



SAFE ROUTE NEWS

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Safe Routes to School (SRTS)

What's Next in Safe Routes to School *Angela Olson SD SRTS Coordinator*

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I would like to challenge some brave souls out there to host an on site SRTS National Training Course in their communities.

Why? Well it's "what's next" in our SRTS process here in South Dakota.

I have visited many of your communities this past year explaining the program the best I can in a 1 hour presentation but if we are serious about the SRTS program it's time to step up the pace and experience a more in depth training opportunity.

The SRTS National Training Course is designed to help communities establish a common understanding of the comprehensive nature

of SRTS that will enable them to create sound programs that are based on community conditions, best practices and responsible use of resources.

The core content of this course is combined with group discussion, field observation and identification of local problems and solutions. Participants gain experience in identifying problems and solutions in their communities.

A sample of this training course includes:

- Engineering Strategies
- Education and Encouragement Techniques
- Local Issues

• Field Exercise at School; Observation of School Environment

• Identifying Problems and Solutions

• Enforcement Strategies

• Strategies to Improve Pick-Up and Drop-Off

• Field Exercise at School; Observation of School Dismissal

• Making it Happen in your Community

As the host (local course coordinator) of this event, your main responsibilities would include:

- Selection of the school for observation and securing a meeting room (cont. page 3)

Dates to Remember:

- April 8
Applications postmarked
- May 27
Selection Committee Meeting



South Dakota Schools Walk

Colleen Reinert Coordinated School Health

South Dakota Schools Walk was developed from the Centers for Disease Control and prevention (CDC) program called Kids Walk-to-School

The idea was to get children to walk to school year-

round.

South Dakota Schools Walk is a variation of the CDC program that focuses not only on kids walking to school, but also walking while at school. This can take on many different

forms, such as walking during recess or before and after the school day.

The enjoyable part of South Dakota Schools Walk is that it can take on whatever form that works best for your (cont. page 2)

South Dakota Schools Walk cont. from page 1

school and its students.

This is the 6th year that Coordinated School Health has sponsored South Dakota Schools Walk. The goal of the program has been to fight childhood obesity, specifically in grades K-6. This, however, does not exclude kids of all ages from participating. It simply means that these children will be eligible to receive incentives for their walking achievements

By taking part in the South Dakota Schools Walk program, schools, After School Programs, and other youth

organizations will work to create healthier and more physically active South Dakota communities!

To sign up your class or Out of School Time Program go to http://doe.sd.gov/educationonline/2008/August/art_article5.asp You will also find fun ideas, resources and activities.

If you are interested in participating in The International Walk to School Day go to <http://www.iwalktoschool.org/index.htm>

Walk to School Day CDC:

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/>



The Selection Process Angela Olson SD SRTS Coordinator

Applicants may wonder what happens to those applications once they are sent off to the great beyond.

The selection process begins with a review of each application from the SD SRTS Coordinator to make sure they meet the qualifying criteria.

Qualifying Criteria includes:

- Application postmarked by April 8
- All sections of the application are completed.
- All required letters of support are attached.
- Student and parent surveys have been completed and the data has been entered in to the National Safe Routes to School Data Base.
- Project sponsor is identified.
- Projects include a combination of the "5 Es" Education, Enforcement, Encouragement, Evaluation, and Engineering. (Engineering is the only optional component)
- Non-Infrastructure projects must not equal less than 10% and not more than 30% of total project cost.

Those applications that meet this criteria are then sent to the Safe Routes to School (SRTS) Selection Committee for the review and scoring process.

The Selection Committee is made up of representatives from:

- Law Enforcement
- Metropolitan Planning Organization
- SD Education Association
- Associated School Boards of SD
- Parent Teachers Association
- Tribes of South Dakota
- Department of Transportation
- Federal Highway Administration
- Bicycle Community
- Coordinated School Health
- Cooperate and Community Fitness

SRTS Selection Committee members study each application to insure that they contain a comprehensive plan that addresses the "5 Es" along with health, safety, bicycling and walking activities and parental concerns listed

on the parent surveys.

Selection Committee members also look for school, community and parental buy in and interest to see that this program will be a good fit for the applying community.

Applicants will be given the opportunity to meet with and review their comprehensive plan with the Selection Committee at the annual Selection Committee meeting in May.

The Selection Committee determines at this same meeting which SRTS projects to recommend for funding. Recommendations for funding are then given to the South Dakota Department of Transportation for funding approval.

There it is, the selection process in a nut shell.



What's Next in Safe Routes to School cont. from page 1

near the school.

- Inviting key participants.
- Arrange for food and snacks.
- Secure the commitment of community representatives to talk about local issues.
- Providing maps of the school and walking zone.

Attendees will leave the course with experience and confidence in creating the foundation for a sustainable SRTS program in their own community.



