



Spare the Air Youth

TECHNICAL ADVISORY MEETING

April 14, 2020



*Spare the Air Youth
is a Climate
Initiatives Program*



AGENDA



1. Welcome and Introductions
2. MTC Equity Framework
3. High School Grant Updates
4. Active Transportation Program Grant Updates
5. SRTS Resources and Organizational Support during COVID-19
6. Announcements

High School Working Group Meeting to follow: 12:15 – 1:45pm



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MTC EQUITY FRAMEWORK

KY-NAM MILLER, MTC



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HIGH SCHOOL GRANT UPDATES

BETH MARTIN, ALTA PLANNING + DESIGN



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STAY HIGH SCHOOL PROGRAM

- 4-year Initiative
- Deepen SRTS efforts in High Schools
- Funding innovative and learning programs
- First 2 years: year-long grants, up to 10K to “vendors”

Organization	School(s)	Project
2018/2019 School Year		
Earth Team	JFK High School; Richmond High School	Something is in the Air
Marin County Bicycle Coalition	San Marin High	Share the Road Education and Encouragement Campaign
San Francisco Bicycle Coalition	Mission High School	Mission Youth Bike Club
TransForm	Alameda Co. High Schools	Safe Routes to School Youth Champions
Peninsula Family YMCA	Redwood High School	Redwood High School Bike Shed Program
2019/2020 School Year		
Transform	Alameda Co. High Schools	McClymonds HS “Walk and Roll TV”
Peninsula Family YMCA	Redwood High School	Redwood High School Bike Shed Program
Earth Team	JFK High School; LPS High School	Something is in the Air

BARRIERS TO EXISTING PROGRAM

- Small funding amount – 10K
- Relationship building with new age group
- Evaluation requirements
- Grant period
- Regional issues



2020 HIGH SCHOOL GRANT PROGRAM

- 2-year grant period, option for additional year
- Sub regional task force guidance
- Letter of interest simplifies application process
- Funding: \$280,000 to be distributed to 6 vendors



REGIONAL TASK FORCES

Task Force	Counties	Members
Central Area Task Force	San Francisco, Alameda, Contra Costa	<ul style="list-style-type: none"> •Aleida Andrino-Chavez, Alameda County Transportation Commission •Ana Vasudeo, San Francisco Municipal Transportation Agency •Kirsten Riker, 511 Contra Costa
South Bay Task Force	Santa Clara, San Mateo	<ul style="list-style-type: none"> •Alisa Campbell, Santa Clara County •Theresa Vallez-Kelly, San Mateo County Office of Education
North Bay Task Force	Marin, Sonoma, Napa, Solano	<ul style="list-style-type: none"> •Brittany Lobo, Sonoma County Department of Health Services •Karin Bloesch, Solano Transportation Authority •Janet Spilman, Sonoma County Transportation Authority •Dan Cherrier, Transportation Authority of Marin •Diana Meehan, Napa Valley Transportation Authority



UPCOMING MILESTONES



- **May 1 –May 22:** Call for letter of interest
- **June 19:** Grant recipients notified
- **July 2020:** Grant recipients work with Task Forces and Project Team to develop project scope and budget; contracting with funding recipients for the 2020/21 to 2021/22 School Year
- **August / September 2020:** Contracts begin



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ACTIVE TRANSPORTATION PROGRAM GRANT

KARL ANDERSON, MTC



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SRTS RESOURCES AND SUPPORT DURING COVID

ALL TAC MEMBERS



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SRTS LISTSERV RESOURCES



Safe Routes to School Listserv Covid-19 Resources (formerly known as: CA SRTS Brainstorm of Existing Resources & Remote Work Opportunities)

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Activity					
	A	B	C	D	E
1	Activity	Remote Option Idea	Longer description	Link	Source
2	Walk and Roll to School Day	Art/Insta Contest		https://www.cityofdavis.org/city-hall/public-works-engineering-and-transportation/bike-pedestrian-program/street-smarts/contests/poster-contest	Davis
3	Walk and Roll to School Day	Art/Insta Contest		https://sfbike.org/wp-content/uploads/2020/02/Art-Contest-combined-flyer-1-1.pdf	SfBike
4	Walk audits & infrastructure project identification	Focus on engineering; hold in-person public engagement for Phase II			
5	Walk audits & infrastructure project identification	Discuss typical circulation and issues with school administration			
6	Walk audits & infrastructure project identification	Online mapping tools (recognizing the population we can reach with online options)		Our Voice: Citizen Science for Health Equity http://med.stanford.edu/ourvoice.html	Stanford University
7	Walk audits & infrastructure project identification	Street Story: Community Engagement		https://safetrec.berkeley.edu/tools/street-story-platform-community-engagement	
8	Cargo/E-Biking Webinar	"Motherload" remote viewing party??!			
9	Group brainstorming for future activities with ability to "upvote" and prioritize	Ideaboardz		https://bikepo...treets-313067	
10	Encourage parents to practice riding (or walking) to school with their kids while there is less traffic on the streets	Encourage parents to practice riding bikes to school with their kids while there is less traffic on the streets	"With our streets much quieter and calmer these days, now is a great time to practice with your child how to walk or bike to school. Being able to practice this skill now will help you and your child build confidence to do this when social distancing ends and school starts."	https://bikeportland.org/2020/03/31/guest-article-considering-bike-to-school	Bike Portland
11					

