Simple and easy ideas to help you get started!

**As a FAMILY**

- Start a Walking School Bus or Bicycle Train in your neighborhood.
- Celebrate Walking and Biking to School with decorated posters, hats, helmets and book bags.
- Play a Game on the walk to school.
- Conduct a Walkability Assessment around your community.
- Teach your children about Pedestrian and Bicycling Safety.
- Pledge to be a pace car, and Always Drive the Posted Speed Limit on city streets.
- View Iowa’s Bicycle and Pedestrian Encouragement Guide.

**As a SCHOOL**

- Use Iowa Kids on the Move curriculum at your school.
- Conduct a Survey about Walking and Bicycling to School among students and parents.
- Start Weekly or Monthly "Walk and Wheel" Events.
- Walk a Mile at School before, during or after the school day.
- Designate a Park and Walk or Remote Drop-off Location, where students can be dropped off to walk or bike the remaining trip to school.
- Start a Mileage Club, and reward students for participating and reaching goals.
- Take your students on a Walking Nature or Field Trip to enjoy and explore their surroundings.
- Participate in Live Healthy Iowa events throughout the year: Fall Fitness Day, Kids’ 10 Week Wellness Challenge during the winter and Go the Distance Day in the spring.
- Host a Safe Routes to School Game Show or Activity during class.

**As a COMMUNITY**

- Host a FREE Safe Routes to School Workshop in your community.
- Plan a Bike Rodeo for children.
- Reward students for wearing a helmet by starting an “I Got Caught Wearing a Helmet” program.
- Adopt a Complete Streets Policy, and review city laws and codes to ensure sidewalks are required for new developments.
- Make sure residents keep sidewalks maintained and cleared year-round. Start a Golden Shovel Award program.
- Develop a Neighborhood Watch and Safe Haven program.
- Run a Keep Kids Alive Drive 25 campaign.
- Increase Crosswalks and Pedestrian Signage around schools.
- Hold a Walk-a-thon to raise awareness about Safe Routes to School.

Contact your Safe Routes to School Liaison for more information:
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Adapted from the Iowa Department of Transportation Safe Routes to School Getting Started webpage: www.iowadot.gov/saferoutes/projects.html

View Iowa’s Bicycle and Pedestrian Encouragement Guide.

Access all these helpful resources by downloading the hand-out from our website and clicking on the blue links:
www.uerpc.org/safe-routes.html or www.iowahomeandgarden.org/saferoutes/index.html

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