

## **Bicycle Safety Education Prevents Accidents**

Schools and communities across America are encouraging physical activity such as walking and biking and also making strong efforts to teach safe practices since both can also be dangerous. Children under 16 account for a disproportionate number of both pedestrian and bicyclist injuries and fatalities. Boys also have a much higher rate of both injuries and fatalities than girls do.

### **Solutions:**

Many schools are incorporating bicycle safety courses into physical education curriculum and/or hosting annual bicycle safety events. These solutions are implemented with the help of parent volunteers, interested teachers, and trained professionals. The first step is to organize a Safe Routes to School Team at your school.

**There are state and national resources available to help you get started:**

### Vermont Resources:

#### **1. Vermont Bicycle and Pedestrian Coalition,**

[www.vtbikeped.org/what/safety.htm](http://www.vtbikeped.org/what/safety.htm)

- Free instructional materials for hosting a bicycle safety event
- Order form for low cost bike helmets (\$8.50 each minimum order of 12)
- Safety fair trainings for parent volunteers or school personnel
- Safety Fair Kits that can be taken out on loan

#### **2. Vermont Safe Routes to School program administered by the Vermont Agency of Transportation,**

[www.aot.state.vt.us/progdev/sections/ltf/safroustoschoolprogram/vermontsaferoutestatoschoolprogram.htm](http://www.aot.state.vt.us/progdev/sections/ltf/safroustoschoolprogram/vermontsaferoutestatoschoolprogram.htm)

- Mini grants for schools that create Safe Routes to School Teams
- Infrastructure grants for Safe Routes to School participants who have conducted feasibility studies
- Trainings for Safe Routes to School Team members
  - For additional information, contact Jon Kaplan at 802-828-0059 or [jon.kaplan@state.vt.us](mailto:jon.kaplan@state.vt.us)

#### **3. Center for Health and Learning, [www.healthandlearning.org](http://www.healthandlearning.org)**

- Regular trainings are available for Safe Routes to School Team members
- Online resources for bicycle & pedestrian safety, including a curriculum for grades K-6
  - For more information on Safe Routes to School trainings, call 802-254-6590

## **National Resources:**

1. **Bicycle Helmet Safety Institute**, [www.bhsi.org](http://www.bhsi.org)
  - Extensive information about choosing bicycle helmets
  - Free tool kit for organizing bicycle safety programs which include:
    - List of resources and list of recommended helmets
    - Child bike safety lesson
    - Bicycle helmet workshop materials
    - Brochures, Handouts, Worksheets
  
2. **National Center for Safe Routes to School**, [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
  - Free Guides to implementing Pedestrian and Bicycle Curriculums
  - Free Guides on how to organize Safe Routes to School Programs
  - Learn what is happening in schools across America
  - Free resources including Safe Routes to School Video
  
3. **League of American Bicyclists**, [www.bikeleague.org](http://www.bikeleague.org)
  - National bicycle advocacy organization
  - Comprehensive education programs