



Planning a Bike to School Day Event

Why run a bike to school day?

Bike Wise Month provides a great opportunity for schools to run a bike to school day event. Here are six reasons why your school should get involved:

1. **HEALTH** – cycling to school can contribute to the recommended one hour a day of physical activity. Cycling also improves concentration, memory and academic performance.
2. **SAFETY** – fewer cars around the school makes it safer for all students. By integrating safe cycling skills training into your Bike Wise event, you are teaching students to be alert, responsible cyclists who keep themselves safe.
3. **MANAGING SELF** – providing opportunities for students to become independent out in the community.
4. **SUSTAINABLE** - Fewer cars on the road means less toxic exhaust fumes in our environment and reduces exposure to air pollution.
5. **SOCIABLE** – a time for children to talk to each other, their parents and other people within the community
6. **CURRICULUM** - Cycling is a valid and meaningful context within most of the learning areas of the New Zealand Curriculum, including English, Health and physical education, the arts, social sciences, technology and even mathematics and statistics.

Bike Wise provides a coordinators kit packed with free goodies to the first 500 Bike Wise Month events registered. The kit will help make your day a huge success! For further information visit the Bike Wise website www.bikewise.co.nz or email bikewise@nzta.govt.nz

What makes a good bike to school day?

Bike days are most successful when they are run as a culmination of a block classroom activity on cycling – ideally with the Police Education Officer and/or local council Road Safety Coordinator.

Focus on safe biking as a fun activity as well as a great way of travelling to and from school. A good bike day is well planned and thought through. By planning in advance there will be plenty of time to get staff, students and the community involved.

Suggested aims of a bike to school day

- To raise the awareness and acceptance of cycling as a way of travelling around your neighbourhood.
- To empower students to practice the bike skills learnt through work with Police Education Officers.
- To encourage students to begin cycling (and walking) to school regularly.
- To investigate alternative travel modes and their sustainability – economically, socially, environmentally.

How do I go about it?

Getting communities on board

By involving parents/caregivers and the wider community to take part, a bike to school day can be bigger and better – and while it requires tight organization it can mean less work for you on the day!

People that you might like to involve include:

- Police Education Officers at your local Police Station.
- Road Safety Co-ordinators at your local council.
- Local bike shop owners/staff
- Local cycling group

Practical aspects

Consider creating an extended no-parking zone outside the school to make easier access for students riding bikes.

If more students than usual will be biking to school make sure there is a safe place for bikes to be stored. It may be appropriate for students to bring locks on the day also.

It is a legal requirement that helmets are worn when riding a bike on the road. Have the rule – no helmet no ride! You might like to allocate somewhere for these to be stored also. Encourage students to name their helmets to avoid confusion at home time!

New Zealand Transport Agency and the New Zealand Police recommend that children under the age of 10 do not ride unaccompanied on the road. If the bike to school day includes younger children invite their parents/caregivers to ride with them.

There are several legal requirements and safety aspects of bikes that students should know about and comply with. This would be best covered through inclusion in classroom work leading up to bike to school day – and a great opportunity to involve bike shops.

Include children who don't have access to bikes by encouraging them to walk to school on the day. This will also mean less cars coming to the school making it safer for children riding bikes.

Have people standing at gate as students ride in, give out prizes or entries into a prize draw. Provide a special breakfast for the children that ride to school.

Run a special assembly or hold a school celebration of cycling during the day.

Let bike riders out from school 10 minutes before the end of day bell. This will act as a reward and will also mean they miss a lot of the traffic at the school gate.

Timeline

3-4 months

- Plan to include some cycle study in classes in the first few weeks of term one. Where possible contact your Police Education Officer to make times for them to be part of this work.
- Include a blurb in school newsletters explaining that this will take place next term and encouraging students (and families) to take part.
- Contact local bike shops and other community groups and ask them to come on board in the lead up to the day (e.g. bike checks), taking part on the day or providing prizes.
- If appropriate contact the local media and invite them to cover what you are doing.
- Register your event at www.bikewise.co.nz and receive a free coordinators kit with lots of goodies to use as prizes/giveaways at your event.

1-2 months

- Include a reminder about bike to school day in school newsletters each week.
- Undertake some cycle work with students.
- Contact community members involved and remind/re-energize them to take part.
- Suggest parents ride the route to school with their children before the day.

On the day

- Make sure bikes have an allocated space
- Have adults giving out prizes/entries into prize draw as students arrive and put their bikes away
- Have first aid people and places and kits allocated
- Have fun!

