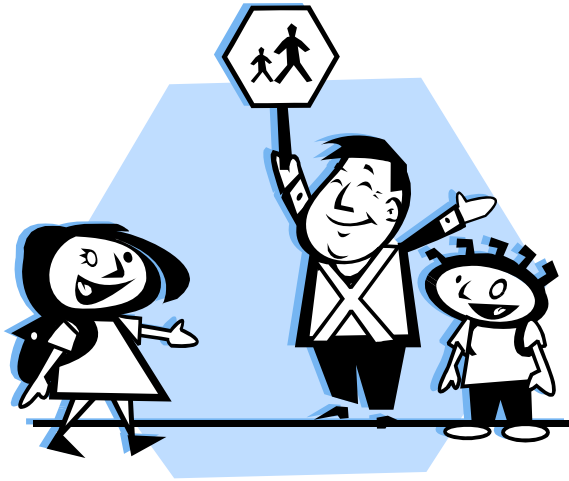


SAFE ROUTES TO SCHOOL (SR2S)



Kick-Off Meeting

Pedestrian & Bicyclist Advisory Committee

April 26, 2007

SAFE ROUTES TO SCHOOL

- Well established, international program to improve safety on journey to and from school.
- Collaboration between parents, schools, and community stakeholders.
- Federal grant program authorized by Congress through SAFETEA-LU legislation.
- Administered by NHDOT.

THE ISSUES

Reduced Physical Activity

In 1969, approximately half of all schoolchildren walked or bicycled to or from school. 7 out of 8 who lived within 1 mile of school walked or bicycled to school.

- US DOT, 1972; US EPA, 2003

In Lebanon, 1 out of 3 students who live within 1 mile walk or bike to school.

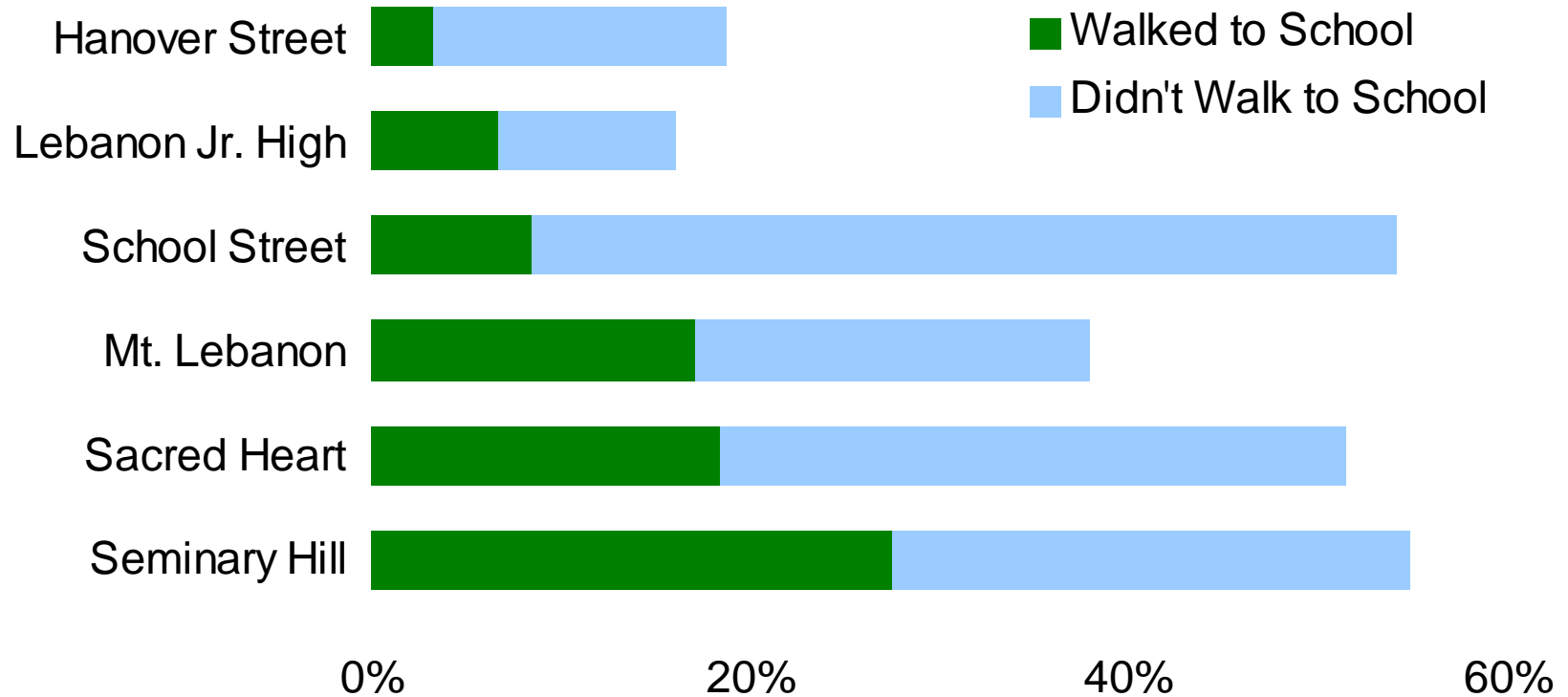
- Lebanon Pedestrian and Bicycle Advisory Committee Survey, 2006

