

# BIKE

TO SCHOOL

# MONTH

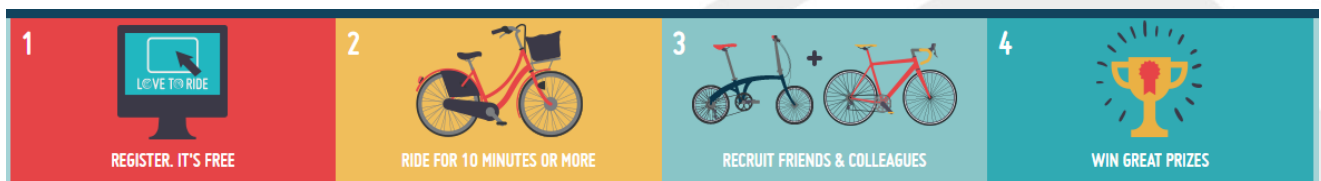
## A GUIDE FOR SCHOOLS

## Introduction

Welcome to the Bike to School Month Guide for Schools! This handy resource will guide you through the steps of planning and executing an amazing Bike to School Month or Week at your school.

### Your Bike to School Week Checklist

- Pick your dates: Are you going to do it for the whole month or just a week (or 2). New Zealand
- Bike month kicks off at the beginning of February. It's a great opportunity to link into community-wide events and national events!
- Plan your Bike to School events: popular activities include announcements, snacks or incentives for students who bike to school, bike information table, raffles and contests, classroom activities, art projects, assemblies, tune-up clinics, bike rodeos, and group rides.
- Invite special guests: parents and guardians, councilors, school board and local athletes. (There are handy invitation template included in this booklet)
- Register your event: with the Selwyn Sports Trust and we can support you with your initiatives.
- Register your school for the Aotearoa Bike Challenge (it's not only for workplaces but schools can enter too) <https://www.lovetoride.net/nz?locale=en-GB>.  
The Aotearoa Bike Challenge is a fun, free competition that's all about seeing who can get the most people to ride a bike for 10mins or more. Awesome prizes to be won!



## In The Classroom

The classroom is a perfect place to encourage students to bike to school as part of a healthy and active lifestyle. From quick tips to full lessons, there are lots of resources to help students become bike experts.

### Lesson Plans

The New Zealand Transport Agency have lessons plans to support students. Everything is clearly aligned to New Zealand Curriculum achievement objectives, with sufficient flexibility for teachers to create learning experiences for the curriculum level at which their students are working.

<https://www.bikeready.govt.nz/schools/curriculum-resources/>

Pedal Ready has put together a list of resources for schools, which is a good place to start. It includes a bike and helmet checklist, a skill circuit and curriculum resources. They are also working on cycle skills videos (available 2016). [www.pedalready.org.nz/schools/resources-for-schools/](http://www.pedalready.org.nz/schools/resources-for-schools/)

Bikewise also have a page of resources specifically for schools.

[www.bikewise.co.nz/resources/resources-schools](http://www.bikewise.co.nz/resources/resources-schools)

NZTA provide a curriculum resource – ‘Road Safety: Everyone is a road user’

[www.education.nzta.govt.nz/resources/primary/road-safety](http://www.education.nzta.govt.nz/resources/primary/road-safety)

### Videos

Bike safer Journey <https://youtu.be/dkoVxBnnGko>

ACC SportSmart Bike Basics Videos <https://bikeon.org.nz/bikes-in-schools/#acc-safety-videos>

Safe Kids NZ <http://www.safekids.nz/Safety-Topics/Details/Type/View/ID/2/Cycling-Bike-Helmets>

Auckland Council Cycle safety <https://youtu.be/jyrEl-BgQno>

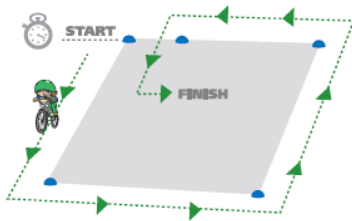


## In The School Yard

These are some ideas for setting up schoolyard cycling activities:

### Ride the Square

Develop smooth pedaling rhythm. Mark out an area using cones, flags or even using chalk. On the command GO the rider must ride around the course from start to finish. Start with one rider at a time but as rider's ability improves progress to riders following each other around the square. Further progression can be made by removing the finish line inside the square and having one group of riders riding clockwise inside the square and one group riding anticlockwise outside the square.