Promoting walking and cycling after your Bike to School day

- Establish a school policy on road safety or specifically on walking/cycling to school
- Nominate one day a week/month as the 'Walk/Cycle to School Day'
- Encourage staff to walk/cycle to school
- Provide adequate cycle storage facilities
- Provide pedestrian training
- Set up a school travel plan - organise a rota of parents walking/cycling groups to school eg as a Walking Bus .
- Campaign to improve road conditions and to create safe routes to school
- Give priority to pedestrians and cyclists on and around the school site
- Involve pupils who have to travel to school by car or bus

Where can I get information/resources and help?

Bike Wise

www.bikewise.co.nz

New Zealand Police Youth Education Service

www.police.govt.nz

New Zealand Transport Agency

www.landtransport.govt.nz – safe cycling checklist

www.roadsense.co.nz Road safety resource for schools that integrates cycling and walking

www.feetfirst.govt.nz – Resources and interactive forum for schools/classes to help integrate walking to school

Cycling Promotion Fund – a simple teaching resource that can easily be adapted for New Zealand

<http://www.cyclingpromotion.com.au/content/view/337/145/>

Bike Victoria – some sample teaching resources and information on building bike sheds including budgets and designs (free to download)

<http://www.bv.com.au/join-in/125/>

Appendix One

Linking Bike Wise to the New Zealand Curriculum

Health and Physical Education

- Basic and advanced cycling skills
- Health benefits of cycling
- Energy expenditure (kilojoules) from cycling
- Cycling for sport (bmx, road racing, mountain biking, track cycling)

Arts

- Bike decorating competition
- Cycling fashion parade (doesn't have to be about lycra!)
- Road safety drama
- Photo essay of travel options
- Drawing – bikes, bike components
- Make music with your bike parts

English

- Cycling and walking stories
- Cycling crossword
- Campaign to improve road safety conditions and safe routes to school – write to local MP
- Debate
- Create a pamphlet on safe cycling

Mathematics and Statistics

- Travel survey and graphs
- Mapping and measuring distances of cycling and walking routes
- Carbon footprint of cars vs bikes/walking
- Costs comparison of different travel options (walking, cycling, car, public transport, combinations)

Social Sciences

- Early forms of transport
- Sustainable travel and the environment
- Why we have laws and what are the rules relating to cycling
- Cycling in other countries e.g. Holland, China
- Identify and discuss barriers to getting more people cycling (safety, cost, perceptions, facilities)

Technology

- Design a bike shed or storage area for the school
- Design a bicycle for the future
- Build your own bike (from donated parts?)
- How to repair/maintain a bike

Science

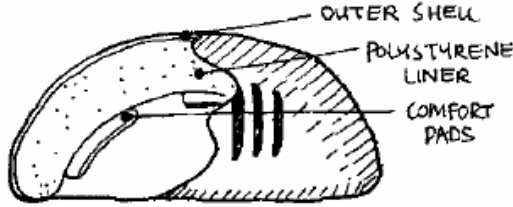
- Fuel – where does it come from, recent advances, alternative fuels
- Air pollution
- Factors influencing climate change

NAME _____

ACTIVITY SHEET **B**
LEVEL 2-3

CYCLE HELMET ADJUSTMENT

- HELMETS SHOULD BE A GOOD FIT WITH MINIMUM USE OF COMFORT PADS.
- ANY HELMET THAT HAS PROTECTED YOUR HEAD WHEN YOU HAVE HIT THE GROUND SHOULD BE REPLACED.



IS THE HELMET CRACKED OR DAMAGED?

YES NO

IS IT CORRECTLY ADJUSTED?

YES NO

FOLLOW THESE SIMPLE STEPS TO ADJUST YOUR HELMET AND HELP YOUR BODDY ADJUST THEIRS TOO.

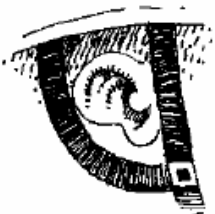
① WITH STRAPS LOOSE, ENSURE THAT HELMET SITS SQUARELY ON HEAD - NOT TILTING BACK, FORWARD OR SIDE TO SIDE.



② ADJUST CHIN STRAP - SHOULD BE TIGHT BUT NOT CHOKING.

③ IF POSSIBLE, ADJUST CONNECTION POINT OF NECK STRAPS SO THAT IT SITS ON JAWS, JUST BELOW EARS.

④ TIGHTEN NECK STRAP, SO THAT BOTH SIDES ARE TIGHT AND BOTH CONNECTION POINTS REMAIN ON JAW BELOW THE EAR.