POTENTIAL FOR WALKING

How far do you live from the school?

How did your child get to school today?

% of students living within one mile of school



THE ISSUES

Traffic Congestion

20-25% of morning traffic is due to parents driving their children to school.

– Marin County Congestion Management Agency, 2002

Health Concerns

The percentage of American children aged 6-11 who are overweight has steadily increased, from approximately 4% in the 1960s to over 18% in 2003.

- Centers for Disease Control and Prevention, 2004

Asthma rates throughout the population have been increasing for 40 years.

- American Lung Association, 2002

GOALS of SR2S

- To enable and encourage all children, including those with physical challenges, to walk and bicycle to school.
- To make bicycling and walking to school a safer and more appealing transportation alternative, thereby encouraging a healthy and active lifestyle from an early age.
- To facilitate the planning, development, and implementation of projects & activities that will improve safety and reduce traffic, fuel consumption, and air pollution in the vicinity (approximately 2 miles) of primary and middle schools (Grades K-8).

THE BENEFITS

Improved Health

Physical activity prevents obesity & promotes healthy heart and lungs, lessening the risk of cardiovascular disease.

- Centers for Disease Control and Prevention, 2000

Improved Quality of Life

Being active improves self-image and independence.

- National Association of School Boards of Education, 2000

“Quality time” comes in tandem with improved fitness when parents & children walk even a block or two together on the trip to school.

- The David and Lucille Packard Foundation, 1999

THE BENEFITS

Improved School Performance

Active children are alert and do well in school.

- *National Association of School Boards of Education, 2000*

Traffic Reduction

If fewer children are driven to school, fewer car trips are needed, thus reducing air pollution, noise pollution, & other environmental impacts of driving.

- *Centers for Disease Control and Prevention, 2000*



PROJECT EXAMPLES

- Improve road signage around schools.
- Improve visibility of school crossings.
- Improve/Construct sidewalks & bike lanes.
- Teach children pedestrian & bicycling skills.
- Organize a “Walking Bus” and/or “Bicycle Train”.
- Organize Walk/Bike to School Days ([October 3, 2007](#)).
- Provide secure bike parking/lockers at schools.
- Raise awareness of transportation and safety issues.
- Promote helmet use.

SR2S GRANT PROGRAM



- Some solutions you don't need to apply for funding because they're free.
- New Hampshire - \$5 million over 5 year life of the program.
- 10-30% Non-Infrastructure.
- 70-90% Infrastructure.



CREATE A TASK FORCE

- Gather stakeholders – Parents, students, teachers, principals, city officials, police, community members, and health officials.
- Meet regularly to identify issues and explore solutions.
- Create SR2S plan based on the 5 E's.
- Implement programs and apply for funding.

