



Hunterdon County
Safe Routes to School

Safe Routes to School Programming 2021-2022

A Note about the 2021-2022 School Year

goHunterdon offers Safe Routes to School pedestrian and bicycle education programming that focus on interactive lessons to engage students in grades K-8. Our goal is to increase the number of students walking and bicycling, to educate students on how to do so safely, and ways to increase bicycle and pedestrian safety in their community.

goHunterdon understands that the 2021-2022 school year continues to present unique challenges to teachers, students, and parents. Each school will be modifying their operations and school schedules as appropriate to their community.

The Hunterdon County Safe Routes to School Program will be available for remote learning as well as for “outdoor” learning for the 2021-2022 school year.

Programing will be available via:

- Lessons in a Box, for in classroom learning
- Live video conferencing
- Outdoor classes*
- Lending library

We know that there is much uncertainty as to what the coming school year will look and feel like. Please know that goHunterdon remains dedicated to sharing our safety programming with Hunterdon County students.

We invite you to browse through our offerings on the pages that follow. We invite you to reach out to Ryan Fisher, Safety Programs Coordinator, rfisher@gohunterdon.org, to discuss how we may best assist your school this year.



**goHunterdon staff will wear masks and maintain social distance from students and teachers.*

Lesson Key:



Programs available **virtually**



Programs that are done **outside**



** **Lesson in a Box** **



** Lesson is **new for 2021-2022** **

NOTE: Some photos contained in this document are from prior school year presentations and do not reflect the mask wearing, social distancing, or “outdoor” delivery required for the 2021-2022 school year.

SPECIAL EVENTS

goHunterdon will coordinate and support the following seasonal events:

October 2021

International Walk to School Day (I-WALK)

February 2022

Winter Walk

April 2022

Hunterdon County Walk to School Month
(Golden Sneaker Competition)

May 2022

Hunterdon County Bike Month

Student Orientation



Grade(s): K-8

Overview:

Get the school year off to a safe start! goHunterdon staff is available to provide student safety orientation at the start of each school year. Orientation will reinforce your school's policies for students walking and bicycling to school and to share additional safety tips.



Upon request, goHunterdon will create customized pedestrian and bicycle safety tip videos. Please reach out if you are interested in addressing a specific safety topic at your school this year.

Learning Objectives

- Understand the importance of utilizing their school crossing guard.
- Explain the many benefits that come from walking and bicycling to school.
- Discover safety tips for walking/bicycling throughout the year.

“Designing a Safer Community for Pedestrians and Bicyclists”

Grades(s): 5-8

Overview:

This lesson will involve critical and creative thinking skills to help students better understand the value of pedestrian infrastructure within their community. Students will be asked to think about the needs of people who walk or bicycle as their primary mode of transportation, how they might travel to and from stores, employment, friends' homes, school, and what might be done to make travel on foot or by bicycle safer.



Learning Objectives:

- *Students will learn the traffic control devices related to pedestrian safety (crosswalks, sidewalks, in-street ped signs, pedestrian signal heads).
- Students will be able to identify the pedestrian infrastructure in their community.
- Students will be able to identify places in their community where pedestrian infrastructure may be valuable.
- Students will be able to discuss their reasons for the need for pedestrian infrastructure.
- Students will be able to accurately map existing as well as potential pedestrian infrastructure.



Activity:

“Designing a Safer Community for Pedestrians and Bicyclists” Utilizing a “base map”/tabletop replica of their community, students will engage in interactive discussions about current conditions, new technologies, infrastructure improvements, and how to design a safer community for the future.

Lesson in a Box: Tiny Town: Design Your Town for Safety

Grades K-3

Overview:

Understanding basic pedestrian bicycle safety behaviors, signs, and infrastructure is essential for keeping students safe. Students should be able to identify sidewalks and crosswalks, understand pedestrian crossing signs and know how to use them. While riding their bicycles, students should be able to identify the safest routes, and proper bicycle etiquette. They should understand what each traffic sign means, and what to do when they see them on their journey.

