

# LPS Sustainable Transportation Guide



A 4-Step Guide to Starting Walking, Biking, or  
Rolling to School Campaigns at your School

## Step 1: Assemble a Team

With this step, we are ensuring that the movement is foundationally sound. The progression of walking and rolling at school is drastically improved by getting a team that understands the community, the school, and is passionate about sustainability.

### Where can I find this group?

- Sustainability champions
- LPS sustainability staff
- Parents
- School principal

Try presenting your ideas at PTA meetings or spreading the word among friends. Look for elected officials, local groups, businesses, etc. The more people that are involved, is all the more change that can be made.

### What can we do?

- Create a timeline
  - Think about important dates. Typically, [walk to school day is near the beginning of October and bike to school day is near the beginning of May](#). Keep weather in mind: cold weather is a great excuse to opt for the car, and summer is a great time to practice bike skills/safety. Our recommendation is to get started in April or August, when the weather is nice and you have enough time to build habits with the students.
- Set clear goals
  - Where do you envision this project going? Do you want to get more kids walking/biking to school daily or weekly? Do you want to increase overall safety and awareness? Do you want to participate in helping kids get to school safely?
- Look into the [LPS Green Schools Recognition Program!](#)

- Sustainable transportation is important to a sustainable future, and the GSRP can help fund incentives or events your team plans!

## Step 2: Active Activities

There are many different ways to encourage sustainable transportation. These activities can take on their own unique features, and should be adapted to best suit your school. Keep in mind the infrastructure or pre-existing programs that your school has, which may influence or discourage some of these programs.

### Walking School Bus: A group of students walking to school with one or more adults

The idea behind a [walking school bus](#) is to provide a safe community-bonding experience for students to get to school on time without the need of vehicles. Additional benefits include safety training for students, healthy habits, and increased school attendance.

#### Steps:

- Find a group of students who live nearby
- Identify a [simple walking route](#)
- Take a test walk
  - Are there clear intersections? Is there a sidewalk? Do cars drive dangerously here? Are there ample signs? etc.
- Determine how often the “bus” will run
- Establish a back-up plan
- Enjoy!

#### Next Steps:

- Develop the ‘leader kit’:
  - ☐ Safety vest
  - ☐ First-aid kit
  - ☐ Lights
  - ☐ Phone list
  - ☐ Map

- Create SWAG or other incentives (food/[stickers](#)) to get students out
- Spread the word with [posters](#), [fliers](#), and [graphics](#)
- Try to find a crossing guard, more parent volunteers, or look into police support for crossing the street

### **Bike Bus: A group of students riding their bikes to school with one or more adults**

The bike bus or [bike train](#) is a community-centered opportunity to get students on their bikes and to school on time. Bike safety skills are important, and bike trains give parents the opportunity to know that their kids are riding and learning to ride safely. As biking is higher-risk, finding more volunteers to teach bike and traffic safety is recommended.

#### **Steps:**

- Seek out qualified adults in the community who feel prepared to lead
  - There are many opportunities to learn in Lincoln. Visit our resources page at the bottom to learn more
- Find a group of students and parents who are excited to bike
  - Make sure that students have a bike, lock, and helmet
- Create train rules, and make sure everyone knows about them
  - Signaling, single file riding, helmet, lights, spacing, etc.
- Identify a [simple biking route](#), you can also use the [Lincoln bike map](#)
- Ride the route alone to identify practical/unexpected challenges
  - Is the road safe? Is the trail good? Is there a lot of traffic during school hours?
- Determine how often the “bus” will run – What does weather mean?
- Develop the ‘leader kit’:
  - ☐ Safety vest
  - ☐ First-aid kit
  - ☐ Lights
  - ☐ Contact list
  - ☐ Map
  - ☐ Patch kit & Pump
- Establish a back-up plan
- Enjoy!

#### **Next Steps:**



- Create SWAG or other incentives (food) to get students out
- Spread the word with [posters](#), [fliers](#), and [graphics](#)
- Try to find a crossing guard, more parent volunteers, or look into police support for street crossings and bike/traffic safety lessons
- Teach the kids basic bike maintenance, and how to safely ride alone!