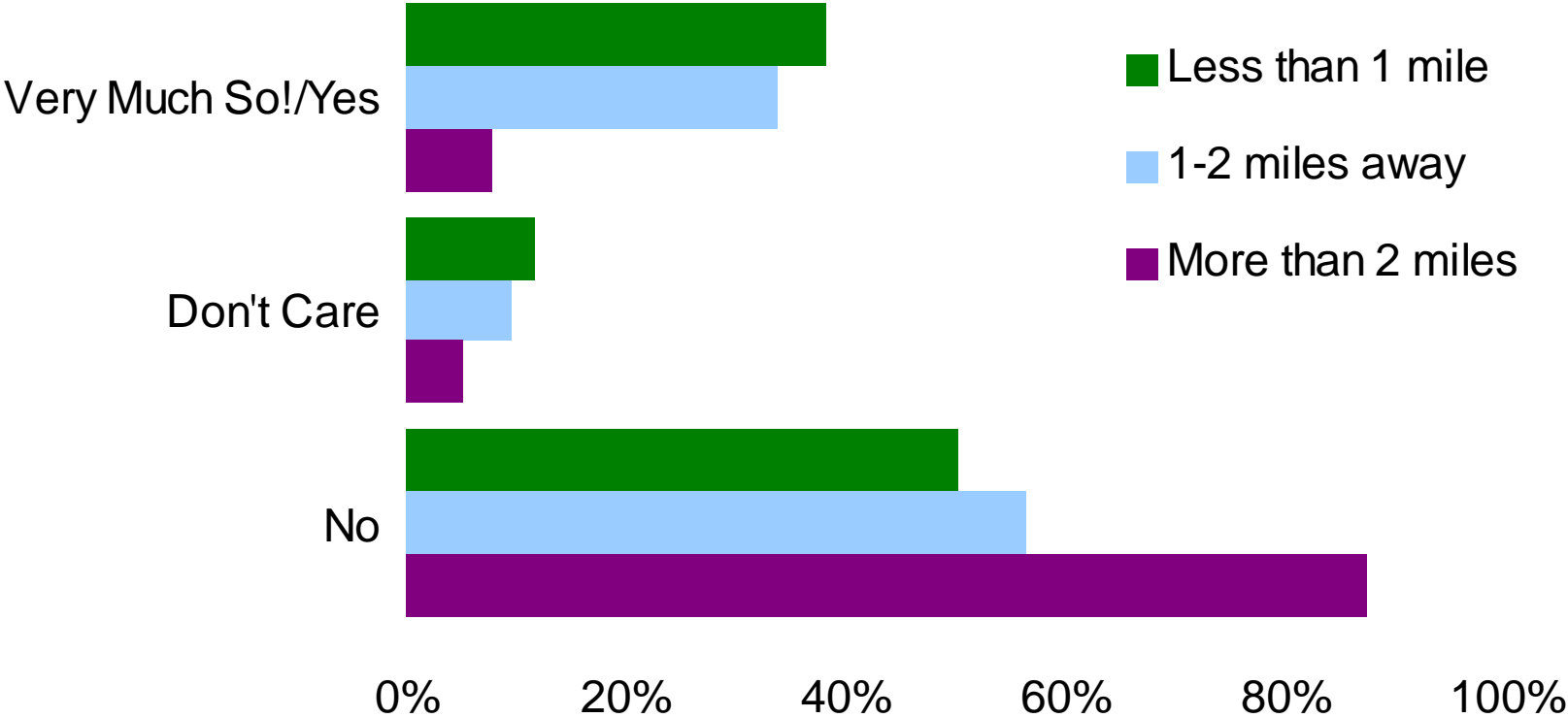
PLANNING – 5 E's

- **Evaluation**
- Education
- Encouragement
- Enforcement
- Engineering

DESIRE TO WALK/BIKE

Do you wish your child walked/biked more often?

