WELCOME BACK!

TV SAFE ROUTES TO SCHOOL

700 E 2nd Street, Meridian, ID

Back to School 2021

Walkitbikeit.org

A PROGRAM OF VALLEY REGIONAL TRANSIT

OH THE PLACES WE'VE BEEN

Treasure Valley Safe Routes to School is excited to welcome students and teachers back to school! Just like you, we've had one heck of a past year. One thing that's kept us going is riding and walking and getting outside. Here are some highlights from the past year.

We've MOVED!

After 13 years of partnership with the Treasure Valley Family YMCA, Safe Routes to School has a new partner, Valley Regional Transit. We started with VRT in October 2020, and though we have a new host for our grant, our programming remains nearly the same. One new thing we're talking about is using transit in conjunction with walking and biking to move across the area. Many thanks to The Y for bringing this program to the area and many thanks to VRT for ensuring the program continues!

Spring Bike Rodeos 2021

Spring brought us many days of bike rodeos like we'd never done before. Instead of spending a couple of hours at schools with a mass rodeo, we spent days at participating schools, setting up flow rodeos in the parking lots. We brought a bunch of bikes and scooters, set up water stations, and

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact:

TVSafeRoutes@valleyregionaltransit.org

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the students had a great time. In reflection, this was probably the best "on bike" learning we've ever done, and we look forward to more this school year! If you're interested in a bike rodeo for your school, get in touch with us now.

After School Bike Club

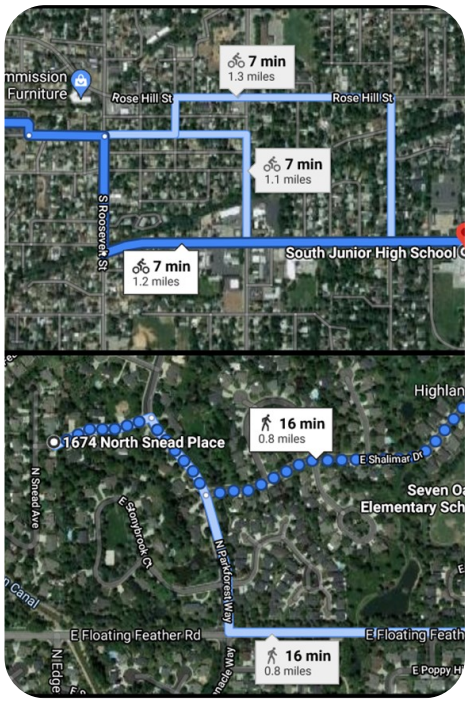
Spring also brought us back to Whitney Elementary where we continued our after school Wolverines on Wheels bike club for the 6th year! Students had a lot of fun riding to familiar places and exploring their neighborhoods. Of course we finished the club with our traditional "treat ride" and the staff at JUMP made it extra special with decadent hot chocolate and a ride on the five-story slide!

YMCA Move Outside and Bike (MOAB) Camp

We were back at the West YMCA this June and July working with the MOAB bike camp. We had all day bike camp in June and took advantage of the greenbelt and river when the weather got so hot. With our new partnership with Valley Regional Transit we taught several camps how to use the bus and extended our distances from the West Y to downtown Boise. The front cover of the newsletter was from that trip, which included stops at JUMP, Anne Frank Memorial, Zoo Boise, Main Street Station, Idaho State Capitol, and Camel's Back Park. The campers were sleeping well from all parent's reports. The total mileage for all campers for all 5 weeks was 4,575. That's a lot of miles!

MAPPING YOUR ROUTE TO SCHOOL

Do you need help figuring a route to school (or anywhere)? Tools like Google Maps are a great place to start, but they don't always get it right. Factors like the condition of the sidewalk or bike lane or a busy street crossing can make a big difference, especially if young walkers or bikers are involved. Scouting the route and seeing what is actually there is a good practice that allows you to fine tune your route and pick the most pleasant way to get there.



The Safe Routes team is happy to give advice, scout and observe real world conditions, or even walk/bike along with you as you and your crew figure out the best way to get to school (or anywhere). Drop us an email! Lets get rolling!

ABC QUICK CHECK

Checking your bike is an important step to take before taking a bike ride, or when pulling your bike out of storage. You never want to start riding until you know you can stop riding!

The letters A, B and C (and a few others) can help us remember what to check.

Air – can you inflate the tires? Do they stay inflated? Are there holes or cracks in the outer tire?

Brakes – Pull the brake levers (if the bike has hand brakes) and push the bike forward. Do the brakes stop the wheels? If the bike has coaster (pedal) brakes, push the pedals back to engage to the brake. Push the bike forward. Does the brake stop the rear wheel?

Chain – Rotate the pedals backwards. Does the chain stay on the gears? Is the chain rusty or are the links damaged in any way?

Pedals – Are the platforms intact? Do the pedals spin freely?

Wheels – Make sure quick release levers are securely closed and are curving in towards the bike, rather than away from the bike. If you're unfamiliar with quick release levers, take a moment to look up a YouTube video on how to secure bicycle wheels using quick release levers.

If the bike has bolt-on wheels, you can use a crescent wrench (often a 15mm) or adjustable wrench to make sure they are tight.

MODEL SAFE BEHAVIOR FOR FAMILY AND COMMUNITY

Practicing and modeling proper pedestrian and bicycle behavior for your family and community helps us all in the long run. Here are some tips for modeling positive behavior.