### Celebrate Walk, Roll, and Bike to School Days

Who doesn't like a celebration? The point of these days is to get out and get active! Have fun, get to school, and learn! The [Walk and Roll to School website](#) has registration and tips on organizing these events, but celebrate these days however you want! Get creative, maybe utilize a park near the school, where students who live far away can meet and walk/roll together.

#### Steps:

- Get into contact with the principal and some teachers at the school
- Find a day
  - There are international Walk and Bike to School days, but if those don't work, then do it whenever!
- Build Excitement!!
  - Design [fliers](#), [posters](#), and [posts](#) to share and send home
  - Get into contact with the sustainability department or your school's social media chair to post the event
- Create a goal: Try to walk a combined total across America!
- Organize the [finish line](#)
  - Invite elected officials, make hot chocolate, get [stickers](#), SWAG
  - Create a safety lesson, or a "bike rodeo". Get a police officer to come teach and encourage safe walking or biking habits. Give students the opportunity to learn more about helmets and bike repair
- Track it and take pictures!
  - Understanding our progress is important and can help us understand the impact that we have. Pictures are also fun to look back on!



## Step 3: Safety Campaign

Wearing a high-visibility vest and teaching safe walking/biking skills are two great options to reduce the risk of this activity. But why is there risk with this activity? Because of unsafe driving behaviors. This next step looks at making our streets safer!

### Catchy Phrases

When doing a quick safety class, you want everyone to understand that they need to personally Stop! Look! Listen! for any oncoming traffic. Every student can also perform an ABC Quick Check on their bike, where they check their Air, Brakes, Chain (shifting), and Quick Release.

### Conduct Surveys

Get numbers to back up your claim! Try establishing a baseline near the start of your project, and then watch and see if average biking/walking/rolling increases over time. Having positive numbers to show officials and other schools helps make a great case!

### Lincoln Transportation & Utilities

In 2020, the LTU department implemented a new school zone plan, which is designed to improve the safety standards around schools. You can find the link in the Acknowledgements section, which contains much more information. This department is declaring this a multi-year, multi-phase project. We advise reaching out to this department on social media or through email to request improvements to safety around your school. Show them your school's dedication to the cause!

### Yard Signs/Bumper Stickers

Nothing quite like the classic yard signs and bumper stickers to get your neighbors to recognize your commitment. Sometimes, people just need a reminder that they are driving a vehicle around kids. You can find signs and stickers online, which would be a great thing to hand out!

## Step 4: Enjoy!

We mean it. It feels good to get out of the car, and take in nature. Tell your potential participants that outside is GOOD. Mental and physical health are two great reasons to get outside, and we don't want you to stop here. Plan anything you want!

Extra Ideas/Next Steps: More found [here](#)

- Class competitions for walking and rolling to school during the month of May
- Walk to School Wednesday
- Hike & Bike to School Day
- Bike education during P.E.
- Walk and Bike mural
- Painting bike routes in the parking lot
- Stop and Walk
  - It is possible to schedule your walk/bike to school day at a location near the school. Consider This! Organize and coordinate your walk/roll to school day normally, but have a meeting point at a nearby parking lot.
- Walking Bingo
- Invite elected officials to speak and promote your event/movement
- Giveaway bike lights, visibility tags, helmets, [stickers](#), gloves, socks, locks, hot chocolate, apple slices
- Engage high school students to volunteer as safety leaders
- Bike Rodeo

## **Note on Inclusivity:**

## **Collection of Resources:**

Sample poster from Rousseau Elementary



Did you know that Wednesday,  
October 12, 2022 is  
**NATIONAL WALK or ROLL to SCHOOL  
Day?**



We are encouraging as many RAMS as possible to either walk or bike to school that day. Each child that walks or bikes will be given a sticker to wear that day. We will keep track of how many students and staff completed the challenge and let you know.

Make sure you are taking safe routes and following all the rules of the road.

Use crosswalks to help keep you safe.

