

Plan now for the Spring and Maine Bicycle & Pedestrian Month in May

What do you need to do now?

- Attend [PedNet's Walking School Bus workshop in Augusta on Nov 7, 8:30am – 3:30pm](#)
The coordinated Walking School Bus Program is designed to initiate a consistent and safe system in which, on a daily basis, children can walk to and from school as a group under the supervision of trained parent and community member volunteers (i.e., via Walking School Buses).

[Registration extended to Oct 26](#)

1. Find your allies in:

- a) Schools
- b) Parents (attend a PTA or PTO meeting)
- c) Students
- d) Town Officials
- e) Health Organizations (HMP's, hospitals),
- f) Your Community

See ["Tips for Community Spokes"](#) in Spokes toolkit

2. Start planning & evaluating

- a) How are kids getting to school? [Conduct a school travel tally](#)
- b) What are parents concerns, perceptions, fears? [Conduct a parent survey](#)
- c) How walkable and/or bikeable are the routes to school? [Walkability](#) & [Bikeability](#) audits
- d) How many students live within 1 mile of school? Ask School Transportation Director
- e) Is there a policy that needs change or adoption? (district busing policy, school siting issue, Complete Streets ordinance)

3. Resources Available

- a) See [Safe Routes to School Possibilities for Maine Schools](#) in Spokes Toolkit
- b) Maine SRTS Program web site: www.mainesaferoutes.org
- c) National Center for SRTS: www.saferoutesinfo.org
- d) National Partnership for SRTS: www.saferoutespartnership.org

4. Based on what you find out from doing the above, what are you going to do?

Examples... Walk/Bike to School, Walk/Bike at School, Walk/Bike after School, Walking School Bus, Bike Train, Remote Drop-off, School Crossing Guard program, School Travel Plan, policy change...

Bike Train to School

Hall-Dale Middle School – Student, his grandmother & principal – inc BPSE

Lincolnvile Central School – Community volunteer (now a Spoke!) & principal – inc BPSE

Bike at School

Freeport, Middle School and Mast Landing School - Training of Student Bike Safety Patrol; Bicycling field trip to Bradbury Mountain – inc. BPSE Presentations in school curriculum – School Health Coordinator

Kennebunk Elementary School – Bikes in PE & After-School Bike Club for 2nd & 3rd graders – PE Teacher

Monmouth, H L Cottrell School – Annual Bike Trek for all 3rd graders following BPSE – principal, & now students & parents

Topsham, Mt Ararat Middle School – After School Bike Club, spring & fall – School Health Coordinator – now a staple offering

Walking/Bike to School

Madison Elementary School – Weekly WSB all fall & spring– PTO members/ WSB coordinators

Norridgewock, Mill Stream Elementary School – Weekly Walking Wednesdays fall & spring - School Health Coordinator

Scarborough, Pleasant Hill School - Walk & Wheel Wednesdays from September-May – PE Teacher

[See this list of all 75 schools & communities walk/bike events during the 2011-2012 school year!](#)

5. Contact any of us for technical assistance:

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Maine Bicycle and Pedestrian Education Program Offerings



Name of Program	What It Is	Target	Planning Timeline	Action Steps and Notes
<p>BPSE Presentations</p>	<p>30-60+ minute presentations on bike/ped safety, ideally presented to groups of 40 or less who are of similar age.</p> <ul style="list-style-type: none"> • For Bicyclists: 1) Wear A Helmet (includes fitting info); 2) Dress Bright and Tight for Riding 3) Do an Air, Brakes, Chain and Quick Check Before You Ride; 4) Follow the Rules of the Road (especially, ride with traffic and obey lights and signs • For Walkers: 1) Be Alert 2) Be Visible and Predictable; 3) Walk Against Traffic or On the Sidewalks; 4) Use Crosswalks and Lights. <p>Over 12,500 served last year in about 100 schools in 16 counties.</p>	<p>School/community event/worksites.</p> <p>Suitable for all ages, but primarily serves school audiences</p>	<p>Usually available 2-4 weeks from request.</p>	<p>Identify in-school (or worksite, etc) champion—could be anyone, but often is a health or PE teacher.</p> <p>Parental pressure is helpful on administration.</p> <p>Get administrative buy-in and figure out best time and format.</p> <p>Submit request (bikemaine.org, lower left, “Request a Presentation”)</p>
<p>After School Bike Club</p>	<p>Based out of schools, YMCAs, Rec Departments, this non-competitive lifestyle activity program gets kids</p>	<p>Middle school aged kids,</p>	<p>3 months prior to launch of</p>	<p>Request guidance document from BPSE Program (ie. Jim).</p>

