Developing bicycle safety education & skills in Connecticut Schools
Who is Bike Walk Connecticut?

State-wide non-profit organization making Connecticut safer for cyclists and pedestrians through education & advocacy.
Why Bicycle Education?

Has recreation and transportation benefits.
Develops life-long skill & respect for bicycles.
Learn safe riding & cyclist’s responsibilities.
Promotes health and provides stress-relief.
Boosts confidence & fosters self-esteem.
It’s fun!
History

It began in 2010...
Program History

In 2010, Capitol Region Council of Governments (CRCOG) received a grant for a bicycle education program.

Bike Walk Connecticut developed the 4th grade bicycle safety education curriculum.

South Windsor was chosen to pilot program.
Eli Terry Elementary School

1st School in Connecticut to test program.

Community Resource Coordinator
- Bike education advocate from South Windsor
- Worked with Bike Walk Connecticut

South Windsor & Bike Walk CT collaborated.

Program began Fall 2010.
Bicycle Education Curriculum

4 Days of 90-minute sessions
Student groups of 20-25 per session
3 Sessions per week
Used Bike Walk CT fleet of bicycles
LCIs & PE teachers worked together to teach
2 to 4 Volunteers assisted each day
Curriculum was in-class and on-bike instruction

6 Hours total of instruction per student
Bicycle Education – Day 0

• Administer pre-test to students on bike safety knowledge

• Show videos on helmet fit, ABC Quick Check, Proper bike fit

• Fit students with helmets & label with names

• Review bike parts, traffic signs

• Send home permission slips to ride on streets
Bicycle Education – Day 1

Power Start →

 ← Practice Hand Signals
Bicycle Education – Day 2

Door Zone Demo

Signaling right turn
Bicycle Education – Day 3

Repairing a flat

Neighborhood ride
PE Teachers Participation

Getting started -
• Attend 8-hour Bicycle Education Workshop ($60 per person)

• Observe League Cycling Instructors teaching program

• Coordinate substitutes to cover their regular classes ($85 per substitute per day)

• Work with League Cycling Instructors to teach curriculum (on & off bike) to students

Soon after-
PE Teachers take over Day 0 curriculum
South Windsor’s Success Story

Excellent feedback & community wanted more ...
South Windsor

Self-sufficient since 2014
Bicycle Education in South Windsor Today
South Windsor -
Success due to a Collaborative effort

- Bike Walk Connecticut
- PE Teachers
- South Windsor public schools
- SW Parks & Recreation Commission
- SW Parks & Recreation Department
- The Bike Shop
- SW Walk & Wheel Ways
- South Windsor community
South Windsor -
Parks & Recreation Commission

Provided funds to purchase:

- 25 bikes, equipment, tools $9,521
- Haulmark 16’ x 8.5’ dual-axle trailer $6,766
- Racks for hanging bikes $450
- 3-Sided full decal advertising wrap $4,250

Total $20,987

Plus provide funds for:

- Annual bike maintenance ($50/bike) $1,250
8 Years later... 2000+ students

Program is a big Success!
2018 Focus – Bicycle Education

BWCT Fleet is Ready-To-Ride

Bike Rodeos in 3 Towns
2019 - Expand 4th grade student Bicycle Safety Education

BWCT Goal: Instruct 600+ new students
Bike Walk CT Infrastructure in place for 2019

- Fleet of 30 bicycles plus trailer
- Insurance for bicycle use by students
- Access to 45 League Cycling Instructors
- Familiarity with curriculum
- Hands-on experience (thanks to South Windsor)
- Capability to maintain bicycles & equipment
- Have signs, equipment, materials for instruction
- Quantity discount for helmet purchase
Bike Walk CT’s 2019 plan

- Offer 10 weeks of 4th grade bicycle education
- Capacity of 60-75 students per week
- Partner with interested towns / schools
- Conduct a ‘Teach The Teachers’ seminar (8 hr)
- Bicycle education classes in spring & fall 2019
What Bike Walk CT provides:

- Bicycle Rental
- Transport of bicycles/equipment to school
- All instruction materials & class equipment
- League Cycling Instructors
- Administrative (insurance, scheduling, logistics)
- Daily set-up, conduct classes, daily clean up
- Maintenance of bicycles & equipment
What town / school provides:

- Coordinator to assist with logistics & schedule
- PE Teachers (3 needed, ‘Teach the Teachers’ 8 hr class)
- Substitute teachers to cover for PE teachers
- Purchase of helmets ($10 per helmet for each student)
- Volunteers (2 to 4 for each day of bicycle education)
- Elementary school students!!
If you or your town is interested in more info ...

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