



www.sfsaferoutes.org

Safe Routes to School SF promotes safe and active walking and biking to and from school.

PARTICIPATING ELEMENTARY SCHOOLS

Bryant – Mission*
Buena Vista – Potrero Hill/Mission
El Dorado – Visitation Valley
E.R. Taylor – Portola
Fairmount – Noe Valley/Bernal Heights
Garfield – North Beach
George Peabody – Inner Richmond
George Washington Carver – Bayview*
Grattan – Cole Valley
Leonard Flynn – Bernal Heights/
Mission
Longfellow – Excelsior*
Marshall – Mission
Sunnyside – Sunnyside*
Sunset – Outer Sunset*
Ulloa – Outer Sunset

** Indicates schools that participated in 2009–2010*

DID YOU KNOW ...

... today, less than 15% of children walk or bike to school, down from nearly 50% in 1969?

... 52% of all SFUSD elementary school students live within one mile of their school?

... every SFUSD school will be getting a bike rack in 2011?

There's an amazing opportunity to increase the number of children who get to school by foot or bike!

Walking School Buses and Bicycle Trains

Safety is one of the most common reasons parents who live within walking or bicycling distance to school are reluctant to allow their children to walk to school. Providing adult supervision may help reduce those worries for families. Two ways to help alleviate parents' concerns are to encourage parents to start a **walking school bus** or a **bicycle train**.

A **walking school bus** is a *parent-initiated* group of children walking to school with one or more adults. It can be as simple and informal as several families taking turns walking their children to school, or as structured as a route with meeting points, a timetable and a regularly rotated schedule of volunteers. Similarly, a **bicycle train**, is a parent-initiated and supervised group of children riding their bikes to school.



Once you have an informal walking school bus or bicycle train established among several families, you may want to include more members of your community.

Getting started is easy.

1. **Invite families** who live nearby.
2. **Pick a route and try it out!** When picking a route, make sure there are sidewalks and paths. Avoid busy streets where drivers may be speeding, and pick a route where the environment feels safe.
3. Decide **how often** the group will walk together.
4. **Have fun!**

The Centers for Disease Control and Prevention recommend one adult for every six children. If children are age 10 or older, fewer adults may be needed. If children are ages 4 to 6, one adult per three children is recommended.

More Information and Resources:

- Safe Routes to School SF has developed walking and biking maps for the 15 schools participating in the program. To see if a map is available for your school, visit www.sfsaferoutes.org and click *Tools* and *Walking and Biking Maps for SRTS sites* in the main menu.
- SF Bicycle Coalition's family cycling resources: www.sfbike.org/kids
- The SF Bike Map and Walking Guide shows bike routes, paths, lanes and street grade. Pick it up at your local store or see it online at: www.sfbike.org/download/SF_Bike_Map_2009.pdf
- 511's new BikeMapper, an online tool with turn by turn biking directions: www.sfbike.org/mapper/
- Start a walking school bus or a bicycle train: www.walkingschoolbus.org