



Montgomery County Safe Routes to School

Resources for helping kids walk and bike to school safely

1. National Center for Safe Routes to School (SRTS): www.saferoutesinfo.org:

This is a one-stop location for all kinds of information on Safe Routes to School, including:

- How to get a program started: See Getting Started and the SRTS Guide.
- How to get a program recognized: Go to Training and check out the SRTS Coaching Action Network – several webinars cover this topic.
- Resources available: The National Center for Safe Routes to School Resource Center is a centralized location of resources developed by the Center and the U.S. Department of Transportation, Federal Highway Administration. Go to NCSRTS Resources.
- Funding: Federal, state, local, and private funding sources are listed.
- Training: Read about the FREE training and coaching that is offered including an ongoing series of webinars. The National Center for Safe Routes to School partners with America Walks to offer the Safe Routes Coaching Action Network with webinars designed to educate individuals and organizations on topics that will assist with successful outreach efforts. Downloadable and/or listen right from the website.
- Forums and Ask a Question: Learn from experts and others who are implementing programs across the country.
- Links: Access dozens of invaluable resources.

2. The Safe Routes to School National Partnership: <http://www.saferoutespartnership.org/>

The Partnership is made up of a group of advocacy groups who support Safe Routes to School programs. The website includes a wealth of information, including:

- Safe Routes to School Increases Physical Activity and Improves Health:
http://www.saferoutespartnership.org/media/file/SafeRoutes_Health_Sept08_lowres.pdf
- Safe Routes to School: State Networks Create Policy Changes:
http://www.saferoutespartnership.org/media/file/SafeRoutes.graphics.FINAL_lowres.pdf

3. Safe Kids USA: <http://www.safekids.org/>

Safe Kids USA is a nationwide network of organizations working to prevent unintentional childhood injury, the leading cause of death and disability for children ages 1 to 14. They educate families, provide safety devices to families in need and advocate for better laws to help keep children safe, healthy and out of the emergency room.

4. Montgomery County Public Schools – www.montgomeryschoolsmd.org

5. Maryland Highway Safety Office - www.sha.maryland.gov/

6. Washington Area Bicycle Association – www.waba.org

7. Partnership for a Walkable America: www.walkableamerica.org

Partnership for a Walkable America is a national coalition working to improve the conditions for walking in America and to increase the number of Americans who walk regularly. The members are national governmental agencies and non-profit organizations concerned about three main areas: Health, Safety and the Environment. From the home page you can download a checklist or use an interactive checklist to determine "How Walkable is Your Community?" The PWA started the International Walk to School event which has grown to over 2,900 U.S. schools in just six years and is celebrated by 40 countries (more information under Walk to School Day/Month below)

8. Walk to School Day/Month:

October is always Walk to School Month, and International Walk to School Day was October 8, 2008. Watch these websites for the announcement of the 2009 event, and for more information:

- USA event: www.walktoschool-usa.org
- International: www.iwalktoschool.org

9. KidsWalk-to-School: <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

To support the national goal of better health through physical activity, CDC's Nutrition and Physical Activity Program has developed KidsWalk-to-School. This is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. The website offers some excellent downloadable materials:

- Fact sheets
- Community presentation (powerpoint)
- Train the Trainer materials
- Resource lists and links to other programs

10. Walking School Bus: http://www.saferoutesinfo.org/resources/encouragement_walking-schoolbus-guide.cfm and www.walkingschoolbus.org

A Walking School Bus is a group of children who walk to school on a regular basis, accompanied by responsible adults. See the above websites for complete information, including:

- Easy-to-follow basics about starting a walking school bus
- Resources including links to guides, safety guidelines, program examples, evaluations and case studies

11. Bike Train:

http://www.saferoutesinfo.org/guide/encouragement/walking_school_bus_or_bicycle_train.cfm

A Bike Train is similar to a Walking School Bus, only with bikes, of course. Metro Atlanta Safe Routes to School developed a great checklist and job descriptions with roles and responsibilities for Bike Train "engineers" and "cabooes":

http://www.atlantabike.org/Guidelines_for_WaRtS_Bike_Trains.pdf

12. Helmutt's Home: www.helmutt.com

Developed by the Brain Injury Association of Florida, Inc., this child-friendly, happy website provides tips for children and grownups on how to wear a bike helmet. These tips are reinforced through online games and activities.

Websites offering general information regarding safe walking and biking (& more Safe Routes to School information):

13. National Highway Traffic Safety Administration, US Department of Transportation:
<http://www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.dfedd570f698cabbbf30811060008a0c/>

The National Highway Traffic Safety Administration (NHTSA) is the part of the USDOT which focuses on the people side of transportation, and stresses education and enforcement as methods to increase traffic safety. At this site, you will find a series of links to a variety of useful resources as well as some excellent traffic safety facts that focus on pedestrians, bicyclists and children. The site contains:

- Publications
- Description of various programs
- Activities and materials for kids
- Resource guides
- Studies and research
- An image library: http://www.nhtsa.dot.gov/nhtsa/ImageLibrary/category_search.cfm

14. Federal Highway Administration, US Department of Transportation:
<http://safety.fhwa.dot.gov/>

The Federal Highway Administration (FHWA) is the part of the USDOT which focuses on the infrastructure side of transportation, and stresses improvements to planning and engineering as methods to increase traffic safety. This site links to many useful resources, including the following:

- Pedestrian safety: http://safety.fhwa.dot.gov/ped_bike/ped/index.htm (many resources, including a Pedestrian Safety Campaign)
- Bicycle safety: http://safety.fhwa.dot.gov/ped_bike/bike/index.htm (many resources, including Hispanic bicycle safety materials)
- The general Guidance for the Safe Routes to School Program: <http://safety.fhwa.dot.gov/saferoutes/> (however, keep in mind that each state has set up its program within these general guidelines, so your state's guidelines will tell you what is fundable in your state).