THE GREEN SNEAKER 30-DAY FAMILY CHALLENGE!

GREEN SNEAKER CHALLENGE

A stylized illustration of a green high-top sneaker with green laces and a white sole. The sneaker is positioned on the left side of the image, facing right. The background is a solid purple color. The text 'GREEN SNEAKER CHALLENGE' is written in a white, hand-drawn, uppercase font on the right side of the image.

We may be sheltering-in-place, but fresh air and physical activity is essential to our physical and emotional health. Maintain social distance and stay close to home while taking advantage of this time to build knowledge about bicycle and/or pedestrian safety, health, the environment, and your community! **option to exercise indoors if necessary*



TOTALS OF ALL PARTICIPATING FAMILY MEMBERS

FAMILY CONTACT NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

[illegible]

SONOMA SRTS



SONOMA COUNTY SAFE ROUTES TO SCHOOL BINGO ACTIVITY PAGE

Go to the sonomasaferroutes.org Green Sneaker Family Challenge web page for links to all videos and online resources mentioned below! **Cross off as many boxes as you can in 30 days!**



Practice crossing a crosswalk safely: look left, right, left again and all around, wait until all drivers stop & see you before crossing, then walk across while staying aware.	Watch the two videos "Pedestrian Safer Journey" and "Bicycle Safer Journey" (choose the version for your age group) and if possible, take the quiz afterward. Find video at http://www.pedbikeinfo.org/pedsaferjourney/ and http://www.pedbikeinfo.org/bicyclesaferjourney/	Walk/Bike Scavenger hunt #1: Circle the things listed below that you saw: stuffed bear in a window, a dog on a leash, a stop sign, a speed limit sign, a red mailbox, a yellow flower, a green house.	Review the Responsible Walking & Bicycling "Roll Model" pledge (find on Green Sneaker Challenge page) with an adult and agree to follow these rules when walking/bicycling together.	Watch a video (or ask an adult) to learn, practice & memorize your left, right, and stop hand signals and demonstrate them to someone else. A video can be found on the Green Sneaker Challenge webpage.
		Decorate your bike, helmet and/or sneakers! <u>Optional:</u> Take a picture of it and email to us at saferoutes@bikesonoma.org and we may share on Facebook (FB)!	Do an ABC (Air, Brake, Chain/Cables) check on a bike and find out why it is important to do that each time you ride. <u>Optional:</u> teach someone else about it!	Write a bike or walking related haiku poem Line 1: 5 syllables Line 2: 7 syllables Line 3: 5 syllables <u>Optional:</u> email to us at saferoutes@bikesonoma.org and we may share on FB!
		Walk/Bike Scavenger hunt #3: Circle the things you saw: A pot-hole, a white house, a store, a flag, a white picket fence, a blue car	Use the "NHTSA Walkability Checklist" to rate how walkable your neighborhood is (locate via google). <u>Optional:</u> Write a letter with your observations and email it to us! Checklist can be found on the Green Sneaker Challenge webpage.	Read (or have an adult read) you a book you are interested in that has "bike or bicycle" in the title. Use the free online resource overdrive.com, click on "childrens" and search for "bike" for a list.
		Listen to the Big Tadoo Puppet Crew's album "A Breath of Fresh Air," The Walk & Roll Solution" on Soundcloud (link on Green Sneaker Challenge web page)	Walk/Bike Scavenger hunt #4: Find items that are all the following colors: Red, Yellow, Blue, Green, Black, Brown, Gray, and Orange (circle colors you saw)	Make up a short song or rap about walking, biking, skateboarding, skating, or scootering, and perform it for someone else. <u>Optional:</u> Record it and send us the recording!
		Watch a video on navigating intersections on a bicycle. Discuss safe bicycling through intersections with an adult. If possible, practice with an adult on a quiet street. A video can be found on the Green Sneaker Challenge webpage.	Watch a video on bicycle "power pedal" position. Practice on your own bicycle, if possible, and demonstrate to someone else. A video can be found on the Green Sneaker Challenge webpage.	Watch a video on how to properly lock your bicycle and demonstrate how to do it to someone else. A video can be found on the Green Sneaker Challenge webpage.
Write an acrostic poem with one of the following words or phrases: BICYCLE, WALKING, PEDESTRIAN, SAFE ROUTES TO SCHOOL, TRANSPORTATION, OR GO GREEN	Use an online map like google to map your safest walking or bicycling route to school from home or a meet-up spot (OR talk to your parent/guardian and discuss the route you would take)	Draw a picture and write a slogan to go with it that illustrates why walking, bicycling, scootering or skateboarding is good for your HEALTH.	Calculate how many pounds of air pollution you generate if you drove to/from school every day for 180 school days per year. Use the calculation 1 mile = 0.97 pounds of air pollution.	Walk/Bike Scavenger hunt #6: Circle the things you saw: A tree stump, a flat rock, a mushroom, a bench, flower pot, a squirrel.