### The Plank

Improve balance while riding slowly. Set up a plank approx. 15cm wide and 3m long. If you don't have a plank you can draw one on the ground with chalk. Cyclists must ride along the plank as slowly as possible without stopping or falling off. Record the times and see who can ride it the slowest.



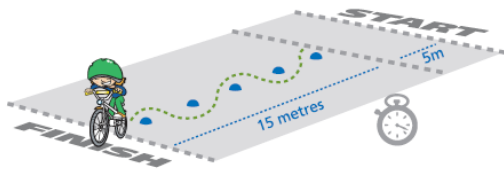
### Group Braking

Improves ability to stop safely. Mark out a square area with start and finish line. Riders pedal fast to the finish line where they must stop as quickly as possible without skidding. See which rider can stop first without skidding.



### **Slalom**

Develops cornering and braking skills. Course should be approx. 20m long with markers approx. 3m apart between the start and finish line. Riders pedal to the start line and then weave in and out of the markers.



### **Bike Gladiators**

This game has a particular focus on balance. All the rider's cycle inside a marked zone. This is called the arena. The aim of the game is to be the last person cycling in the arena. If a rider puts their foot down or moves outside the line, they are out. In order to remain in the arena, they test their balance, cornering and braking skills – with the emphasis being on using half pedal strokes and braking to control the bike. No contact is allowed during this game.

### **One, Two, Three Red Lights**

This game focuses on pedaling and braking. The coach stands at one side of the field/court, which is the finish line. All of the riders are on their bikes facing him or her on the other side of the court. The coach turns their back on the riders and shouts “One, Two, Three”, during which time the riders pedal fast towards the coach, in a straight line. Then the coach turns around, and shouts “Red Light”. At this point the riders must brake correctly, or else return to the start line. If the rider pulls their back brake too hard the back wheel will skid, and if the rider pulls the front brake too hard the back wheel will pop up. The winner is the first person to reach the finish line.

### **Duck Duck Goose**

Riders stand in a circle with their front wheel facing out. One rider, the fox, cycles around the circle shouting “duck” at each rider until they choose one that they shout “goose” at. The goose then exits the circle and follows the fox for three laps of the circle. The original fox then returns to the circle, the goose becomes the new fox and the game continues until everyone has been the fox.

### **Bike Rodeo**

Bike Rodeos are a chance for kids to get outside with bikes, show off what they already know and learn some new cycling skills. Bike Rodeos are generally structured in “stations” which cover these skills and more:

- Helmet fit
- ABC Quick Check
- Starting and stopping safely
- Signalling and shoulder checks
- Turning safely
- Riding safely in the community



**Tune-Up Clinics**

ABC Quick Checks on student bicycles are an important part of any group ride or schoolyard cycling activity. Luckily, anybody who is willing to get their hands a little dirty can perform a basic check. Reach out to local bike shops, if any, for extra knowledge and help. Family members may also have skills and experience to share. Tune-up Clinics are great to do outdoors or in the gym.

