



# Teaching Walking and Biking Safety

Mini  
saferoutes.vermont.gov  
Guide

## WHAT'S IN THIS MINIGUIDE?

This VT Safe Routes to School MiniGuide describes the types of curricula available that schools can follow to teach students safe walking and bicycling skills.

In this MiniGuide, you will find:

- Basic Steps
- Curricula Descriptions
- Real World Examples

### What is it?

Curricula that teaches students the skills, rules, and etiquette needed to navigate streets safely and confidently.

### Why is it important?

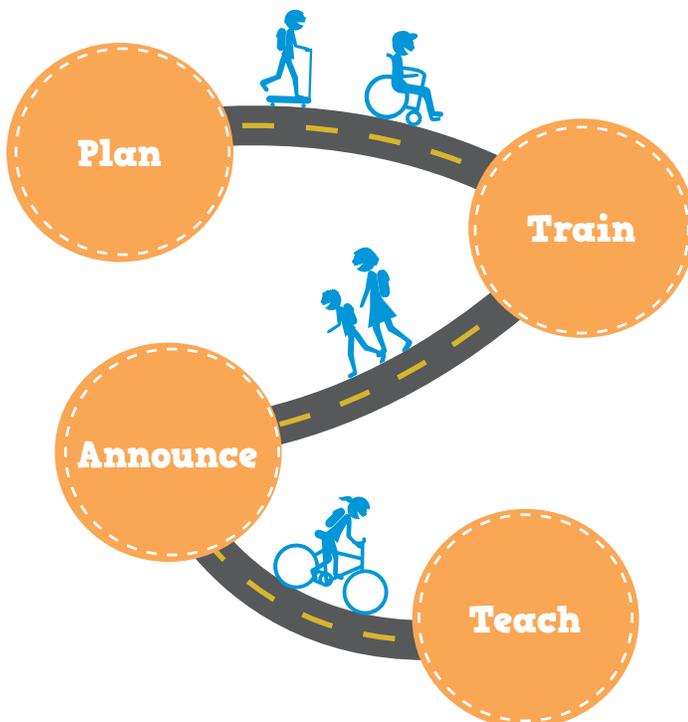
Many students don't know the rules of the road or how to walk and bicycle safely. Students need to learn basic safety skills, traffic laws, and etiquette to be safe walking and bicycling to school.

### What is the level of effort involved?

**Low to Moderate:** Preparing lessons, scheduling courses with school. Note that the level of effort should decrease over time if offered annually because planning and executing becomes routine.

Click this icon  to access the listed resource.

## WHAT TO EXPECT



## RESOURCES PREVIEW

Additional resources are linked here and available for download on the VT SRTS website:

- **Curriculum Guides** : Complete guides for teaching walking and bicycling courses for multiple age levels.
- **Local Motion**  / **Safe Kids Vermont** : Local Motion and Safe Kids Vermont offer training on curricula and lend schools materials for bicycle safety courses and bike rodeos.

# Basic Steps

Although SRTS curricula vary in format and complexity, the following basic steps apply to all.

## FOLLOW THESE STEPS

### 1. Plan

- Decide what curriculum is best for your school. You may want to start out focusing on pedestrian skills using the WalkSmart Vermont curriculum, or may want to pilot your curriculum with one or two classrooms.
- Decide who will teach the course and when it will be offered. Often, courses are conducted as part of a physical education class or as part of an after-school program. Workshops, such as bike rodeos, can be held as part of a special school assembly or on a weekend.
- Prepare materials for your class. Some curricula may require special materials (such as obstacle courses), which can be borrowed from [SafeKids Vermont](#) or [Local Motion](#).

### 2. Train

- The person planning to teach the curricula should be trained in the material. Your [Regional Expert](#), SafeKids Vermont, and Local Motion are all good resources to help you prepare to teach your class. The curricula does not require any certification to be taught, however, it may be helpful to talk to an expert to get tips and best practices before teaching.

### 3. Announce

- Announce your curriculum to parents. For some courses, students may need parental permission. For those that don't require permission, it's still a good idea to let parents know that their children are learning safe walking and/or bicycling skills. This is a great reminder for them to model good behavior.

### 4. Teach

- Teach your class! Once you have taught your initial class, you may choose to offer the class on an annual basis. You may also teach additional classes, eventually providing education for all students.