BINGO ACTIVITY ONLINE RESOURCES (Top To Bottom, Left To Right On BINGO Sheet)

- [Pedestrian Safer Journey Video & Quiz](#)
- [Bicycle Safer Journey Video & Quiz](#)
- [Responsible Walking & Bicycling "Roll" Model Pledge](#) (PDF, English/Spanish)
- [Bicycle Hand-Signals How-To Video](#)*
- [ABC Bike Check How-To Video](#)*
- [NHTSA Walkability Checklist \(English\)](#) (PDF, Spanish unavailable at this time)
- [Overdrive.com \(bike book search\)](#) AND our [list of recommended books related to bicycling & walking!!](#)
- [Helmet-Fitting How-To Video](#)*
- [Big Tadoo Puppet Crew Album: A Breath of Fresh Air, The Walk & Roll Solution](#)
- [How to Fix-a-Flat Tire Video](#)* (short)
- [Fix-a-Flat How to Video](#) (longer, by ParkTools)
- [Navigating Intersections How-To Video](#)*
- [Power Pedal Position How-To Video](#)*
- [Locking Your Bike Properly How-to-Video](#)*
- [Google Maps](#)
- [Air Pollution Lesson Plan](#) (PDF, try with an adult instructor, to complement & extend upon air pollution calculations)

CCP CLIMATE STORY CONTEST

TELL YOUR CLIMATE STORY

80 % of Americans believe human-caused climate change is happening now, yet 65% discuss it occasionally or not at all. We must break this spiral of silence. Talking about climate change in your community, sharing your stories, and discussing the science are all powerful ways we can combat climate confusion and promote positive, powerful solutions.

INTER-GENERATIONAL SOLIDARITY

To prevent the spread of COVID-19, young people around the world are staying at home, in large part to protect their parents' and grandparents' generations. With climate change, it's older generations who are being asked to protect the planet for their children and grandchildren.



TELL YOUR CLIMATE STORY

Monday, April 20th 6:00-7:30

80% of people believe in climate change yet on 65% talk about it.

We must break this spiral of silence. Talking about climate change in your community, sharing your stories, and discussing the science are all powerful ways we can combat climate confusion and promote positive, powerful solutions.

If you have questions please email amy@theclimatecenter.org

First Name*

Last Name*

Email Address*

Cell Phone*

School Name*

elling challenge is easy.

ytelling tips and tricks and
your message to reach more

re in the medium and network

Resources for storytellers

Submission Template English

Submission Template Spanish

Story Telling Workshop

Check back for additional story telling resources

CCP CLIMATE STORY CONTEST



Energy Conservation Beat



Teach Energy and Redefine It

SAN MATEO COUNTY

Remember THE BASICS

FOLLOW WALKING RULES

- Always stop at the curb's edge
- Look left, right, and behind before crossing at corners
- Follow traffic signals
- Always stop at the curb's edge
- Use (preferably wide, less popular) paths and sidewalks, where provided

FOLLOW BIKING RULES

- Wear a helmet
- Ride on the right side with traffic
- Stop at stop signs and look left, right, and behind
- Use hand signals when turning

WALK AND BIKE PREDICTABLY

- Walk, don't run, across the street
- Don't swerve in and out of parked cars
- Watch for drivers turning or pulling out of driveways
- Make eye contact with drivers at intersections

STAY AWARE

- Pay attention! Don't text or talk on cell phones while walking or biking
- Don't listen to music with headphones while walking or biking

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WALK AND BIKE WITH YOUR FAMILY while social distancing

The County of San Mateo Public Health Department has been releasing periodic updates on how to keep your family safe and help guard against the spread of COVID-19. They recommend that families engage in outdoor recreation and exercise, but try to stay within their immediate neighborhood. Stay up to date: smchealth.org/coronavirus

What does SIX FEET LOOK LIKE?

