

# Safe Routes to School

No-cost or Low-cost

## Safe Routes to School Projects

Simple and easy ideas to help you get started!

### As a FAMILY



Start a [Walking School Bus or Bicycle Train](#) in your neighborhood.

[Celebrate Walking and Biking to School](#) with decorated posters, hats, helmets and book bags.

[Play a Game](#) on the walk to school.

Conduct a [Walkability Assessment](#) around your community.

Teach your children about [Pedestrian and Bicycling Safety](#).

Pledge to be a pace car, and [Always Drive the Posted Speed Limit](#) on city streets.

View [Iowa's Bicycle and Pedestrian Encouragement Guide](#).



### ★ ★ ★ This Brochure is INTERACTIVE ★ ★ ★

Access all these helpful resources by downloading the hand-out from our website and clicking on the blue links:

[www.uerpc.org/safe-routes.html](http://www.uerpc.org/safe-routes.html) or  
[www.iowafoodandfitness.org/silvarts.html](http://www.iowafoodandfitness.org/silvarts.html)

### As a SCHOOL

Use [Iowa Kids on the Move](#) curriculum at your school.

Celebrate [International Walk to School Day and National Bike to School Day](#).

Conduct a [Survey about Walking and Bicycling to School](#) among students and parents.

Start [Weekly or Monthly "Walk and Wheel" Events](#).

[Walk a Mile at School](#) before, during or after the school day.

Designate a [Park and Walk or Remote Drop-off Location](#), where students can be dropped off to walk or bike the remaining trip to school.

Start a [Mileage Club](#), and reward students for participating and reaching goals.

Take your students on a [Walking Nature or Field Trip](#) to enjoy and explore their surroundings.

Participate in [Live Healthy Iowa](#) events throughout the year: *Fall Fitness Day*, *Kids' 10 Week Wellness Challenge* during the winter and *Go the Distance Day* in the spring.

Host a [Safe Routes to School Game Show or Activity](#) during class.



### As a COMMUNITY

Host a FREE [Safe Routes to School Workshop](#) in your community.

Plan a [Bike Rodeo](#) for children.

Reward students for wearing a helmet by starting an ["I Got Caught Wearing a Helmet"](#) program.



Adopt a [Complete Streets Policy](#), and review city laws and codes to ensure sidewalks are required for new developments.



Make sure residents keep sidewalks maintained and cleared year-round. Start a [Golden Shovel Award](#) program.

Develop a [Neighborhood Watch and Safe Haven](#) program.

Run a [Keep Kids Alive Drive 25](#) campaign.



Increase [Crosswalks and Pedestrian Signage](#) around schools.

Hold a [Walk-a-thon](#) to raise awareness about Safe Routes to School.

Adapted from the Iowa Department of Transportation Safe Routes to School Getting Started webpage:  
[www.iowadot.gov/saferoutes/projects.html](http://www.iowadot.gov/saferoutes/projects.html)

