the website.
  - Forums and Ask a Question: Learn from experts and others who are implementing programs across the country.
  - Links: Access dozens of invaluable resources.
  
- II. Partnership for a Walkable America: [www.walkableamerica.org](http://www.walkableamerica.org)

Partnership for a Walkable America is a national coalition working to improve the conditions for walking in America and to increase the number of Americans who walk regularly. The members are national governmental agencies and non-profit organizations concerned about three main areas: Health, Safety and the Environment. The PWA started the International Walk to School event which has grown to 2,800 U.S. schools in just six years and is celebrated by 36 countries.

  - October 8 is 2008 International Walk to School Day. From the home page, click on Iwalk and the walk to school link for more information.
  - How Walkable is Your Community? – From the home page you can download a checklist or use an interactive one.

III. Safe Ways to School: [www.dcp.ufl.edu/centers/trafficsafetyed](http://www.dcp.ufl.edu/centers/trafficsafetyed)

Safe Ways to School is now administered under the "Safe Routes to School" federally funded program by the FDOT (Florida Department of Transportation) Safety Office. There is a full-time program director and funding available for both infrastructure (sidewalks, signs, traffic calming devices) and non-infrastructure (education, encouragement and enforcement programs).

- Learn about the Florida Traffic and Bicycle Safety Education Program
- Download materials for Training Workshops
- See Calendar of workshops and other learning opportunities
- Apply for Mini Grants
- Order and/or download the Safe Ways to School

IV. Walking School Bus: [www.walkingschoolbus.org](http://www.walkingschoolbus.org)

- Easy-to-follow basics about starting a walking school bus
- Resources including links to guides, safety guidelines, program examples, evaluations and case studies

V. Bike Trains: Information is available at [www.saferoutesinfo.org](http://www.saferoutesinfo.org)

A Bike Train is similar to a Walking School Bus, only with bikes, of course. Metro Atlanta Safe Routes to School developed a great checklist and job descriptions with roles and responsibilities for Bike Train "engineers" and "cabooes."

[www.atlantabike.org/Guidelines\\_for\\_WaRtS\\_Bike\\_Trains.pdf](http://www.atlantabike.org/Guidelines_for_WaRtS_Bike_Trains.pdf)

VI. KidsWalk-to-School: [www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm](http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm)

To support the national goal of better health through physical activity, CDC's Nutrition and Physical Activity Program has developed KidsWalk-to-School. This is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. The website offers some excellent downloadable materials:

- Fact sheets
- Community presentation (powerpoint)
- Train the Trainer materials
- Resource lists and links to other programs

VII. Super Cyclist Program: [www.biketexas.org/content/view/908/789/](http://www.biketexas.org/content/view/908/789/)

The Texas SuperCyclist Program is a nationally recognized and comprehensive bicycle safety education course. At this site you can access many educational resources and links to valuable guides, fact sheets and toolkits.

VIII. Walk to School Day/Month:

- USA event: [www.walktoschool-usa.org](http://www.walktoschool-usa.org)
- International: [www.iwalktoschool.org](http://www.iwalktoschool.org)

## Websites offering general information regarding safe walking and biking:

- I. Florida Department of Transportation:  
[www.dot.state.fl.us/Safety/ped\\_bike/brochures/ped\\_bike\\_brochures.shtm](http://www.dot.state.fl.us/Safety/ped_bike/brochures/ped_bike_brochures.shtm)  
Resources abound on this website for both pedestrian and bicyclist safety as well as information about the Florida's school crossing guard training program, safe routes to school program, and FL traffic safety education. Several downloadable brochures are available.
- II. America Walks: [www.americawalks.org](http://www.americawalks.org)  
America Walks is the voice of advocacy for local, state, and national issues. America Walks is part of a growing movement to create walkable communities across North America. It also works closely with other like-minded organizations to provide excellent webinars and resources.
- III. Pedestrian and Bicycle Information Center: [www.pedbikeinfo.org](http://www.pedbikeinfo.org)  
Started in 1999, this organization/center's mission is to "improve the quality of life in communities through the increase of safe walking and bicycling as a viable means of transportation and physical activity." Among the information and/or links on the website are:
  - An image library with 1000's of walking, biking and road safety photos one can use
  - Resources to make your community walkable ([www.walkinginfo.org](http://www.walkinginfo.org))
  - Resources to make your community bikeable ([www.bicyclinginfo.org](http://www.bicyclinginfo.org))
  - Links to websites, great tools and checklists, community outreach, and training programs
- IV. Helmutt's Home: [www.helmutt.com](http://www.helmutt.com)  
Developed by the Brain Injury Association of Florida, Inc., this child-friendly, happy website provides tips for children and grownups on how to wear a bike helmet. These tips are reinforced through online games and activities.
- V. National Highway Traffic Safety Administration:  
[www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.dfedd570f698cabbbf30811060008a0c](http://www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.dfedd570f698cabbbf30811060008a0c)  
At this site, you will find a series of links to a variety of useful resources as well as some excellent traffic safety facts that focus on pedestrians and children. The site contains:
  - Publications
  - Description of various programs
  - Activities and materials for kids
  - Resource guides
  - Studies and research

For more information about the Think~Act~Be Healthy Communities initiative supported by the Winter Park Health Foundation, contact Lisa Portelli, Program Director [lportelli@wphf.org](mailto:lportelli@wphf.org)

For more information on the Winter Park Health Foundation, visit [www.wphf.org](http://www.wphf.org)