We can use common household items and our favorite animals to visualize what the recommended social distance looks like:

Two children's bicycles lined wheel to wheel (14" wheel size), at 38 inches each, can amount to just over six feet.



Two adult cats at 35 inches each from their heads to the tips of their tails, can amount to nearly 72 inches, or six feet.



SAN MATEO COUNTY OFFICE OF EDUCATION

SOCIAL DISTANCING TIPS FOR WALKING OR BIKING



MAINTAIN SIX FEET

While walking in your neighborhood, social distancing guidelines state that we should walk at least six feet from people outside our own household. When passing others, get creative without going into the street: use driveways and lawns to step off the sidewalk and let other people pass. Communicate your intentions and use hand signals to let others know about your movements. Talk to your children before you head out about the importance of giving others plenty of space.

MID BLOCK CROSSING

We have seen some families choose to cross residential streets mid block to avoid passing others too closely on a sidewalk. Please use caution, only crossing mid block on narrow residential streets and where you can see if cars are coming. If there are parked cars, make sure to step between them before looking left, right, and behind you.

WATCH FOR SPEEDING CARS

While there may be fewer cars on the road at this time, we have seen more drivers are speeding. Still use caution when crossing the street, and avoid walking or biking in the middle of the street or weaving in and out of parked cars.



KEEP IT FUN



GO ON A #BEARHUNT

Put on your walking shoes, grab your binoculars and safari hat, and head outside! Friendly neighbors have started putting teddy bears and other stuffed animals in windows for neighborhood children to "hunt." Post about your adventures on social media using [#BearHunt](https://twitter.com/BearHunt) or [#GoingOnABearHunt](https://twitter.com/GoingOnABearHunt), and add the bears you find to the national map of bear locations. Happy bear hunting! bit.ly/nationalbearhunt

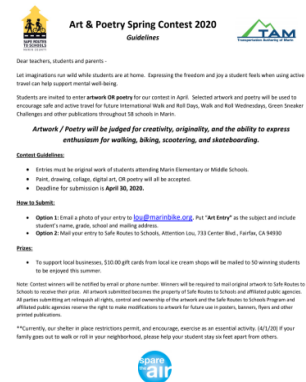
TRY OUT YOUR WALKING AND BIKING ROUTE TO SCHOOL

Even though we're distance learning for the foreseeable future, that doesn't mean you can't use the time to practice walking or biking to school! Use your exercise time to become familiar with the routes to your school so when school does resume, you'll be ready.

WALK AND ROLL ART AND POETRY CONTEST



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



WALK AND ROLL RECESS CHALLENGE



Walk and Roll Recess Challenge

- Month long, weekly tracking
- Photo Tracking Chart 2 Enter
- Prizes Support Local Biz

WALK AND ROLL RECESS CHALLENGE: MAY 2020!



**JUMPROPE – SKIP – DANCE – HULAHOOP
RUN – SCOOTER – WALK – BIKE**

SAFEROUTESOSCHOOLS.ORG/NO LOG CHART AND PARENT GUIDELINES

Please remind children to stay six foot apart from others when walking or biking in your neighborhood while schools are closed.



REMOTE LEARNING CLASSES



- 2nd Grade – Stop, Look, Listen
- 3rd and 4th Grade – Ped/Traffic Safety
- 6th Grade – Drive that Bike Safety



UNIT / LESSON DESCRIPTIONS – REMOTE LEARNING

1ST & 2ND GRADE : Stop, Look & Listen

Via a fun video featuring ASIMO, a friendly robot, students cover the basics of pedestrian street safety, focusing on crossing the street. Next, a Q&A highlights neighborhood safety and the importance to "Stop, Look, and Listen" before entering a roadway.

3RD GRADE: Pedestrian/Bike Safety

Beginning with a recap on walking safety, students cover walking and biking. Bike safety skills are introduced, including proper helmet fit and bike fit, and how to check a bike for safety, and riding predictably and responsibly.

4TH GRADE: Bike/Traffic Safety

This lesson begins with an introduction to the health and environmental benefits of cycling. Students learn proper helmet and bike fit, how to check a bike for safety, key traffic laws, and best practices for riding predictably and responsibly.

6TH GRADE: Drive That Bike

This lesson illustrates the benefits and responsibilities of bike commuting, plus a brief look at bicycling's history and social impact. An interactive component covers laws that govern cars and bikes. Students learn how to be visible, predictable, and mindful when riding on roads and multi-use pathways.