Learning Objectives:

- Understand why crosswalks are important
- Learn where and when to cross the road
- Discover where to ride a bicycle in their town.

Activity:

Using a table top map of their community, students learn about traffic signs and infrastructure, where they are placed, what behaviors they controls, and why it is important to follow the signs for safety. Students will have the opportunity to make recommendations on sign placement and explain their reasoning.



Building a Better Way to School

Grade(s): 3-8



Overview:

Students will learn the importance of infrastructure to address the needs of pedestrians and bicyclists.

goHunterdon staff will demonstrate several walk and bike scenarios. asked what about the behaviors is safe/unsafe.

Once the proper infrastructure is in place (sidewalks, crosswalks, etc), the students will have the opportunity to model correct pedestrian behaviors when walking or bicycling.

Learning Objectives

Students will be able to:

- Create pedestrian and bicyclist infrastructure solutions
- Identify areas of strengths and weaknesses in their walkable community
- Model safe pedestrian behaviors while crossing the road
- Define traffic signs that they may encounter on the way to and from school

Activity:

Students will create a mock crosswalk and bicycle lane using large interlocking floor mats provided by goHunterdon. Students will be tasked to navigate their way to school and create the ideal pedestrian/cyclist friendly infrastructure.



Lesson in a Box: Parking Lot Safety

Grade(s) K-2

Overview:

An often overlooked and potentially dangerous situation while on foot is walking through a parking lot. This lesson focuses on the particular dangers for pedestrians in parking lots and the steps to take to improve your safety in a parking lot. A key focus is on knowing the difference between a vehicle that is parked and one that is backing up.



Learning Objectives:

- Understand what to do in a parking lot to keep safe.
- Identify the color of a brake light vs. backup light
- Model safe pedestrian behaviors while crossing the road

Activity:

Students will take turns walking in goHunterdon's mock parking lot, learning where to walk within a parking lot, and through interactive role play, understand what the lights on the back of a vehicle indicate.

Lesson in a Box: Red Hand, Walking Man Game

Grade(s): K-4

Overview:

Students will learn the appropriate times to cross the street while playing "Red Hand, Walking Man" (similar to "Red Light, Green Light"). Print out the flashcards provided or students can be invited to create their own flashcards (color, paint, etc.)



Learning Objectives:

- Understand the importance of traffic signals/pedestrian signal heads, countdown signs
- Explain when it is safe to cross the street
- Discover how many traffic signals are in their community

Activity:

Using the flashcards to direct fellow students, this activity allows students to practice following pedestrian signals and whether to "Walk" or "Don't Walk" in a fun, safe and interactive way.

Distractions Walking: "Look UP"

Grade(s): 6-8

Overview:

This lesson engages middle school students to learn of the dangers of distracted walking. In a virtual or outdoor setting, students watch a series of often funny video clips of distracted pedestrians.



This



Learning Objectives

- Define distracted walking.
- Explain the dangers of distracted walking.
- Pledge to keep their "Heads Up, and Phone Down".

Activity:

In an open discussion format, students will discuss the videos, talk about their own behaviors, what they witness in their school/community and offer suggestions on how to change the trend of increasing distraction.

Bicycle Privilege Program

Grade(s): 4-8

Overview

The Bicycle Privilege Program serves as a baseline requirement to allow students to ride to school.

Students complete a series of "on bike" skills, similar to a bicycle rodeo, participate in a group ride, and completes a short written quiz.

Students who successfully pass each phase of the program are issued a "bicycle license plate".

Emphasis is placed on the fact that the "license" is a privilege and can be revoked at any time if school administration, faculty or local police observe unsafe bicycling behavior before/after school.

