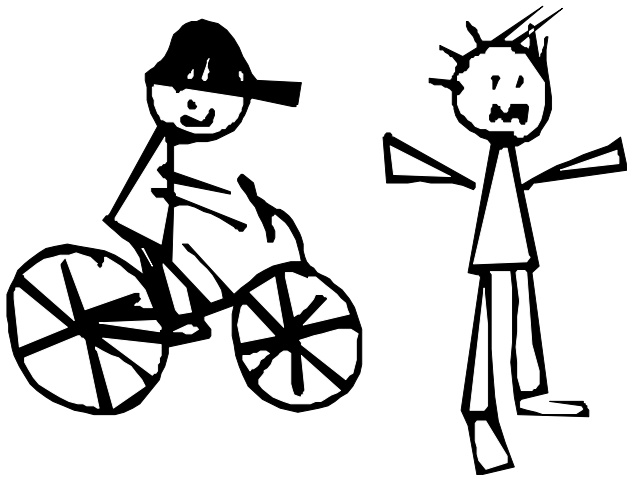


Bicycling to School



Champaign-Urbana SRTS



C-U SAFE ROUTES TO
SCHOOL PROJECT
(C-U SRTS PROJECT)
www.cu-srtsproject.com

Creating a SRTS Program

- Champaign-Urbana, IL began with International Walk to School Day in 2003 with 4 schools
- 2015 – majority of K-8 schools involved
- 4 Non-infrastructure SRTS grants awarded since 2007 (Total-\$183,300)
- 2014 grant required 20% local match provided by Urbana School District & CUMTD
- CUMTD has provided staff support, funding, office space, free bus ad space, and more



C-U SRTS PROJECT

- Goals:
 - Increase walking to school by 5%
 - Increase biking to school by 1%
- By:
 - Raising awareness
 - Educating the community, students, motorists
 - Working with law enforcement
 - Decreasing congestion
 - Improving the safety around our schools



Successful SRTS Program

- Champaign-Urbana, IL population 140,000 – two school systems
- Four SRTS non-infrastructure grants awarded since 2007 totaling \$183,300
- Creation of a citywide year-round education and awareness raising program
- Communitywide partnerships and support

SPLASH Bicycle Riding and Safety Class
Wednesdays, 2:50 – 4:15 p.m.
April 8th-May 7th

Ready. Set. Bike!

In this class, you'll learn:

- *Benefits of bicycling
- *Rules of the road
- *Lane positioning
- *How to change a bike tube
- *How to ride safely on the street

Instruction will be half in the classroom and half on-bike and will include League Certified Instructors! The last class is on national Bike to School Day, and will end with a ride to a special destination!



*All class participants must wear a helmet. If a helmet or bicycle is needed, both will be provided free of charge upon request. The class is on national Bike to School Day, and will end with a ride to a special destination!



© 2007 Splash Bicycle Riding and Safety Project



Partnerships

- C-U Safe Routes to School Coalition Members:
- Champaign-Urbana Mass Transit District
- Cities of Urbana & Champaign (Public Works/Police)
- C-U Public Health District
- Urbana and Champaign Schools
- Champaign County Bikes
- Urbana/Champaign Park District
- Healthy Champaign County



Elements of C-U SRTS Project Bicycle Education Program

- Bike Rodeos
- SPLASH – Urbana Middle School (UMS) after school program class
- Active4Me (formerly Boltage) UMS encouragement program
- Bike to School Day



Bike Rodeos

Different groups/locations including:

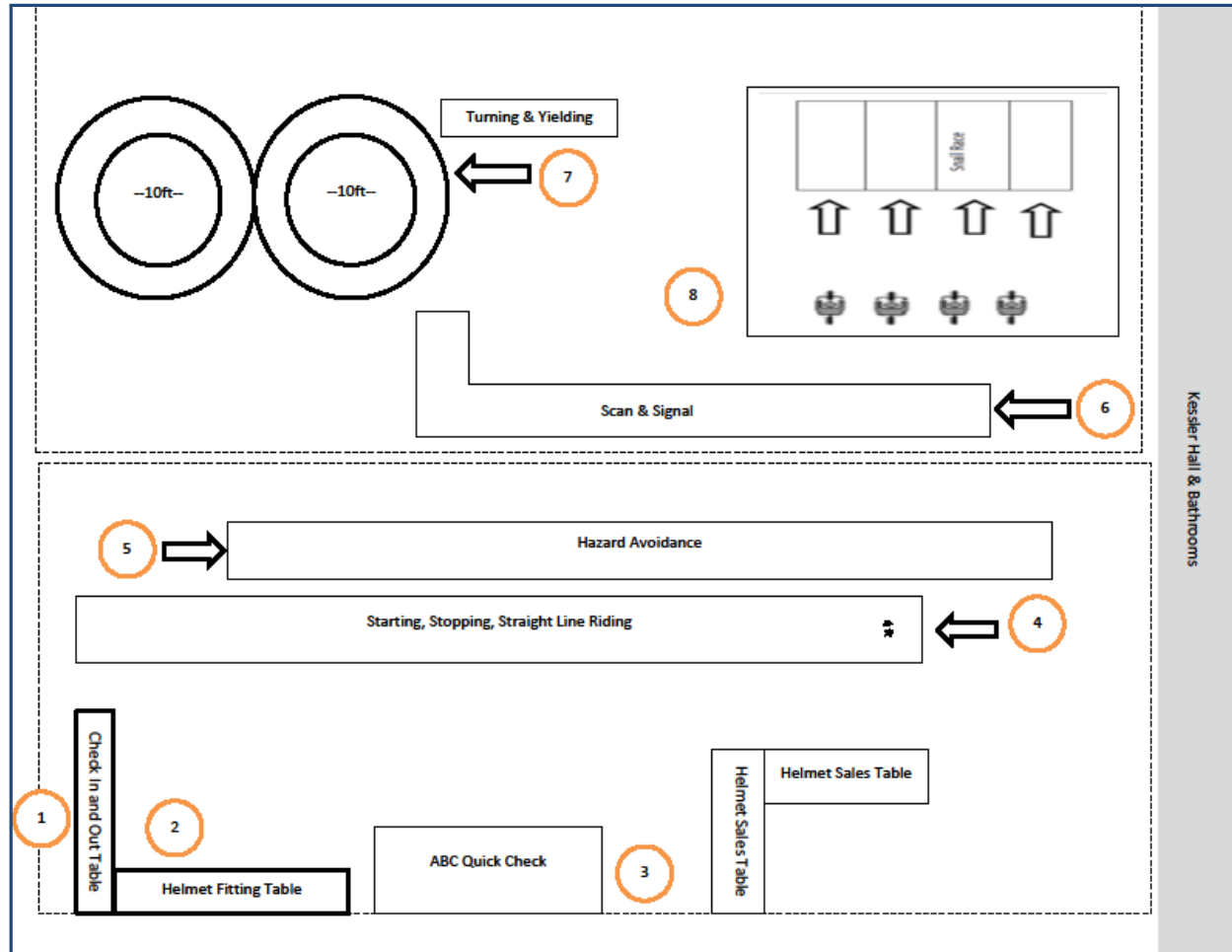
- At schools – both elementary and middle
- At public events – farmer's markets/concerts
- Upon request - library, Playing It Safe Safety Fair



Typical Bike Rodeo

Includes:

- 🚲 Check-in, helmet/bike fitting & ABC Quick Check
- 🚲 Starting, Stopping Straight line riding
- 🚲 Hazard avoidance
- 🚲 Scan, signal, turn
- 🚲 Turning and yielding
- 🚲 Snail races



SPLASH – Ready.Set.Bike!



- After school program at Urbana Middle School. Five to six classes 1.5 hours long.
- Students are supplied with:
 - Helmets
 - Bike locks
 - Rehabbed bikes (if they do not have one)
 - Bike lights

Class 1: Introduction, Overview, Types of Bikes, Bike Parts, Bike Fitting, and Bike Safety

Materials needed: Bikes, tools (for adjusting seats)

