Spare the Air Youth

TECHNICAL ADVISORY MEETING

December 10, 2020
AGENDA

1. MTC Announcements
2. Welcome and Updates
3. Updates from the Regional Working Groups
4. Break (5 min)
5. Discussion: Defining Success of Remote Engagement

High School Working Group Meeting scheduled for December 16 at 10AM
Topic: Youth engagement in plan development and implementation
MTC ANNOUNCEMENTS
MTC ANNOUNCEMENTS

• ATP Update
  - Karl Anderson, MTC Transportation Planner

• Blue Ribbon Task Force / Return to Transit
  - Ursula Vogler, Principal, MTC Public Engagement

• Election Results Recap
  - Rebecca Long, MTC Government Relations Manager
WELCOME AND UPDATES
INTRODUCTIONS

• Zoom Chat Introductions
  *Please share your name, organization, title, pronouns & favorite winter / holiday movie*

• Zoom Polls
  
  • How did you/your program encourage active transportation in your community this fall?
  
  • What is the status of school reopening in your community?
# 2020 HS Grant Awardees

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<tr>
<th>Bay Region</th>
<th>County Served</th>
<th>Grantee</th>
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<td>Contra Costa</td>
<td>Bike Concord / Bike East Bay</td>
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<td>Santa Clara</td>
<td>San Jose California Walks</td>
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STAY VIDEO RESOURCES

• **Video Storyboarding Training**
  - Hosted by Mark Jones, MTC Videographer
  - Save the Date for Friday, January 15 at 11 am

• “Fair-Use” Guidance

• **Video Production Tools Training**
  - Details coming soon!
BIKEMOBILE UPDATES
UPDATES FROM REGIONAL WORKING GROUPS
REGIONAL WORKING GROUPS

• Slow Streets and Engineering Improvements
• Walk and Roll to School 2020
• Data Collection and Evaluation
• Grants and Funding Support
• Virtual Education Strategies

sparetheairyouth.org/about/regional-working-groups
STRETCH BREAK!

WE’LL RESUME IN 5 MINUTES
DEFINING SUCCESS OF REMOTE ENGAGEMENT

PRESENTERS:
• JENNIFER LEDET & STEPHANIE JIM, TRANSFORM/ALAMEDA COUNTY SAFE ROUTES TO SCHOOL
• GWEN FROH, MARIN COUNTY BICYCLE COALITION/MARIN COUNTY SAFE ROUTES TO SCHOOL
• ANN JASPER, CITY OF SAN JOSE
• ANA VASUDEO, SFMTA
Alameda County Safe Routes to Schools Effective Virtual Outreach & Engagement

Jennifer Ledet, Program Manager
Stephanie Jim, Program Manager

December 10, 2020

The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County’s local sales tax Measure B, regional, state and federal funds.

alamedacountysr2s.org
Beginning of the year outreach

- **August - Virtual Back to School Meetings**
  - Zoom
  - Listening sessions
  - Over 100 Back to School Meetings

- **October - Virtual Task Force Meeting**
  - Zoom
  - 8 Champion and 1 Youth Task Forces
  - 74 school champions attended

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2020 International Walk and Roll to School Day

- October 19-23, 2020
- Encourage active transportation mode during distanced learning through prizes and school spirit
- 124 Schools Registered
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International Walk and Roll Week Materials

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International Walk and Roll Week Materials
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International Walk and Roll Week Participation

I rarely win events like this…. Happy that I had won [and I] celebrated with a small dance and victory lap around my house. As of right now I plan on using the gift card to either buy a football or a jump rope and If I have anything left over I will buy [my friend] something as an early Christmas gift because if it wasn’t for her then I wouldn’t know about this event.

- McClymonds High Student (Oakland)

“Thanks for having this great alternative to the one day [event]. The kids LOVED the themes each day.”