The hosting community will also benefit by having the field observation and identification of local problems and

solutions geared towards their school during the training session.

September and October is the ideal time to hold this training, which is early in the application process and before the weather makes it difficult for an accurate field observation.

The next application process will open September 14, 2009.

Those interested in hosting or attending this training should contact Angela Olson. Contact information is located on page 4.

Non-Infrastructure Ideas Angela Olson SRTS Coordinator

Many communities have requested more ideas for non-infrastructure to meet the federal requirement that 10-30 percent of funds must be spent on non-infrastructure activities.

Non-infrastructure is the Encouragement, Enforcement, Education and Evaluation component of a comprehensive SRTS program.

If you are one of the many applicants struggling with this part of the application, I recommend that you take a

look at the National SRTS resources:

National SRTS

<http://www.saferoutesinfo.org/guide/encouragement/resources.cfm>

Encouragement

<http://www.saferoutesinfo.org/guide/encouragement/index.cfm>

Enforcement

<http://www.saferoutesinfo.org/guide/enforcement/index.cfm>

Education

<http://www.saferoutesinfo.org/guide/education/index.cfm>

Evaluation

<http://www.saferoutesinfo.org/guide/evaluation/index.cfm>

More non-infrastructure ideas are now posted on the South Dakota SRTS website
<http://www.sddot.com/srts/docs/NonInfraIdeas.pdf>

Site's of Interest

SD SRTS

<http://www.sddot.com/srts/>

American Heart Association:

<http://www.americanheart.org/presenter.jhtm?identifier=1477>

Don't Thump Your Melon

<http://www.sdemsc.org/dvtm.html>

SD Bicycle Coalition

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

Coordinated School Health

<http://doe.sd.gov/oess/schoolhealth/index.asp>

Healthy South Dakota

<http://www.healthysd.gov/>

Mark Fenton's America's Walking

<http://www.pbs.org/americaswalking/>

What's Happening in SRTS

Applications must be completed and postmarked by April 8, 2009.

SRTS National Training Course and SRTS Presentation available by request.

On site National Training Course or SRTS Presentation is highly recommended at the beginning of your application process!

Round 3 Application process opens September 14, 2009



Safe Routes to School (SRTS)

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We are on the Web
www.sddot.com/srts/

Where it's safe, get kids
walking and biking.
Where it's not safe,
make it safe.



June/July/August Newsletter Will Included:

Kids and Traffic: Walking and Biking Safely

Applying for Round 3?

Busting Biking Myths Part 2

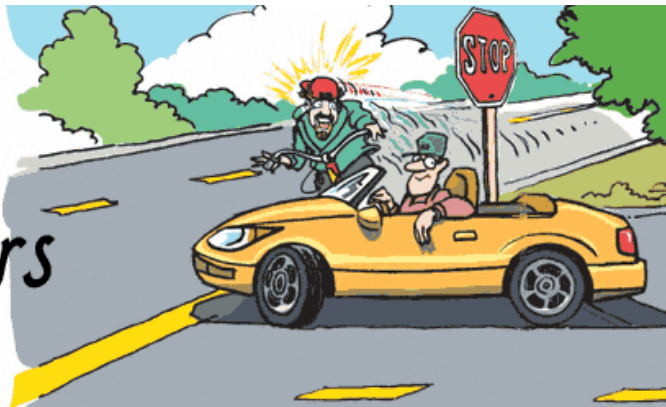
Hop, Skip & Jump into the Future

Please send pictures and news articles of your Safe Routes to School activities to: angela.olson@state.sd.us

Article ideas, comments and questions are also welcomed

Busting Biking Myths Buzz Feldman, High Gear Cyclery, Inc.

Myth Busters



Myth: You should ride facing traffic

Busted This is the worst mix-up ever, and one of the leading causes of cycling accidents and deaths even today.

Cyclists should ride exactly like drivers, obey the law, and always go with traffic, never against it. As the illustration above shows, when you ride the wrong way, drivers don't see you.

Entering roads, they look left for on-coming traffic. Seeing none, they turn right and may run right into you if you're there. They don't expect any vehicles there because it's against the law to drive or bike the wrong way. Plus, if you ride facing traffic you are speeding towards vehicles that are also speeding towards you. If you're traveling 15 mph and they're going

30, there's the potential for a 45 mph impact, far more deadly than the 15 mph impact had you been struck from behind (the rarest accident).

Why this myth exists:

There is a rule that PEDESTRIANS should WALK against traffic. Parents trying to protect their kids confused this pedestrian rule with cycling and taught their children this extremely dangerous way to ride, and it has since been passed on again and again leading to many accidents and deaths. Let's stop it here!

Myth Busters and other bicycle related articles can be found on the High Gear Cyclery, Inc website:

<http://highgearbike.com/>