# BIKE & HELMET SAFETY CHECK

ANY FAULTS MARKED IN DARK BOXES SHOULD BE FIXED BY A QUALIFIED BIKESHOP OR ADULT AS SOON AS POSSIBLE

### HANDLEBARS

GRIPS ENDS ON  
YES NO

HANDLEBARS LOOSE  
YES NO

HEADSET LOOSE  
YES NO

### FRAME

RUSTY   YES NO

BENT

CRACKED

### REFLECTORS

CLEAN   YES NO

### SPOKES

MISSING   YES NO

BROKEN

LOOSE

### SEAT

MOVES UP AND DOWN OR SIDE TO SIDE  
YES NO

RIGHT HEIGHT (FOOT TOUCHES THE GROUND)  
YES NO

### QUICK RELEASE / WHEEL HUB

QUICK RELEASE CLOSED  
YES NO

WHEEL NUT TIGHT  
YES NO

### TYRE

TREAD WORN   YES NO

INFLATED

### CHAIN

RUSTY   YES NO

LOOSE

### BRAKES/HANDGRIPS

LEVER CLEAR OF GRIP WHEN BRAKE ON HARD  
YES NO

BRAKE SHOE WORN   YES NO

BRAKE SHOE ON RIM

RIM CLEAN

### HELMET

HELMET PLACED SQUARELY ON HEAD  
YES NO

STRAPS TIGHTENED FIRMLY UNDER CHIN  
YES NO

### PEDAL/CRANK

CRANK SHAFT ADJUSTED  
YES NO

CRANK NUT TIGHT   YES NO

PEDAL ATTACHED SPINS FREELY   YES NO

SPINDLE/NUT TIGHT   YES NO

## Why Bike to School??

Raise awareness about the benefits of biking to school. You can start by including facts like these in school newsletters, announcements, or letters for families.

### **Biking to school helps students learn**

- Increased physical activity specifically associated with the school journey has been found to increase alertness and attention during the school day.
- Physical activity supports healthy brain development.
- Children who are more physically active have more active brains, improved attention in the classroom, and better standardized test scores.

### **Biking to school is healthy**

- Biking to school helps students achieve the goal of 60 minutes of daily physical activity.
- Biking to school is good for student mental health, reducing stress, depression, and anxiety, and increasing happiness and positive emotions
- Biking improves student well-being and builds life-long habits of independent and active mobility.

### **Biking to school is green**

- Air pollution caused by motorized vehicles hurts children's heart and lungs.
- Driving less improves air quality.
- Driving less reduces greenhouse gas emissions. A student living just 2 km from school can offset a kilogram of CO<sub>2</sub> emissions every day by biking instead of being driven. That's over 200 kg every school year!

### **Biking to school improves communities**

- Reducing the volume of motorized traffic creates safer school zones.
- Improving walking and cycling routes to school enhances the safety, connectivity, and quality of life for the whole community.

### **Biking to school should be safer, easier, and better (and it can be!)**

Bike to School month is all about making it better for students to bike to school. Research show that successful campaigns share several characteristics:

- They are tailored to the needs of each school.
- They involve the whole school community, including students, families and school staff
- They address many factors that influence school travel patterns, grouped in the "5 E's": Education, Encouragement, Engineering, Enforcement and Evaluation.
- They spark or energize longer-term efforts to improve the school environment and change behaviour.



## Appendix

### Letter to Families

**The following text should be put on the school letterhead of the sender (in most cases a principal or vice-principal at a school.).**

[Date – one week prior to event]

Dear families:

Term 1 is here and what a great way to kick off the school year by **walking, biking or rolling to school**. Using these modes of active transportation helps to reduce congestion, improve air quality and promote health. Students who travel to school actively arrive at school more alert, focused and ready to learn.

For these reasons, our school is participating in **Bike to School Month/Week** by organizing the following event. We invite your child to participate.

Date

Time

Event description: (Note – this is a good place to indicate whether students are encouraged to bring bikes if they have them, and if so where they are expected to store them.)

Incentives (if any):

Contests (if any):

**Bike to School Month/Week** is a celebration of cycling and active transportation.

Sincerely,  
Sender



## **Social media and mass text messages**

- Bike to School Month/Week is XX days away. Make sure your child's helmet still fits!
- Get ready for Bike to School Month/Week. Pump those tires and oil that chain!
- Bike to School Month is ..... See if your school has signed up at <https://www.lovetoride.net/nz>
- Happy Bike to School Month/Week! Every student who rides to school gets a free [incentive]!



## **Newsletter “blurb”**

Celebrate **Bike to School Month/Week** with [name of school]!

Date of event:

Time of event:

Event description: (Note – this is a good place to indicate whether students are encouraged to bring bikes if they have them, and if so where they are expected to store them.)

Incentives (if any):

Contests (if any):

The warmer weather and longer days make summer a great time of year to **walk, bike or roll to school**. Using these modes of active transportation helps to reduce congestion, improve air quality and promote health. Students who travel to school actively arrive at school more alert, focused and ready to learn.