	<p>out riding in their communities to learn the skills for safe bicycle riding. The Program offers training to local volunteer leaders and support riders, and in some cases provides a ride leader. Clubs usually run for 4-6 weeks.</p>	<p>occasionally involves 5th graders, and could involve HS kids.</p>	<p>club.</p>	<p>Identify in school champion/coordinator.</p> <p>Secure school admin buy-in.</p> <p>Request training for volunteers, or seek a ride leader from program.</p>
<p>Bicycle Rodeos</p>	<p>Bike safety rodeos are popular community events that get kids riding and are a great complement to Bike/Ped Safety Presentations. The Maine BPSE Program offers technical assistance and training in how to coordinate a bicycle rodeo event, including info on who and what you'll need, how to set up the event stations (eg. Helmet and bike condition check), how to use a line chalker to draw out Maine's own "continuous flow" traffic pattern course on which kids can practice the basics of vehicular riding, and how to set up more advanced skill activities for older kids. To serve the increasing interest in these events, the program is developing rodeo kits which will include all the materials and instructions people need to hold a topnotch rodeo event.</p>	<p>Kids K-5</p>	<p>Start planning 3 months prior to event.</p>	<p>Request Guidance Document.</p> <p>Start identifying volunteers to assist or be trained as rodeo facilitators.</p> <p>Enlist shop help (or identify bike tech savvy volunteers)</p> <p>Find a large parking lot</p> <p>Enlist other community groups, etc.</p>
<p>Worksite Presentations</p>	<p>Maine's Worksite Bicycle Program offers guidance to businesses that want to promote safe bicycling at their worksites. The program is extremely flexible, and is designed to fit into worksite schedules, spaces and formats. Businesses</p>	<p>Employees at worksites.</p>	<p>1 month advance notice.</p>	<p>Identify "in house" champion. Wellness staff, HR, or just interested employees can fill the liason role.</p> <p>Request a presentation.</p>

	typically select one or two “Lunch and Learn” presentations, which can be tailored to provide the info that best suits their needs from our Content Topic Menu. These topics can also be fine tuned to include information on what businesses can do to encourage cycling or commuting, whether it’s providing showers or racks, overcoming fear of riding in traffic, etc			
Local Community Infrastructure and Policy Education	Educating town staff, bike ped committees and DPW employees on the benefits and process of policy and environmental changes which support walking and biking is critical to the process of creating more walkable and bikeable communities across Maine.	Town officials, residents, DPW folks, other stakeholders	2 month advance notice required.	Consider needs. Facility audit? Presentation on value of bike/ped/trail promotion? Request a presentation.
Law Enforcement Seminars	2-4 hour presentation to local law enforcement which reviews traffic law and stimulates discussion.	Police Departments	1 month advance notice required.	Identify in department champion. Contact local law enforcement agency to request that a presentation be made to department.
Instructor Trainings				
BPSE Presenter Training	3 hour training in how to give the in-school BPSE presentation.	Any person over 16	1 month notice	Training can be provided almost “on demand.” Identify a group of at least five persons interested, request training from BCM. Not all persons trained become formal members of the program.
League Cycling Instructor (LCI) Training	31 hour training to become a nationally certified bicycle safety educator	Experienced cyclists with an interest in teaching;	Yearly, usually happens in early September	Express interest, identify other interested persons. Arrange for a TS 101 class to be held in your area (contact Jim for assistance). Register for LCI clinic.

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