- When walking in an area without sidewalks, walk on the left-hand side of the road so you can see the vehicles coming towards you.
- When riding a bicycle, always ride on the right-hand side of the road. A bicycle is considered a vehicle in Idaho and must travel in the same direction as every other vehicle.
- If the child is made to wear a helmet but the adult doesn't, it can send a mixed message about safety, skill level, and healthy habits. There are no bicycle helmet laws in Idaho; If you and/or your child choose to wear a helmet make sure it is properly fit. The helmet should be level on the head with a two finger horizontal gap between the eyebrows and helmet. The chin strap should snug when the rider yawns.
- Distracted walking/cycling can be dangerous for you and others. If you are walking, riding or driving, we are all required by law to be attentive and present.
- Lights are required by law on a bicycle from dusk to dawn. The front should be a steady–white light and the rear should be at least a red reflector.

NATIONAL WALK TO SCHOOL DAY

National Walk to School day is Wednesday, October 6th 2021, and we're excited to promote it here in the Treasure Valley. You can sign your school up through this link: Walk & Bike to School (walkbiketoschool.org)

We have a limited amount of swag to provide for schools, so reach out quick if you're planning an event.

The challenge is on, Whitney Elementary likely had over 150 participants this past spring on Bike/Walk to School day. Can you beat that? Everyone should try! We'll see you out there!

TREASURE VALLEY BIKE COUNTS

Join the nationally recognized Treasure Valley Cycling Alliance (TVCA) bike count data program as part of a semi-annual effort to assess the number of riders in the Valley. The more data collected on how cyclists actually use roads and pathways, the more improvements there can be to the safety and enjoyment of the cycling experience in the Treasure Valley. This effort has already begun to help more than half a dozen other agencies and non-profit organizations guide their decisions around cycling infrastructure. Sign up here: Treasure Valley Cycling Alliance | Upcoming Events, Volunteer & Service-Learning Opportunities | GivePulse

NEW VIDEOS!

Last year we were all challenged with how to reach students, teachers, parents, and really anyone about anything. We had to switch gears ourselves, to get info out. We recorded a lot of in class lessons, but our bigger accomplishment is a small library of informational videos on YouTube. You can find them here: Safe Routes to School TV - YouTube

Looking for new video ideas!
Do you have any ideas for new videos for us? We're always looking for more content. If you'd like us to record in your neighborhood, send us a note. We know that there are big differences across the valley that should be highlighted.

SCHEDULING A VISIT TO YOUR SCHOOL

We are ready to serve you and your school with our in-class lessons, bike rodeos, and learn-to-ride class. Each of these events takes a different amount of time and we know that's a precious commodity right now.

Types of Education offered
We have changed some of our class offerings due to class size limitations and keeping each other safe. The following gives you an idea of what we do now and how we can bring some fun things to your classrooms.

- **In Class**: 1/2 hour Pedestrian/Bicycle Safety Lessons. This is a high overview of the basics of safety. Time allowing, we can go outside and practice road crossing techniques.
- **Bicycle Rodeo NEW**: Limited to individual classes, we stay at the school all day or for several days, working in PE classes. The rodeo is set up all day, students come out one class at a time. We can bring bikes/scooters.
- **Specialized lessons**: Several weeks long, learn-to-ride classes.
- **Bicycle and pedestrian counts**: Arrival/departure counts for schools requesting information, or for city/county partners.
- **Walking School Bus/Bike Train:** Real, on-the-ground help for your students to get to school safely. We would love to see more walking school buses and bike trains and can help you set them up at your school or in your neighborhood.

Please email us today to find out more details about what we're offering and how we can help.

School Crossing Guards Needed

United Security Systems is hiring Adult School Crossing Guards for schools in Boise area. Work times are 1 hour in morning and 1 hour in afternoon to assist children as they arrive and leave school. Great part time job with weekends and holidays off.
Must be at least 21 years of age to apply.

Pay $15.00 per hour.

Employment is NOT through the school or school district.
If interested call 208-336-7770.

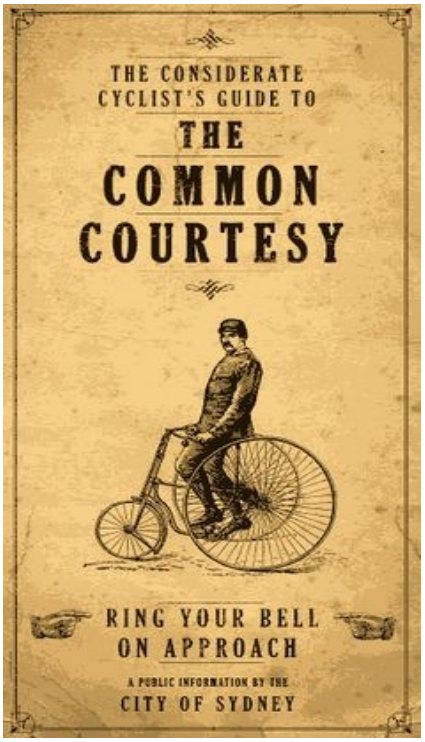
United Security Systems
10 S. Latah St. # 207
Boise, Idaho
208-336-7770

KEEPING UP WITH VALLEY REGIONAL TRANSIT

Stay in touch with transportation in the entire Treasure Valley with the Safe Travels, Treasure Valley newsletter. There's always something interesting and you can be among the first to know!

valley regional transit

LET'S BE SOCIAL!

You can find us on Facebook and Instagram, and out on the roads. Be sure to look up Treasure Valley Safe Routes to

SAFE ROUTES TO SCHOOL