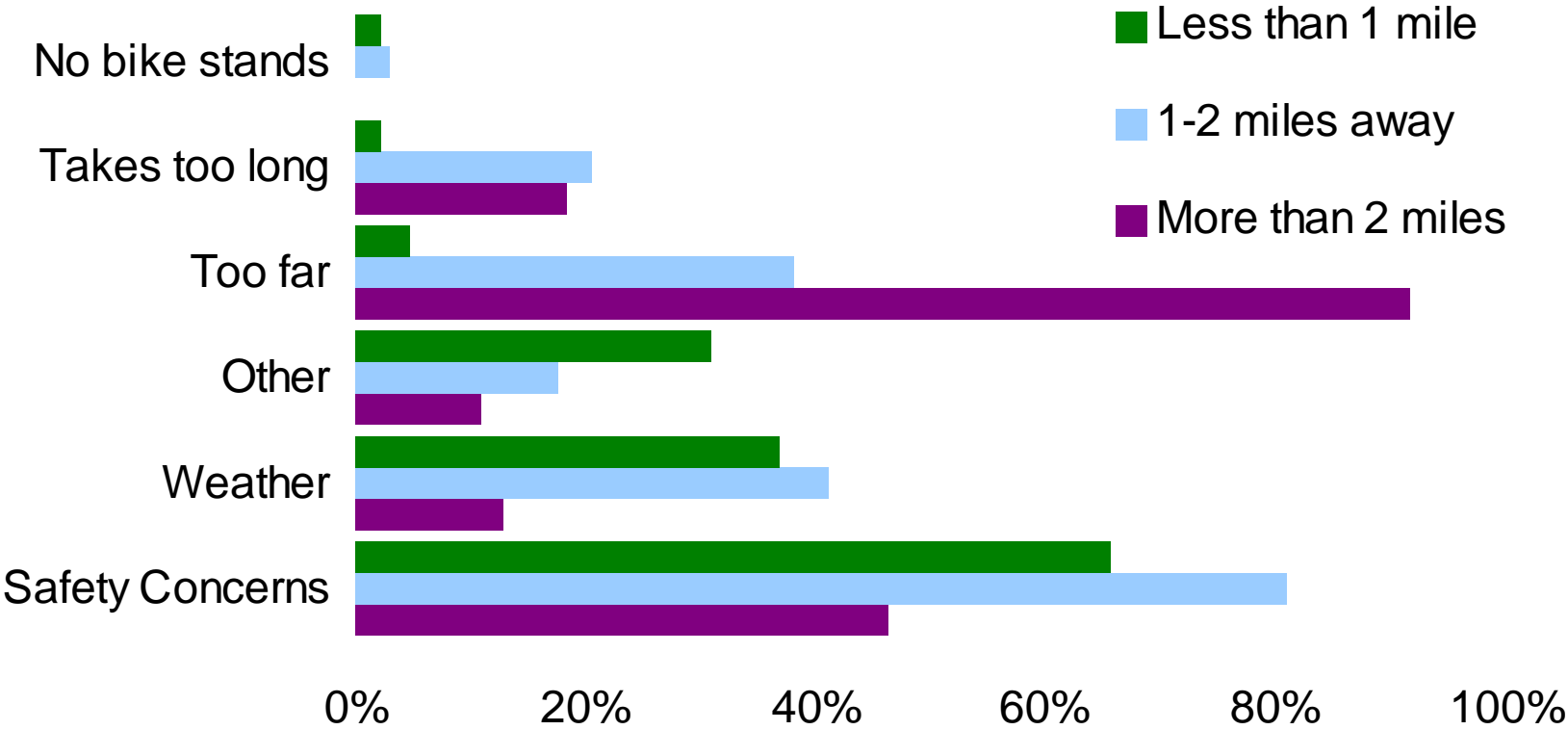
% of students who Never or Occasionally walk/bike to school by distance from school



BARRIERS TO WALKING/BIKING

Why does your child not walk or bike more often?