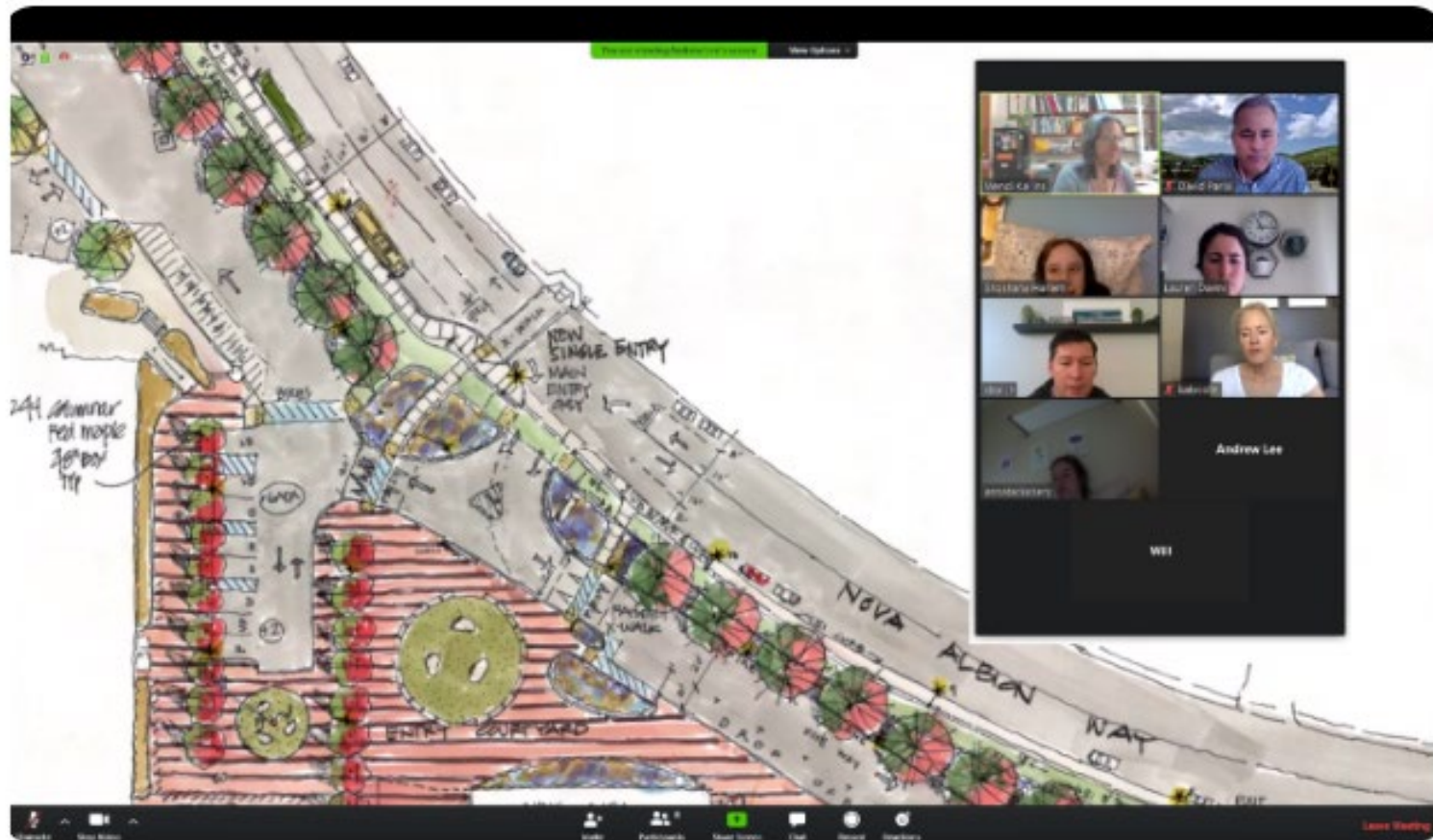
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TASK FORCES - ZOOM MEETINGS WALK AUDITS



ANNOUNCEMENTS

ALL TAC MEMBERS



*Spare the Air Youth
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HIGH SCHOOL WORKING GROUP MEETING

AGENDA



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AGENDA – STARTS AT 12:30

Welcome and Introductions

- How are you adapting your program to meet changing student needs?
- Tell your Climate Story

Please come to the meeting ready to think and share on the topic of student led learning with students, and schools

- What does student led learning look like in your program?
- What resources or other groups do you look to for learning strategy?

