



# Safe Routes To School

School-Community Partnership Program

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## ABOUT SRTS

Safe Routes to School (SRTS) is an international program to encourage safe walking and bicycling to and from schools. SRTS is based on five principals, the "5 E's": Education, Encouragement, Enforcement, Engineering, and Evaluation.

SRTS programs have been at CCSD since 2008 and are federally grant funded. Currently, 57 school teams have attended a SRTS workshop and created action plans. Eight schools have held SRTS two-hour onsite staff workshops.

## BENEFITS TO SCHOOLS AND STUDENTS

A successful SRTS program benefits students and schools in several ways, including:

- In light of limited recess and/or PE time during the school day, walking and bicycling can fill the physical activity gap.
- Studies show that students who get regular physical activity have improved health, concentration and moods; stronger self image and more self confidence.
- Physically active kids have fewer chronic health problems and report lower levels of smoking and alcohol consumption.
- More walking and bicycling equals less traffic congestion and air pollution around your school. Research has shown that 25% of morning traffic consists of parents driving students to school.

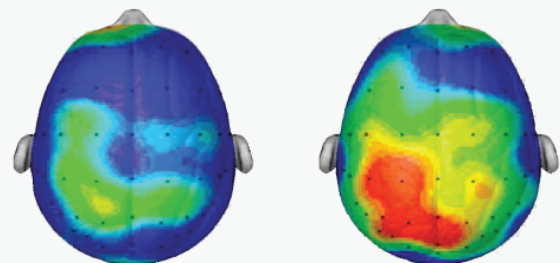
## SRTS and CCSD GOALS

SRTS programs contribute to overall student achievement and directly align with two CCSD success indicators:

- Increase the number of students who report they are safe and happy at school.
- Increase parent participation in schools.

*"Exercise is like Miracle-Gro for the brain, it puts the brain of the learners in the optimal position for them to learn."*  
~John Ratey, MD Harvard Medical School

Composite of 20 student brains taking the same test



After sitting quietly

After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

## FUN!

Research shows that walking and bicycling is a child's preferred method of getting to school. Children (and parents) who walk and/or bicycle have a richer social connection to their neighborhoods. There is so much to see, smell, touch, think, and talk about.

## COMMUNITY EFFORTS TO BE MORE WALK AND BICYCLE FRIENDLY

The cities of Henderson, Las Vegas and North Las Vegas are working to become more pedestrian and bicycle friendly. City of Henderson and Las Vegas were recently awarded the "Bronze" Bicycle Friendly Community designation by the League of American Bicyclists. The League recommended that both cities work to get Safe Routes to School programs in all their schools before applying for "Silver" designation. The City of North Las Vegas is working on a Complete Street study that will result in an adoption of a Complete Street policy. Complete Street policies ensure that roadways are evaluated for all modes of transportation in the design or retrofit.

# SRTS WORKSHOPS & TRAININGS

The SRTS program offers several workshops to help schools learn about SRTS programs and strategies:

- 1. Full-day workshop.** School teams learn about SRTS programs and strategies and draft an action plan. School teams typically consist of an administrator, a teacher (or two), a parent (or two), and sometimes a student. **The SRTS staff works to pair at least one community partner with your school team.** These workshops are held two to three times per year, and we will pay for licensed teachers' substitutes. Past partners have included staff from the following organizations: law enforcement, Southern Nevada Health District, Regional Transportation Commission of Southern Nevada, UNLV staff, City/County traffic engineers and/or planners, and community advocates.
- 2. Two-hour introductory workshop for licensed staff at your school location.** This workshop works best for a school that has already drafted an action plan and is looking to get staff engaged and involved in the school's SRTS efforts. At the workshop, staff gets a brief overview of the SRTS program, the school's action plan and any SRTS school specific data acquired. Teachers help brainstorm educational and encouragement ideas and provide a unique perspective on issues that students face. Due to funding constraints, these workshops are limited in number in each school year.
- 3. Customized SRTS workshop.** These workshops are tailored to help a school team draft an action plan.
- 4. Bicycle and Pedestrian Safety Clinic "Train the Trainer" two-hour classes.** The Train the Trainer courses provide the tools needed to hold a bicycle/pedestrian safety clinic (or bike rodeo). These classes are held after contract time and open to all CCSD staff and the community. More than 350 CCSD staff and community members have completed this training. We can pay licensed teachers extra duty pay (\$30) to attend these classes.

**BECOME A  
SRTS PARTNER**

## SRTS ACTION PLANS

An SRTS Action Plan is a written document that identifies the barriers to safe walking and bicycling to and from school, outlines a school community's intentions of making travel to and from school more sustainable and safe, and prioritizes two or three strategies to work on in the immediate future.

Action plans are completed through a team-based process and guides the school's efforts to put a successful SRTS program in action.

## SRTS RECOGNITION LEVELS

To bring additional value to the SRTS program, a new SRTS Recognition Level program will be developed in the 2014-15 school year. Anticipated levels include: First Step, Bronze, Silver, Gold, Platinum.

The designation levels will be developed in cooperation with active SRTS school representatives and our community partners. Watch for more information on this new program in the near future.

## FIRST STEPS

1. Fill out a SRTS Partnership Commitment form.
2. Identify a SRTS school champion for your school. The Champion would be the contact/lead person for your school and can be an administrator, a teacher(s), a PTA/PTO or other parent organization representative or an advocate(s).

## SPECIAL EVENTS

The SRTS staff encourages participation in special events that encourage walking and bicycling. Special events are fun for students, parents and staff and highlight the benefits and issues that surround safe walking and bicycling.

- International Walk to School Day is held on the second Wednesday of October.
- Nevada Moves Day is a statewide event held on the 3rd Wednesday in March.
- International Bike to School Day is held on the first Wednesday of May.

