

# Safe Routes to School

A Safe Routes to School (SRTS) program enables and encourages children to walk and/or bicycle to and from school safely on a daily basis. It is a great way for schools to incorporate physical activity before and after school. In addition to promoting walking and bicycling to school as a healthy transportation option, SRTS programs incorporate classroom activities. New Mexico is developing a state-wide SRTS program that will provide funding, technical assistance, training opportunities, and other resources to schools for SRTS programs.

## Benefits of a Safe Routes to School Program

- Can enhance children's health and well-being
- Ease traffic congestion near the school
- Improve air quality and improve community members' overall quality of life



## Program Ideas

**Walking School Bus or Bicycle Train** – A group of children who walk or bicycle to school together accompanied by one or more adults.

**Walking/Wheeling Wednesdays** – Whatever name your school gives it, the idea is to designate one day per month or one day per week as a Walk to School Day

**Walk and Roll to School Day(s)** – International Walk to School Day, held each October, joins children and adults from around the world to celebrate walking and bicycling to school. Many schools and communities have expanded this event to hold events twice a year or monthly.

**Mileage Clubs and Contests** – A school activity where children track the amount of miles they walk or bicycle and earn small gifts or a chance to win a prize after a certain mileage goal is reached.

**School Route Maps** – Schools can develop maps of routes for students to walk and bicycle to school. Mapped routes are based on availability of sidewalks, safe crossings, crossing guards and other safety components.

**Pedestrian and Bike Safety Lessons** – Schools can hold Bike Rodeos, show videos on safety tips and have teachers review walking and bicycling safety tips with students. Students and teachers can take a walking or bicycling field trip to practice these tips in a real life setting.

## Classroom Lessons and Activities

**National Center on SRTS** - <http://www.walktoschool.org/resources/safety-education.cfm>

**City of Portland** - <http://www.trans.ci.portland.or.us/saferoutes/learning/teachers.htm>

**Marin County, CA** - <http://www.saferoutestoschools.org/lessonplans.html>



## Where can I get more information?

- Visit the National Center for SRTS website at [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
- Visit the NM SRTS website at [www.nmsaferoutes.com](http://www.nmsaferoutes.com)

If your school is interested in starting a program or would like a presentation on SRTS, please contact NM SRTS Coordinator, Jessica Frost by phone at (505) 476-2155 or by email at [Jessica.Frost@state.nm.us](mailto:Jessica.Frost@state.nm.us).