- 2nd Grade Teacher (Fremont)
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Online Presentations During Distance Learning

- Live Online-Classroom Programming
  - 70 classes completed
- Active Transportation activities for families on SR2S Website

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2020-21 Big Events

- Alternative to Coca for Carpoolls
  (for High School students)
- Golden Sneaker Contest
- Bike to School Day
Adapted Encouragement Activities

- Monthly Walk & Roll to Schools Days shifted to Monthly Wellness Walks
- Monthly Pen Pals Activity
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Thank you!

Questions? Comments?

Jennifer Ledet: jledet@alamedacountysr2s.org
Stephanie Jim: sjim@alamedacountysr2s.org

It feels amazing! Like I flew into space.
- Piedmont Elementary Student
Marin Safe Routes to Schools
Safe Return to Schools during Covid

Goals

● **To Promote the Health and Safety of Children**

● **To Reduce Demand for Driving to Schools**

● **Promote Equity in How the Roadway is managed**
Form a Traffic Committee

• Identify Park and Walk locations

• Recommend temporary/pop up infrastructure
Traffic Committee

- Parents and neighbors, students
- School and City staff
- Elected officials
## Tools to Consider

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<th>On-Campus</th>
<th>Social</th>
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<td>Social distancing signs and markings</td>
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<td>Slow Streets</td>
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<td>One Way traffic flow</td>
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<td>Encouragement</td>
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Sidewalk Extensions/Bike Lanes

• Convert curbside parking or travel lane

• For bikes: Multi-lane streets with wide lanes and high bicycle demand

• For Pedestrians: Good for streets with narrow or missing sidewalks
One Way Traffic Flow

- Good for streets leading directly into schools
School Streets/Slow Streets

- Close streets at key entry points to create a shared-street with low vehicle volumes and speeds
Pop Up Considerations

- Traffic Separation
- Forgiving Infrastructure
- Predictability
- Network approach
On Campus

• Multiple entrances
• Create temporary bike racks
• Signs, pavement markings
Education Programs

• **Eyes Up** – a social media and signage campaign

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*Eyes Up* campaign message: Slow down in school zones or when students are nearby.
Park and Walk (scoot or bike)

- Reduce traffic and kid congestion upon arrival
- Lets kids be kids – gets the wiggles out prior to classroom
- Develops Habits - create happy memories of families walking hand in hand
Park and Walk

• Identify locations

• Some ideal locations

• Get permission in writing

• Create a map to distribute to parents
Park and Walk

Plan, Promote and Celebrate

• Map Recommended Routes to School

• Pledge Drive – Get Commitment

• Chalk N Walk
Park and Walk Promotion

Chalk N Walk
Motivational & Safety Messaging
Park and Walk Promotion

Chalk N Walk
Marin County: Transit Race

Monthly Contests

Park N Walk Pledge

Outreach:
- PE Staff
- Principals
- Volunteers
- Partnering Orgs.

Safe Routes Encouragement Programs
Safe Routes
Encouragement Programs

• Teen Program
Safe Routes Education Programs

- Remote – Pre-recorded
- Virtual, On-line Live
- Pedal Playground
- Savvy Family Cycling
- Bike Week Contest
Safe Routes Education Programs

- On-line Live Classes
- Pedal Playgrounds
THANK YOU!

Wendi Kallins
Program Coordinator
Wendi@multimobile.org

Gwen Froh
Program Director
Gwen@Marinbike.org
Saferoutestoschools.org
Coronavirus likely to keep California schools shuttered for rest of academic year

State superintendent urges local officials to double down on distance learning efforts
SAFE ROUTES TO ... ?
City of San José Walk 'n' Roll
"ZOOMING" INTO CLASSROOMS

RIDING YOUR BIKE? WEAR YOUR HELMET!
USE YOUR HEAD
WEAR A HELMET
Getting the Fit Just Right

Bicycling is a fun and healthy way to get around. Before you roll, safety should be your goal.

Wearing a helmet reduces head injuries when riding a bicycle, scooter, skateboard, or inline skates. California law requires anyone under the age of 18 to wear a properly fitted and fastened helmet when doing these activities. Everyone, including parents, should wear a helmet for every ride. MAKE IT A HABIT!

