



Bike & Walk to School Week

Host an event

Use this section to try to boost student participation rates. The more students that try riding at least once, the better your **school's chance** is of winning a bike and Subway for an entire class, and more students will associate choosing walking, cycling, or scooter/skateboard as their preferred way to get to and from school.

1. Host a free bike mechanic station before Bike & Walk to School Week begins

Bike shops in Kelowna are willing to come down to your school for free and tune up student's bikes so they are ready to go for Bike to School Week.

To coordinate which bike shop will work for your school, contact Darrell Eason, sponsorship coordinator, at darrell@greenstep.ca or call 250-826-6397.

- Work out a day with the given bike shop that will work for your school.
- Communicate to all staff, students and parents to get students to bring their bikes to school on that specific day to get their bikes ready to ride during Bike to School Week.
- Get students excited about riding for Bike to School Week with announcements, contests, and rewards.

2. Organize a Bike Train (adapted from HASTEBC)

A Bicycle Train is a highly visible group of students riding their bikes to a destination with one or more adults. For cyclists, planning a best route must be considered very carefully because the group will likely be riding on the road.

Getting started

- Send information home inviting families to phone or email a coordinator if they are interested in setting up or participating in a Bicycle Train.
- Assess the availability of bike racks and storage at your school. Will these bicycles be secure?
- Students must have a bicycle skill level that is suitable for the route they will ride. If the Bicycle Train will be riding on the road, then these children must have significant competence in cycling to be part of the group.
- Discuss the specifics for Best Route with all staff, parents, and students.
- A Bicycle Train leader must be a confident and competent bicycle rider. They must be experienced in riding on the road, and comfortable providing leadership in teaching and modeling safe cycling behaviour for the students who are part of the Bicycle Train. Remind parents they are important role models for their children, and they should demonstrate safe cycling at all times. This includes wearing a helmet when riding a bicycle.
- If affordability is an issue and access to bicycles or helmets is a concern, consider ways to secure equipment for all students. You might plan a school or neighbourhood bicycle swap, and/or request that a local bicycle shop consider providing helmets at cost for students in your school community.



Celebration launch day!

Invite community leaders or celebrities to ride along with your Bicycle Train. Your invitation might include a local community police bike patrol or a prominent bike athlete. You may also wish to ask local or provincial politicians to cycle along with your group.

Additional Guidelines:

- Distribute copies of your proposed Bicycle Routes Map.
- Make sure all parents and children are familiar with bicycle rules of the road. It should be made clear that a bicycle is not a toy, it is a vehicle.
- Plan a hands-on bicycle skills session for all participants.
- Parents and children must know how to check bicycle mechanics to make sure that their vehicles are safe to ride. Proper bicycle helmets must fit and be worn properly. There should be an appropriate number of children in the group for each adult volunteer; adult supervision for a Bicycle Train is recommended to be one adult for each three to six children. A Bicycle Train is best organized for older elementary students who have had practice and training in bicycle handling, cycle skills and who are familiar with rules of the road.

3. Poster Contest

To build momentum leading up to Bike & Walk to School Week, get classrooms to understand why active transportation is important and to make additional **posters. Ask the question “What is your favourite way to get to school that doesn’t use fuel?” or “What’s your idea of a healthy community?”**

Post the posters around the school and announce the winners before Bike & Walk to School Week.

CASE STUDY



Springvalley Middle School made large posters and put them up in their common area. They also purchased a bike to give away during Bike to School Week. The entire school was on board with the program.

4. Colouring Contest

Raise awareness about walking and cycling to school and build excitement about the week. Use our colouring contest templates for Bike to School or Walk to School to host an in-school contest. Use some of the prizes from the prize kit, or be creative on how you can reward the winning students.

5. Ride to Win Pass

Create a custom "Ride to Win" pass for every student in a class or school to record the number of times students ride their bikes. Students bring their pass to school and get it stamped by a group of students/teachers/parents during BTSW. At the end of the week, students drop their passes into a draw box and their names are drawn for prizes. The more times they ride, the more chances they can have.

This idea puts the responsibility and excitement on the student to bring in their pass daily to get rewarded for their effort in riding to school. This idea can easily be adapted for walking, taking the bus, or be used throughout the year.

CASE STUDY

"We were very fortunate this year when a parent at our school designed the punch cards. This idea turned out to be fun for the kids to collect a different punch each day of the week for the prize draw. We displayed all the prizes that were given away in our glass display at the entry of the school. We also created a large poster about Bike to School Week for parents dropping off and picking up their children. The culmination of these three ideas along with daily announcements made for a very successful Bike to School Week at Casorso. The punch cards were designed by Trish Presenger, a parent of Casorso School."



– *Christyane Dorssers, Team Leader, Casorso Elementary*

6. Host a Bike to School Day

Some schools in the Central Okanagan successfully participate on just one day during Bike & Walk to School Week if distance, time, and resources are an issue for weekly participation. The idea is to get as many students in the school to ride on one single day during the week.

- Pick a day during May 25-29 for the event and communicate it to all staff, parents, and teachers.
- Communicate proper cycling safety for students riding to school.
- **Plan "Drop off Areas" where parents from further away can drop off their children where responsible adults are waiting to ride as a "bike train" for the remaining distance to school.**
- Ensure there is enough space to secure all bikes. Additional bike racks may need to be borrowed or made, or lock up along chain link fences.

- Have staff/parents greet all the cyclists and give out stickers, stamps, juice, snacks, or have them enter a prize draw.
- Record how many students participated and how many students were at school that day.

CASE STUDY



“We had a turnout of approximately 120 students and parents and were escorted by the Ellison Fire Department from the Ellison Fire Hall to Ellison Elementary along Old Vernon Road (approximately 3.4 km). It was wonderful!”

- Former Principal, Brady Ibbetson.

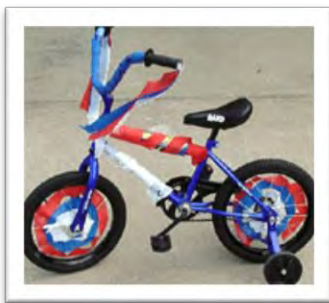
7. Host a Celebration Station



Just like the Bike to Work Week Celebration Stations, you can host your own for your students. Set up a few booths, have music, an activity or trivia game with prizes, give students a juice box and/or granola bar, or stickers for riding their bikes, walking, or wheeling to school.

You will need a core group of 2-4 parent or teacher organizers, tents, tables, and chairs, some planned activities or trivia (and volunteers to run them), a bike or shoe decorating station (if you have the resources), and snacks, prizes, or stickers. Host the station before or after school on a day during Bike & Walk to School Week.

8. Host a Bike Parade



Get a few parent or teacher volunteers to set up a table full of decorating supplies (streamers, pipe cleaners, tape, glue, construction paper, balloons, and pompoms). Get students to decorate their bikes and then set a time where you take photos of all students riding their decorated bikes around the school or block.

Host the bike decorating station and parade one day before or after school on a day during Bike & Walk to School Week.