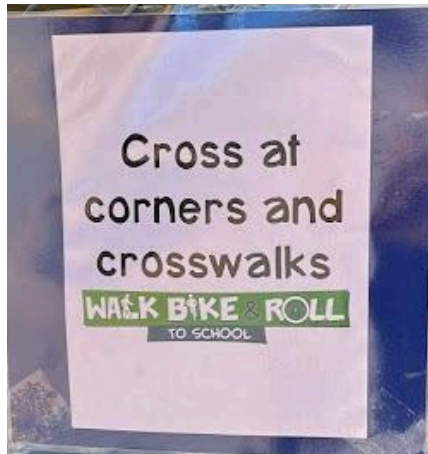
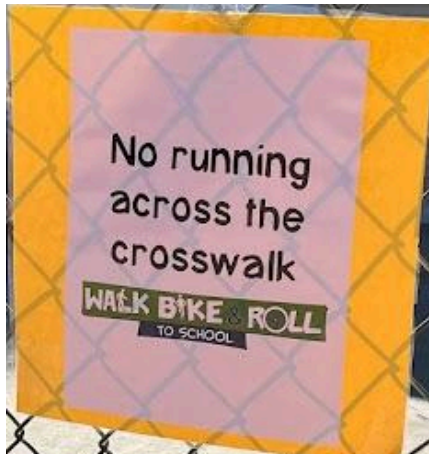
Make sure you are wearing a helmet if you choose to bike.

Check out the safest routes ahead of time.

Walking or biking to school is a HEALTHY way to start your day!

Get up and get moving!

Sample walking path posters from Hartley Elementary:



Sample flier from Hartley Elementary:



**How Hartley will celebrate:**

- Mrs. Ash will teach all students about walking to Hartley safely
- Students can choose to walk/bike to school this day **or** walk in honor of this day after lunch

**Notes for Parents:**

- Please encourage your child to use the main crosswalk at 33rd and Vine if walking home west or north of school.
- During arrival and dismissal always pull forward as far as possible in cut out

**Walk to School Day promotes:**

- Physical activity
- Teaching safe pedestrian and bicycling skills
- Awareness of how walkable and bikeable Hartley Community is and where improvements can be made
- Concern for the environment
- Reducing traffic congestion, pollution and speed near schools

Sample social media post from Kooser Elementary:





## Sample newsletter blurbs from Sheridan Elementary:

### Survey: Safe Routes to School

The City of Lincoln Transportation and Utilities is in the process of evaluating the walking route for Sheridan as a part of a School Zone/Safe Routes to School Improvement Program. We have prepared a parent/guardian survey in order to learn how many of our students are walking or biking to school and what obstacles may be preventing students from walking or biking to school. There is also space in the survey for parents/guardians to share any safety concerns they have observed.

[Please click here for the survey.](#) The survey will close on October 21<sup>st</sup>.

Please let us know in the main office if you need the survey in another language and we will do our best to accommodate you!

### National Walk/Roll to School Day

Wednesday, October 12<sup>th</sup>, is National Walk or Roll to School Day!

We encourage our Sheridan Sharks to either walk or bike to school that day to celebrate. Make sure you are taking safe routes and following all the rules of the road. Use crosswalks to help keep you safe. Wear a helmet if you are riding a bike. Identify the safest route ahead of time. Click [HERE](#) for more pedestrian and bike safety information and videos for families.

Walking or biking to school is a great way to get in some healthy movement to start your day AND help the environment by reducing vehicle emissions. Thank you for helping Sheridan celebrate!





## **Resources in Lincoln:**

Specifically supporting youth:

**[Safe Kids Lincoln](#)**

**[Lincoln Bike Kitchen](#)**

**[Nebraska DEVO](#)**

**[Lancaster Composite](#)**

**[LTU School Safety Projects](#)**

Resources with links to instructors, bike shops, trail information:

**[League of American Bicyclists](#)**

**[Bike Lincoln](#)**

**[Great Plains Trails Network](#)**

**[BikeLNK](#)**

Bike Advocacy Groups:

**[BicycLincoln](#)**

**[Bike Walk Nebraska](#)**