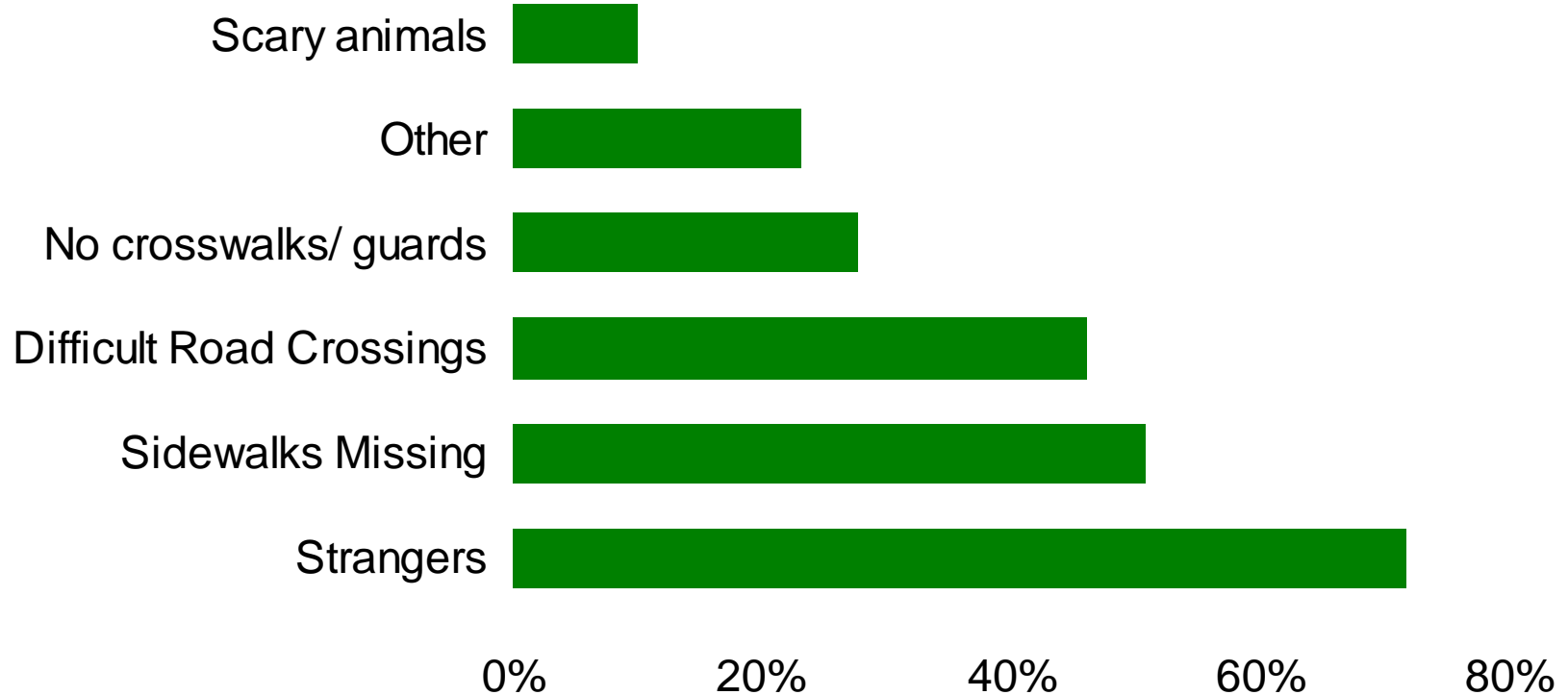
% of respondents by distance from school



SAFETY CONCERNS

What type of safety concerns do you mean?

% of respondents who cited safety concerns as a barrier to walking/biking to school more often



EVALUATION - COMMENTS

- Sidewalks
- Would walk/bike if we lived closer
- Bridge over I-89
- Crossing guards
- Strangers/Pedophiles
- Speed enforcement
- Adult presence

PLANNING – 5 E's

- Evaluation
- **Education**
- Encouragement
- Enforcement
- Engineering

EDUCATION

- **Students:**
 - Know where is the safest place to cross a street, and how to cross.
 - Learn how physical activity can strengthen cardiovascular and muscular systems.
 - Understand impact of car use on air quality and limited energy resources.
- **Parents:**
 - Information on proper safety practices specifically for their child's age group.
 - Safe pick-up and drop-off locations and procedures.

EDUCATION

- Community:
 - Slower speeds reduces the chance of collision and reduces chance of pedestrian fatality or serious injury/
 - Stop for pedestrians on crosswalks.
 - Do not block crosswalks.
 - Do not park on crosswalks.

PLANNING – 5 E's

- Evaluation
- Education
- **Encouragement**
- Enforcement
- Engineering

ENCOURAGEMENT

- Make walking fun to build interest and enthusiasm.
- Easy to start and requires little funding.
- Examples:
 - Special events – Walk to School Day
 - Walking School Bus / Bicycle Train
 - Mileage Club

PLANNING – 5 E's

- Evaluation
- Education
- Encouragement
- **Enforcement**
- Engineering

ENFORCEMENT

- Includes students, parents, and school personnel working with law enforcement.
- Crossing guards.
- Police:
 - Traffic enforcement
 - Presence around schools before and after school
- Speed trailers – shows driver speed vs. speed limit.

PLANNING – 5 E's

- Evaluation
- Education
- Encouragement
- Enforcement
- **Engineering**

ENGINEERING

- Improve visibility of crossings:
 - Build-outs/ Bump-outs
 - Reflective paint
 - Signs that indicate a crossing
- New signs and road markings:
 - Signs that flash 20mph before/after school
- New/improved sidewalks and bike paths.

STATE of NH SR2S PROGRAM

- John W. Corrigan
Safe Routes to School Coordinator
N.H. Department of Transportation

QUESTIONS?

Break into Groups