A helmet needs to fit properly to be effective in reducing head injuries in a crash. Follow the four easy steps for the right fit:

1. SNUG: Adjust the tension mechanism at the back of the helmet so the helmet sits snugly around your head. If you cannot get a snug fit around your head, your helmet won’t protect you in a crash. You may need to purchase a different size helmet and consider one with a tension adjuster.

2. EYES: Adjust the straps so that your helmet sits snugly just below your ears.

3. MOUTH: Adjust the chinstrap so that there is no more than two fingers’ width between the strap and your chin while helmet is on.

4. DRESS TO BE SEEN: Wear bright-colored clothing and reflective materials. Use a flashlight when it is dark.

TIPS
- Replace your helmet if it has been in a crash or if it is older than 4 years.
- Never buy a used helmet.
- When it’s time for a new helmet, bring your child to choose the right size and fit.
- Remove your hat before putting on your helmet.

Now that you know how to properly fit a helmet, wear it on every ride. Follow the rules of the road, and have FUN!

CHOOSING THE RIGHT HELMET
Below are suggestions for choosing the right type of helmet for your activity:

- Bike Helmet
  - Bicycling
  - Scooter
  - Skating

- Multi-Sport Helmet
  - Bicycling
  - Skateboarding
  - Scooter
  - Skating

This Week in School
Your Child Learned...

How to walk safely near traffic
1. WALKERS are people who walk.
2. TRAFFIC is cars and trucks in the road.
3. SIDEWALKS are safe places to walk.
4. ALWAYS WALK WITH AN ADULT. Older siblings may also be acceptable, but only if they are responsible and have permission from a parent.
5. FACE THE TRAFFIC if there are no sidewalks. Walk on the left side of the street.
6. STOP AT DRIVEWAYS to check for cars.
7. PRACTICE SAFE BEHAVIOR when walking near traffic. This means no pushing, running, or shoving.
8. DRESS TO BE SEEN by wearing bright-colored clothing and reflective materials. Use a flashlight when it is dark.
WALK TO WHEREVER
CHALLENGE

October 19-30

Complete any 3 activities from the Activity Sheet and tell your teacher.

Your name will be entered in a drawing for a prize (one per grade at your school)!

Share a pic from your walk or activity, and tag #iWalkSanJose

WALK TO WHEREVER
CHALLENGE ACTIVITY SHEET

1. Alphabet Scavenger Hunt: Find objects starting with each letter of the alphabet.
2. What’s That Sound? How many sounds can you identify?
4. Natural Impressions: Trace leaves, rocks and flowers onto paper.
5. That’s My Sign! How many street signs can you find, and what do they mean?

INDOOR

1. Upstairs, Downstairs: How many times can you walk up/down the stairs?
2. Tightrope: Make a long line on the floor with tape/string.
   Can you walk the line with balance?
3. Waddle Walk: Try walking like penguins and ducks.
4. Cleanup Caper: See how fast you can put away your toys, the dishes, or schoolwork.
5. Dance Party: Play your favorite song and dance!

OUTDOOR

*Share a pic from your activity and tag #iWalkSanJose*
Virtual Education with the San Francisco Safe Routes to School Partnership

Ana Vasudeo, Safe Routes to School Coordinator at the SFMTA
Who we are: Government and Nonprofit Partners working hand in hand
Bike & Roll Art Contest, May 2020

About 50 entries from across SF, at all grade levels (elementary through high school)
Biking with Children webinar

Three presentations
- May
- August
- November

343 people registered
168 families attended
Biking with Children webinar
Virtual Walk and Roll

- **Classroom Book Giveaway**
  - Engaged with 65 teacher champions
  - 24 classes won over 600 books

- **Student Engagement**
  - 93 passport submissions
  - 154 photos submitted

- **Art Contest**
  - Featured on Walk & Roll 2021 promotion
Art contest submissions
Questions?

- Ana Vasudeo: saferoutestoschool@sfmta.com
THANK YOU!