

# 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)

