

We know physical inactivity can lead to chronic diseases like heart disease, stroke, and diabetes. It also can contribute to obesity. A Safe Routes to School program increases student's physical activity and can help reduce chronic disease.

### What is Safe Routes to School?

Safe Routes to School is a program designed to improve safety and increase physical activity for children of all ages and abilities by encouraging walking and biking to school. It helps students attain the 60 minutes of physical activity recommended daily.

Safe Routes to School uses the four Es:

- **Education:** Teaching children about bicycling and walking safety and the health and environmental benefits.
- **Encouragement:** Providing school assemblies, bike rodeos and incentives to walk or bike.
- **Engineering:** Physical improvements to make it safe and easier for students to bike or walk.
- **Enforcement:** Ensuring traffic laws are obeyed.



### What are the benefits?

Safe Routes to School can enhance:

- Children's health and well-being.
- Spread walking and bicycling interest into other parts of the community.
- Improve air quality.
- Ease traffic congestion near the school.
- Increase community members' overall quality of life.
- Walk and bike traffic safety.

### What does it look like?

Safe Routes to School programs include a menu of options based on the needs of children and the school that support one or more of the four Es. Safe Routes to School programs sometimes include a walking school bus. A walking school bus is simply a group of children walking to school with one or more adults. It may also involve bike and walk safety classes, fun events like a celebration for walk to school day, increased school traffic patrols, and efforts to build new sidewalks.

### What tips can help you bring Safe Routes to School to your community?

- Gather community members and talk about it.
- Highlight the benefits of Safe Routes to School such as health, economic development and safety.
- Invite city or county transportation, planning staff, school contacts, elected officials, parents, students, and public health to work together on making routes to school safer.
- Use a survey to find out what parents think about walking and biking to school.

- Walk the different routes to the school and make note of where it is safe to walk or bike, where it is not and what should be changed to make it safer.
- Work to get needed walk and bike safety improvements in city and county transportation plans, and bike/pedestrian plans
- Put Safe Routes to School tips in your schools student handbook.
- Mark safe walk and bike routes to school.
- Create safe walking and biking maps.
- Recruit and train volunteers to create a walking school bus program.
- Get the word out and share success stories.

## Where can you find resources?

### National Center for Safe Routes to School

<http://www.saferoutesinfo.org/>

### Washington State Department of Transportation-Safe Routes to School

<http://www.wsdot.wa.gov/LocalPrograms/SafeRoutes/funding.htm>

### Feet First

<http://feetfirst.org/services/safe-routes-to-school>

### Washington Traffic Safety Commission

<http://www.wtsc.wa.gov/grants/>

### Safe Routes to School Fact Sheet: Minimizing your liability risk

[http://www.phlpnet.org/sites/phlpnet.org/files/SRTS\\_Fact\\_Sheet\\_FINAL\\_20100727.pdf](http://www.phlpnet.org/sites/phlpnet.org/files/SRTS_Fact_Sheet_FINAL_20100727.pdf)

### Model Bicycling to School Policy

<http://policy.rutgers.edu/vtc/srts/toolbox/Model%20Bicycle%20Policy.pdf>

### Model Walking to School Policy

<http://policy.rutgers.edu/vtc/srts/toolbox/Model%20Walking%20Policy.pdf>

### Rutgers Safe Routes to School Toolbox

<http://policy.rutgers.edu/vtc/srts/toolbox/>

## Who can help?

- Washington State Department of Transportation local highways program gives training and technical assistance.

**We are committed to working with you to on Safe Routes to School.**

**We offer resources and technical assistance.**

**For more information, please contact James Kisse at [James.Kisse@doh.wa.gov](mailto:James.Kisse@doh.wa.gov) or 360-236-3623.**

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).