



Your **Cycling** Connection



HASTe
HUB for ACTIVE SCHOOL TRAVEL

Welcome to Bike to School Week!

Encouraging your students to ride a bicycle this spring is easy as **1-2-3**. Riding to school builds physical activity into the daily routine, helps the environment, increases concentration and provides a foundation for a healthy lifestyle and a lifelong love of cycling. Plus it's fun! Use these suggestions to get as much of the school community riding as you can. Track the number of participants and submit your totals by **June 5** and your school is entered to win some great prizes, plus you will be contributing valuable information that helps improve cycling conditions in your area. Now all you have to do is...

- #1 Shift Gears** Get your school riding! Read on for best ways to do this.
- #2 Track Riders** Record riders each day online or by using the sheets provided.
- #3 Win Prizes** Submit totals at **biketoschoolmetrovan.ca** for your chance to win.

Recording Riders

Need some help tracking the number of students riding each day? Try...

Using the classroom tracking sheet

- Provide one copy to each participating teacher.
- For each day of BtSW, teachers ask who in their class cycled that day by a show of hands and record the numbers on the tracking sheet.
- Gather up the results, and submit the totals by **June 5** either online or by mail.

Tracking riders online

- You can enter the results directly into our online tracking tool – either class by class, or by individual student
- Go to **biketoschoolmetrovan.ca** for details on going paperless!

Ride to Win pass

- Create a custom “Ride to Win” pass for every student to record the number of times they ride their bike.
- Students bring their pass to school and get it stamped by a leaders during BtSW.
- At the end of the week, students drop their passes into a draw box. The team leader counts the totals, and students' names are drawn for prizes. The more times they ride, the more chances they have to win!
- This idea puts the responsibility and excitement on the student to bring in their pass daily to get rewarded for their effort in riding to school.

Note — schools are welcome to track **all** forms of active transportation to keep participation in this event inclusive





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Ready

- Gather a team of helpers – students, staff and parents can work together.
- Encourage others in your school to join you of course! Get plenty of people signed up to ride.
- Plaster our colourful poster all over the school – to print more copies go online at biketoschoolmetrovan.ca
- Send notices home to parents asking to help get students' bikes road ready.
- Organize a route planning session for new riders. Try HASTe's fun online or iPad iSchoolTravel calculator! Map students routes to school and measure their CO2, health, and gas savings when choosing more active travel to and from school.
- Distribute local bike maps, available in most municipalities in the Lower Mainland from community centres, libraries, and city hall.
- Look for donations from local businesses and bike shops to get additional prizes for your school to help motivate students

Set

- Talk "Bike to School Week" up at assemblies, on the P.A., at staff meetings, to your friends and in your classes.
- If you have some funds available, ask HUB about hosting a cycling skills workshop for school participants so that everyone has the skills and confidence to ride safely.
- Do you have space for all the bikes? Arrange for adequate bike parking at your school for the week.
- If you don't have enough bike racks, ask your principal to request one or the PAC if they would consider financing one. All registered schools get 10% off a rack purchased from Urban Racks and when you log your trips with Bike to School Week you could win a free one! In the mean time, schools have used fences, locked courtyards, or unused space inside the school.
- Set dates for special events during the week - This could be a breakfast for hungry riders, or fun celebration at lunch or after school.

Ride!

- Ask a local bike shop if they would send a mechanic to do free bike checks near the start of the week.
- Organize a Bike Train for the week where volunteers lead rides that encourage participants to ride together – more info on how these work at hastebc.org
- Host a cycling event at your school. Celebrate all the cyclists who come in that day! Have food to fuel hungry riders, set up a bike decoration station, and focus on fun. Contact schools@bikehub.ca for help with planning a celebration at your school, we may be able to attend or provide additional resources
- Run a bike parade at your school to get students showing off their stylish bikes.
- Track those riders and submit to win at biketoschoolmetrovan.ca