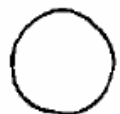
⑤ ENSURE THAT HELMET DOES NOT MOVE OFF FOREHEAD OR SIDE TO SIDE.



HELMET FITTING CHECKED BY:	
BUDDY	_____
OWNER	_____
PARENT/CAREGIVER	_____
TEACHER	_____



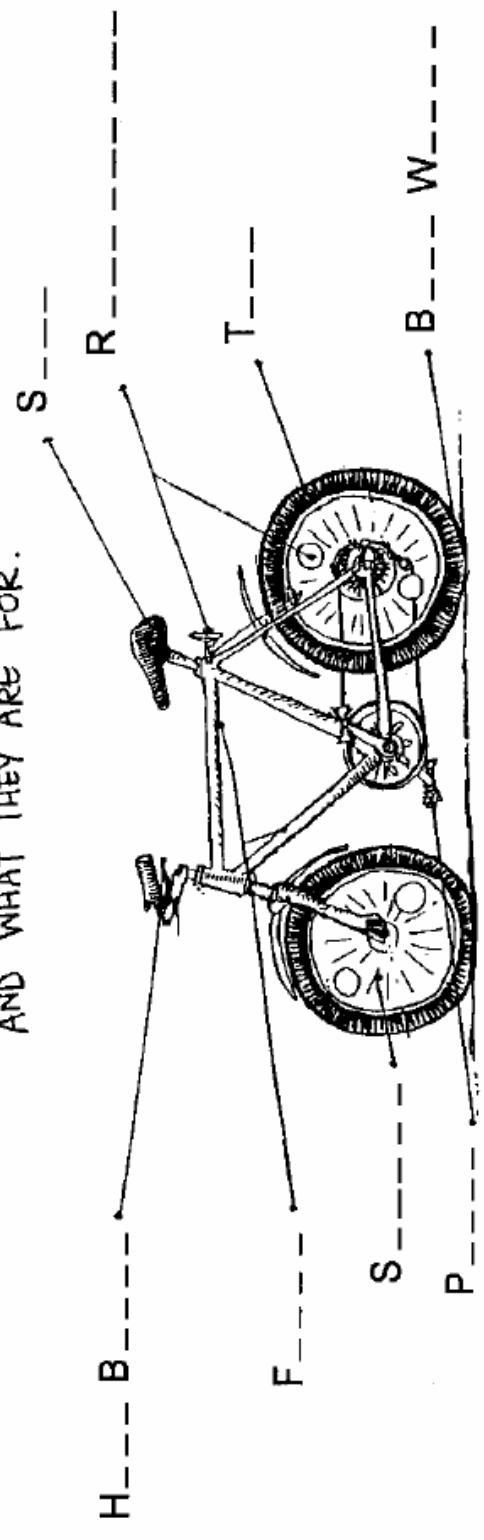
WHICH HELMET IS BEING WORN CORRECTLY?



PARTS OF YOUR BIKE

AND WHAT THEY ARE FOR.

NAME _____



1. When I pedal my bike the **c**----- turns the back **w**----- .
2. I keep my **r**----- clean so that other motorists can see me **b**----- .



OPTIONAL LIST

- BACK . BETTER . BRAKE . CHAIN . HAND . FRAME . PEDALS .
- REFLECTORS . SEAT . SPOKES . TYRE . WHEEL

Appendix Two

Ideas for School Newsletter Items

Initial blurb

GET ON YER BIKE!

The Senior Syndicate will be running a Bike to School Day on Wednesday 18 February 2009 as part of Bike Wise Month. The students will be learning biking and safety skills with the Police Education Officer and/or Road Safety Officer in the week leading up the day. This is a great opportunity for parents and caregivers to get out there and practice these skills with their children – and to take part on the day. For more information about Bike to School Day or to volunteer to take part or help on the day, call into the school office.

Reminder notices

Alternate the eight Bike Wise messages with a short reminder.

E.g. Biking is good for your body and the planet.

REMEMBER: Wednesday 18 February 2009 will be the Senior Syndicate's Bike to School Day – a part of Bike Wise Month. Get on your bike and take part. If you or your children can't ride – consider walking.

Include children's messages or samples of their work about bikes within the newsletter.

Bike Wise messages

- Check your bike regularly – brakes, tyers, chain, reflectors and lights.
- Work on your bike skills – the best riders are skilled riders.
- Know the road rules and use them.
- Biking is good for your body and the planet.
- Under 10s always ride with an adult when you're on the road.
- Be aware of people and vehicles around you.
- Make sure your helmet fits firmly and keep it done up.
- Biking is a fun, quick, and easy way of getting around.