Learning Objectives

Students will be able to:

- Properly indicate how to turn
- Identify obstacles they may encounter on the way to school



Lesson in a Box: Learning the Parts of a Bicycle

Grade(s): K-8



Overview:

Knowing the parts of a bicycle help students to understand how the bicycle works, how to keep it maintained, and how to ride safely.



Learning Objectives

- Students will be able to:
- Define the parts of a bicycle
- Understand why each bicycle part is important

Activity:

Students will complete a worksheet testing their knowledge of the parts of a bicycle. Optional: goHunterdon will provide a bicycle and students can label parts of the bicycle with hangtags.

Lesson in a Box: My Own Bike Rodeo

Grade(s): K-8



Overview:

Bicycle Rodeos teach students how to perform a pre-ride "ABC Quick Check", control their bicycles, and learn about the rules of the road while having fun!

Learning Objectives:

- Participate in their very own bicycle rodeo.
- Describe the importance of wearing a helmet and following safety rules when riding a bicycle.
- Conduct a helmet experiment.



Activity:

Students will participate "on bike", riding through a series of skills drills. By the end of the rodeo, students must demonstrate that they can:

- Ride in a straight line with control and balance
- Steer with one hand while signaling with control and balance
- Steer with either hand while scanning
- Communicate to other bicyclists and motorists by using the correct hand signals

Helmet Hypothesis: Protect Your Melon

Grade(s): 2-6

Overview:

This outdoor presentation emphasizes the importance of helmet use when riding a bicycle, scooter, skateboard, or any device where wheels are at the student's feet. Melons or pumpkins are used to simulate a skull. Students take part in determining which of the 5 test helmet subjects will best protect the melons/pumpkins that are dropped from atop a ladder.

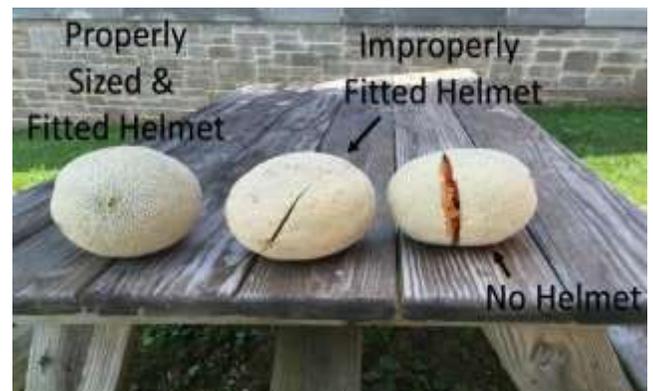
Learning Objectives

- Explain why wearing a helmet that fits properly is important.
- Define the three (3) ways to ensure that a helmet is fit correctly.
- Understand that when there are wheels at your feet a helmet should be on your head.

Activity:

Students take part in a discussion to determine which of the 5 "test helmets" will best protect a melon/pumpkin (skull) and why.

Optional: Demonstration using "The Smasher" (a sledgehammer based tool) to demonstrate the impact of not wearing a helmet (melon/pumpkin smashing with and without helmet).



Pedestrian Program “Graduation”



Grade(s): 4-6

Overview:

For schools/classes that have participated in K-6 grade classroom and “assembly” presentations, their pedestrian safety education culminates with a “Pedestrian Graduation” activity.

goHunterdon staff facilitates an “on street” exercise where students practice the safety skills and behaviors that they have learned over the course of the school years. This is a fun way to end the school year.

Learning Objectives

- Apply pedestrian safety skills within their community.
- Understand best practices for walking to and from school.
- Model safe pedestrian and cyclist behaviors.



Activity:

Students will go outside and model good behaviors such as using crosswalks, looking left, right and left again, and avoiding distractions.

An interactive discussion will follow about the difference between learning about pedestrian safety in a classroom or assembly setting and applying the skills in “real life”.

LENDING LIBRARY

The following books are available for **K-2 grade** teachers to borrow and create their own lessons and activities. Contact Ryan Fisher, rfisher@gohunterdon.org for more information and ideas.