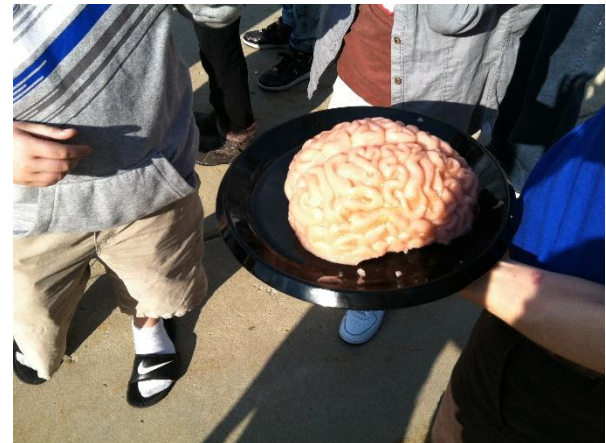
- Topics:
 - What did the first bicycle look like and when was it invented?
 - How many types of bikes are in use today all over the world?
 - How many different parts of bikes can you name?
 - How do I determine if my bike fits me?
 - Checking your bike – ABC Quick Check



Class 2 April 15: Helmet Fitting – Melon Drop

Materials needed: Helmets, melons, tarp, Jell-O brain, presentation

- Topics:
 - How to fit your helmet to your own or your friend's head
 - The thickness of your skull (it is the width of a penny)
 - What happens to your brain if you fall and you are not wearing a helmet (hint: squashed melon)



Class 3 April 22: Bike Gear/Equipment and Basic Maintenance

Materials needed: Bike stand, bike tools, bikes

- Topics:
 - How to replace a tube
 - How to fill a tire with air
 - How to clean and maintain your chain
 - How to adjust seat height



Class 4 April 29: Bicycle Skills – Starting, Stopping, Scanning/Signaling/Turning, Obstacle Avoidance

Materials needed: Bike Rodeo equipment, locks, lights. Need to bring trailer and set up early

Topics:

- Practice scanning, signaling, turning and lane positioning at intersections
- How to lock your bike so it isn't stolen?
- Where do you install bike lights on your bike?



Class 5 May 6: Bicycle Skills Group Ride

Materials needed: Safety vests, maps and refreshments

Topics:

- Different routes created to allow students to receive on-bike instruction in various neighborhood environments appropriate to their skill level
- On-street practice for lane positioning, bike infrastructure, intersections, and biking with traffic



Active4Me (formerly Boltage)

Bicycling and walking incentive program:

- Students sign up on-line
- Counter reads 1 trip/day using activated card
- Prizes based on trips made/counted



End of semester Incentives Celebration



Solar-powered counter

Bike to School Day

Elementary Schools:

- Volunteers stationed at bike racks
- Bike to School Day backpack reflectors for riders



Middle School:

- Station with prizes and incentives



Santa Ana Bicycle Safety Education + Outreach Campaign



Goals

- Santa Ana, California
- Reaction to high rate of bicycle- and pedestrian-involved collisions, including fatalities involving school-aged children
- Goal: provide a safer travel environment for all road users by increasing awareness and improving the behavior of all people driving, bicycling, and walking in Santa Ana



Process

- Developed SRTS toolkit
- Executed a citywide marketing campaign using the message of “Travel Safe, Share the Space”
- Conducted traffic safety assemblies at 19 local public schools and held 4 citywide bicycle safety “rodeos” at community events
- Trained League of American Bicyclists Certified Instructors to teach bicycle safety courses in coming years

Volunteer Assembly



Bike Rodeo



Bike Fest



Messaging



TRAVEL SAFE SHARE *the* SPACE

TIPS FOR BEING A SAFE CYCLIST



LOOK OUT

Watch for car doors opening as you bike past, and be careful if you are in a driver's blind spot.



NO SURPRISES

Follow the direction of traffic — don't surprise oncoming drivers and pedestrians.



RIGHT OF WAY

Sidewalks are for pedestrians — if you must ride, ride slowly and watch for turning vehicles at corners and driveways.



ELIMINATE DISTRACTIONS

Never text, talk on the phone, or wear headphones while bicycling.



SIGNAL TO OTHERS

Use correct hand signals to let drivers and other bicyclists know where you're going.



ALWAYS STOP

Stop at red lights and stop signs — then look before you go.



PROTECT YOURSELF

Always wear a helmet when riding. The law requires it if you're under 18.



BE NOTICED

Use lights at night and a bell when passing pedestrians or other cyclists.

FUNDING FOR THIS PROGRAM WAS PROVIDED BY A GRANT FROM THE CALIFORNIA OFFICE OF TRAFFIC SAFETY, THROUGH THE NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION.



Questions



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