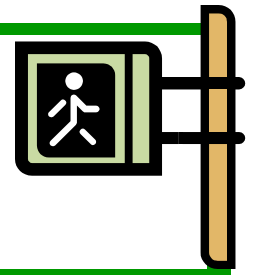


What is Safe Routes to School?



Safe Routes to School (SRTS) is a national program designed to promote walking and biking to school through educational activities, law enforcement, and physical improvements to create a safer environment.

The Facts

Nationally, 85% of children's' trips to school are made by car or bus. Only 13% are made by walking or biking.



Safe Routes Programs can double the number of children walking and biking to school.

Children and adolescents do not get enough physical activity a day. Children and adolescents should get 60 minutes of physical activity per day to prevent obesity and related diseases.



Safe Routes Programs can provide students with about 30 minutes of physical activity daily.

About ¼ of rush hour traffic on local roadways is school traffic.



Safe Routes Programs can take one out of five cars off the road during morning rush hour.

In many places, parents are concerned about unsafe traffic and road conditions.



Safe Routes Programs can improve traffic safety, reducing accidents involving pedestrians and bicyclists.

What's Involved

You and Your School Can

- Form a Safe Routes Team.
- Assess walking and biking conditions around the school.
- Involve the community, parents and students to build support and publicize the program.
- Create a **plan** with physical improvements and programs to increase safety and encourage walking and biking to school
- Implement the plan with the help of partners and funding from the national SRTS program.
- Evaluate the program.

Your Plan Should Include the "5 E's"

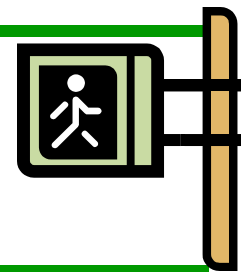
- Encouragement** – Create events and incentives that make walking and biking more appealing.
- Engineering** – Build a better and safer environment for walking and biking. Construct or maintain sidewalks and bike lanes, install traffic signals, change the design of streets and other infrastructure improvements surrounding schools to reduce speeds and potential conflicts with motor vehicle traffic.
- Education** – Use classroom and outreach to teach both pedestrians and motorists.
- Enforcement** – Partner with local law enforcement to enforce traffic laws in the vicinity of schools and initiate enforcement such as crossing guard programs
- Evaluation** – Monitor and document outcomes and trends through data collection, before and after the program.

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Or visit the National Center for Safe Routes to School Website at: www.saferoutesinfo.org

FOR TOOLKITS: www.saferoutesinfo.org/getting_started.cfm

Why have a Safe Routes to School Program?



Safe Routes to School Programs are good for your school and for your students.
And, they work!

Good For Your School

Increasing students' physical activity levels means:

- Increased test scores
- Improved memory and learning
- Decreased distraction
- Help reverse the cycle of increasing obesity

Decreasing student drop offs and pick-ups means:

- Decreased traffic congestion around schools
- Improved air quality around schools
- Reduced school transportation costs

Working with the community means:

- Greater visibility as a leader in the community
- Greater parental involvement
- Making changes that will benefit everyone
- Improve traffic safety

Good For Your Students

Students Can

- Learn physical activity habits at a young age
- Fulfill physical activity recommendations
- Arrive at school alert and ready to learn
- Learn independence and responsibility
- Find time outside of school to socialize
- Practice pedestrian safety skills

Success!

The Marin County, California Safe Routes to School Program is an excellent example of success. In schools that had Safe Routes Programs:

- Walking and biking trips increased by 64% in two years.
- Single student drop-offs decreased by 13%. That's 3500 one-way trips saved per day.
- Unhealthy emissions related air pollution decreased by 9 tons and carbon dioxide emissions decreased by 786 tons.

More Information

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