## KEY POINTS

### FREQUENCY

Once or twice per year

### TIME COMMITMENT

Varies by curricula

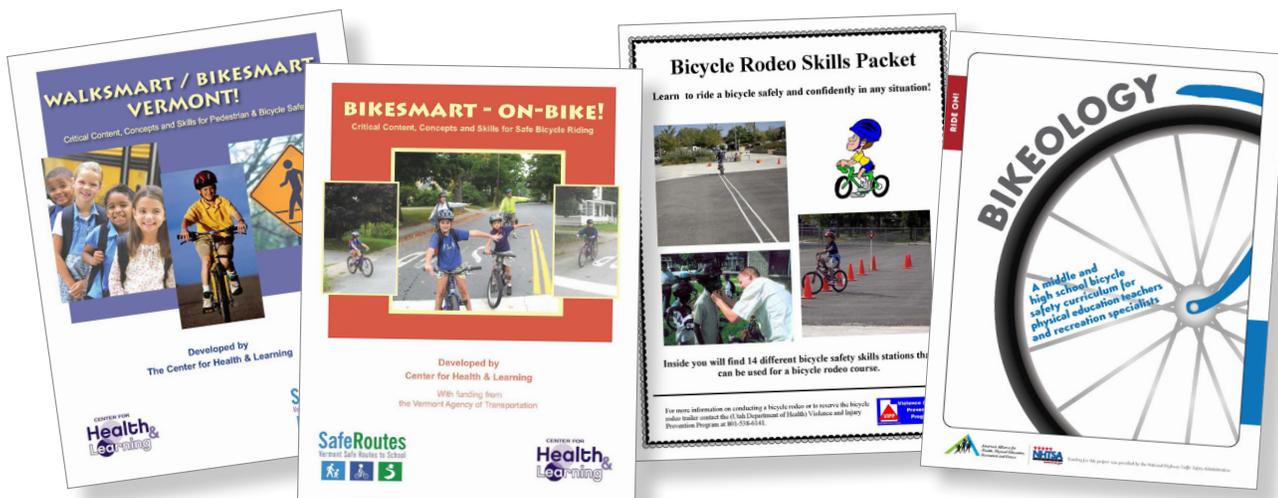
### TEAM MEMBERS

Champion,  
teachers

### REQUIREMENT FOR



Remember to update your Partner Progress Report once you've completed this activity to advance to the next level!



# Curricula Descriptions

The goal of the curricula is to promote healthy habits, prevent injuries and increase the number of children walking and biking safely. There are a variety of curricula designed to be used with a number of age ranges. All are available for download here and on the VT SRTS website.

## **WalkSmart/BikeSmart Vermont! Curriculum**

[↗](#) Grades K-6

This curriculum contains essential concepts and skills related to pedestrian and bicycle safety, developed specifically for Vermont. The lessons are designed to keep children actively engaged, utilize their own experience and encourage safe and healthy choices. This curriculum meets Vermont education standards and contains essential concepts and skills related to bicycle and pedestrian safety.

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## **WalkSmart In-Field Guide**

[↗](#) Grades K-6

The In-Field Guide is a supplement to the WalkSmart curriculum. This guide contains three lesson plans for 10-15 minute activities that teach students important pedestrian safety habits. The guide helps to conduct the Walk Smart Curriculum.

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## **BikeSmart In-Field Guide**

[↗](#) Grades 3-6

The In-Field Guide is a supplement to the BikeSmart curriculum. This guide contains three lesson plans for 10-15 minute activities that teach students important bike safety habits. The guide helps to conduct the Bike Smart Curriculum.

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## **BikeSmart On-Bike!**

[↗](#) Grades 4-8

This curriculum is designed to teach students the skills they need to avoid typical childhood crash types. This guide is broken out into six lessons.

The curriculum requires at least one bicycle and helmets for every three students. Schools can request use of the Kohl's Bike Smart Bike Trailer, which includes everything you need to teach bike skills to kids in 4th - 8th grades. It is equipped with 30-40 bikes, helmets, traffic cones, spray chalk. Vermont schools and summer programs can borrow the trailer for two weeks for only the cost of a small delivery fee from Local Motion. Schools must have a staff member trained in the Bike Smart On-Bike! curriculum in order to be eligible to request the trailer and bikes.

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## **BikeSmart On-Bike! In-Field Guide**

[↗](#) Grades 4-8

The In-Field Guide is a supplement to the BikeSmart On-Bike! curriculum. This guide contains seven lesson plans that teach students important bike safety habits. These activities require a bicycle and helmet for every two children.

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## **Bikeology**

[↗](#) Grades 6-12

This curriculum for bicycle safety includes lessons for the skills and knowledge students need to enjoy a lifetime of safe bicycling. Broken up into two parts, Bikeology has seven units with lessons that range from 15 to 60 minutes that can be done in a single class or offered in segments throughout the year. Bikeology also includes an accompanying Parent Guide, teaching parents how to be "Roll Models."

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## **Bike Rodeo**

[↗](#) Grades K-8

A bike rodeo is a series of stations and obstacle courses designed to teach students the real-world skills they need to ride a bicycle safely. This is a great way to let kids test their skills in a safe environment. Safe Kids Vermont loans out Bicycle Fair Prop Kits, which include all the materials you need to host a bicycle safety fair in your community, at no cost. The kits are available at host locations around the state on a first-come, first-serve basis.

# Real World Examples

- 1** **Miller's Run School** teaches the WalkSmart curriculum to prepare students for monthly Walk to School Days. Although the curriculum is designed for Grades K-2, the school also offers WalkSmart to 3rd and 4th graders as a way to practice self-control and reinforce the rules of the road.



- 2** **Mary Hogan Elementary School** organizes a Bicycle Rodeo and Bike Swap—where people can trade, sell, or donate bicycles—as the culmination of the BikeSmart Curriculum each year. The SRTS Team works with parents and municipal officials to hold the Bicycle Rodeo and Bike Swap on a town street.

- 3** **Central School** provides the BikeSmart Curriculum to students each year. Students are encouraged to bring their own bicycle and helmet to school that week. Additional bicycles are provided by the local bike shop and Local Motion. The P.E. teacher leads students through the basics of bicycle safety and students apply what they learned on-bike around town. At the end of the week long course, students take a short quiz.

