

The Safe Routes to School Bike & Pedestrian Safety Education Program

TRAINING NOTEBOOK TABLE OF CONTENTS



2-DAY WORKSHOP AGENDA

TAB 1: TRAINING MATERIALS

Detailed Agenda for Day 1
 Safe Routes to School
 Pedestrian Safety Rules and Concepts
 (4 sets of playing cards are included with the notebook)
 Understanding Sightlines
 Why Crashes Happen and Crash Avoidance
 Bicycling in Traffic / Principals of Traffic Law

 Assessing the Built Environment

 Bicycling Accessories for Safety and Comfort
 Getting Ready to Ride
 Parking Lot Drills
 Detailed Agenda for Day 2
 Bicycle Concepts to Remember (sheet for notes)

SECTION #	CORRESPONDS WITH LESSON #
1	1
2	2
3	3
4	4
5	4, 5, 6, 7
6	8
7	4
8	4
9	5, 6, 7
	4, 5, 6, 7

TAB 2: GRANT REQUIRED EVALUATION TOOLS

Section Overview
 Timeline for Administering Surveys
 Safe Routes to School Students Arrival and Departure Tally
 Parent Survey About Walking and Biking to School
 Pre & Post Survey: Student Self-Reported Behavior (2-sided)

Pre-lesson 1
 Pre-lesson 1
 Pre & post

TAB 3: CURRICULUM (LESSON PLANS AND MATERIALS)

Elementary School Curriculum Table of Contents

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TAB 4: ADDITIONAL RESOURCES

This section holds a variety of hand-outs, optional lesson ideas, and information about related services for those teachers and schools wanting to go beyond this curriculum.

INCLUDED IN NOTEBOOK POCKETS

LEAGUE OF AMERICAN BICYCLISTS SMART CYCLING "TRAFFIC SKILLS 101" HANDBOOK

DEPARTMENT OF LICENSING: WASHINGTON DRIVER GUIDE

SHARE THE ROAD PEDESTRIAN SAFETY

SHARE THE ROAD RULES FOR BICYCLISTS

Train the Trainer Workshop Agenda

1

TWO-DAY TRAINING & CURRICULUM FOR THE ELEMENTARY SCHOOL PHYSICAL EDUCATION CLASSROOM



8:00 **WELCOME & INTRODUCTIONS**

SECTION 1: SAFE ROUTES TO SCHOOL

SECTION 2: PEDESTRIAN SAFETY RULES AND CONCEPTS

SECTION 3: UNDERSTANDING SIGHTLINES

BREAK

SECTION 4: WHY CRASHES HAPPEN AND CRASH AVOIDANCE

SECTION 5: BICYCLING IN TRAFFIC & PRINCIPLES OF TRAFFIC LAW

LUNCH

SECTION 6: ASSESSING THE BUILT ENVIRONMENT

ACTION BREAK

SECTION 7: BICYCLING ACCESSORIES FOR SAFETY AND COMFORT

SECTION 8: GETTING READY TO RIDE

BREAK

SECTION 9: PARKING LOT DRILLS

SECTION 10: HOMEWORK

3:50 **END OF DAY ONE**



Train the Trainer Workshop Agenda

TWO-DAY TRAINING & CURRICULUM FOR THE MIDDLE SCHOOL PHYSICAL EDUCATION CLASSROOM



8:00 **WELCOME BACK**

SECTION 11: PRE-RIDE PREPARATION & REVIEW

SECTION 12: ROAD RIDE AND DISCUSSION

BREAK

SECTION 13: TRAFFIC SKILLS 101 TEST

LUNCH BREAK

SECTION 14: REVIEW OF ELEMENTARY SCHOOL CURRICULUM

BREAK

SECTION 15: EVALUATION TOOLS AND REQUIREMENTS

SECTION 16: EVALUATION OF SEMINAR

2:30 **END OF TRAINING**