

WALK, BIKE OR ROLL TO SCHOOL

As part of CCSD's Safe Routes to School efforts, we encourage you to consider the many benefits of safe, active transportation to and from school for you, your children and our community!

Students who walk, bike or roll to school:

- Exhibit increased concentration on academics after being physically active
- Help reduce traffic congestion, pollution and stress during school drop off and pick up times
- Are more likely to get the recommended 60 minutes of daily moderate to vigorous physical activity
- Develop a better sense of direction and connection to their community
- Gain confidence and independence when old enough to travel alone or with friends
- Spend quality time with a parent or caregiver when accompanied by an adult

What you can do to support safe, active transportation to and from school:

- Teach children rules of the road, use of crosswalks, and how to practice safety at all times
- Always wear a helmet when biking, riding a scooter or skateboarding
- Organize a [walking school bus](#) or a [bike train](#) where a group of students meet and walk/bike together with adult supervision, if developmentally appropriate
- If you live far away, set up a Park-n-Walk where you park a distance from school and walk the rest of the way
- Walk, bike, or roll to school at least one day a week with your child or encourage them to go with friends
- Learn more by checking out the links below:

For research summaries and more information visit:

<http://activelivingresearch.org/SRTSreview>

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

<http://activelivingresearch.org/ActiveEducationBrief>



As you consider your plans for getting your student(s) to/from school, we encourage you to consider walking or biking as a healthy, outdoor, physically distant option.

Additional considerations during COVID-19:

- Students who walk, bike, or roll to school are engaging in physical activity, which boosts mental health and improves immune response toward chronic and infectious diseases
- If walking, riding, or rolling with others, be sure to wear a mask, maintain physical distance (6ft), use hand sanitizer, and potentially limit the number of students in each group
 - Walking School Buses or Bike Trains can be naturally physically distanced travel modes
- If walking/biking/rolling alone, always follow current public health guidelines around wearing a mask. If needed, check the following two websites to confirm current guidelines:
 - [Colorado Department of Public Health & Environment](#)
 - [Tri-County Health Department](#)
- If biking and using the school’s bike rack upon arrival: 1) if possible, use every other space on the bike rack to maintain physical distancing 2) be sure to wash or sanitize hands after locking up the bike
- It’s best not to share equipment (bikes, helmets, skateboard, scooter etc.) with others, unless they are a family member and/or live in the same household
- If your child’s school is operating with staggered arrival and/or dismissal times, keep this in mind to ensure the student can still arrive at the appropriate time if using active transportation
- If parents/guardians are accompanying students during their active commute, keep in mind you must also wear a mask when on school grounds and follow all other restrictions the school currently has in place around COVID
- For those engaged in full-time remote learning, it’s still beneficial to walk/bike/roll as a means of active transportation or for recreation in order to stay physically active; if you need more ideas for how to stay physically active at home checkout this [CCSD Wellness resource](#)

Additional resources for parents and families related to SRTS during COVID-19:

- [Starting a Walking School Bus During COVID-19](#)
- [Walk & Roll With Your Family While Socially Distancing](#)
- [Develop Walking Route Maps for New Walkers](#)
- Some Bike & Pedestrian Education and Safety Videos

Pedestrian Education & Safety	Pedestrian Safety for Kids
Bike Education & Safety	Bike Education & Safety

