



Move a little, live a lot.

Equipping Students for Active Travel

in partnership with



Incorporating more walking, biking, and rolling into daily routines, such as traveling to school, has proven to greatly improve student health, mood, and concentration. To ensure students feel secure and self-assured, equip them with skills and tools. Here are three ways to start.

1 Host a Walking/Biking Skills-Building & Safety Workshop

Educate students on safety measures and route navigation.

- **What You Need:** Access to an empty parking lot or gym and safety cones.
- **How SRTS Helps:** We'll bring active travel experts, cones, bikes, and safety gear.

2 Plan a Student-Led Bike Train Event

A group bike ride led by students, designed to familiarize students with biking routes.

- **What You Need:** Volunteer leaders, including adults who can ride along.
- **How SRTS Helps:** We assist with determining student drop-off/pick-up points, safety guidelines, and more.

3 Plan a Student-Led Walking School Bus (WSB) Event

A group walking event for traveling to school along a predetermined route.

- **What You Need:** Volunteer leaders and predetermined routes.
- **How SRTS Helps:** We can identify the route, provide route map assistance, and deliver reflective vests for participants.

How to Determine the Most Suitable Active Travel Event

Evaluate Nearby Travel Infrastructure

- Are sidewalks and bike lanes safe and accessible for students?
- Do students have crosswalks equipped with a Crossing Guard?
- Is bike storage available, secure, and adequate?

Assess Current Travel Patterns

- How far do students typically travel to school?
- How are students currently commuting?

We're here to help!

Reach out to your SRTS Coordinator for campus audit support and event assistance.