



SAFE ROUTES TO SCHOOL (SR2S)

In partnership with
Burbank Unified School District (BUSD) &
City of Burbank



- *George Washington Elementary School* •
- *Thomas Jefferson Elementary School* •
- *John Muir Middle School* •

What is Safe Routes to School (SR2S)?



- **SR2S is a movement that builds better and healthier communities by encouraging children to walk and bicycle to school by addressing barriers that make it difficult or unsafe:**
 - Programs that promote and encourage walking and bicycling, such as safety education
 - New infrastructure that enhances safety for children and pedestrians, such as high-visibility crosswalks, pedestrian signs, etc.
 - Improves existing infrastructure, such as traffic calming or changing intersections to give priority to people rather than vehicles
- **Community enhancements that benefit everyone**

Goals & Benefits of SR2S?



- **Improve safety near schools:**
 - *Make it safer and easier for students to walk and bicycle to school*
 - *Reduce traffic injuries*
- **Encourage more students to walk and bicycle to school**
- **Health benefits for school children and adults from increased walking and bicycling**
- **Improve air quality and lower pollution by reducing vehicle trips and vehicle emissions near schools**
 - *Lessen traffic congestion near school drop-off areas*
- **Improve academic achievement and school attendance**

Community Benefits for Children



Safe Routes to School (SRTS) programs work



today, few kids actively travel to school

TRAFFIC SPEED AND VOLUME, AND LACK OF SIDEWALKS, ARE THE MAIN BARRIERS

compared to 48% in 1969
13% walk or bike now

among those living within 1/4 mile of school
just 56% walk or bike

kids are more active when walking and biking are safe

AFTER IMPLEMENTING SAFE ROUTES TO SCHOOL PROGRAMS:



OF THE RECOMMENDED 60 MINUTES OF DAILY ACTIVITY:



SOURCES: McDonald NC, et al. (2011). U.S. school travel, 2009: an assessment of trends. *Am J Prev Med*. 41:146-151. Chauhan C, et al. (2012). The safe routes to school program in California: an update. *Am J Public Health*. 102(6):e8-e11. Ahlport RN, et al. (2009). Barriers to and facilitators of walking and bicycling to school: formative results from the non-motorized travel study. *Health Educ Behav*. 35(2):221-244. Timpono A, et al. (2006). Personal, family, social, and environmental correlates of active commuting to school. *Am J Prev Med*. 30(1):45-51. Bassett DR, et al. (2013). Estimated energy expenditures for school-based policies and active living. *Am J Prev Med*. 44(2):108-113. Stewart O, et al. (2014). Multistate evaluation of safe routes to school programs. *Am J Health Promot*. 28(3 Suppl):S89-S96. DiMaggio C and U G. (2013). Effectiveness of a safe routes to school program in preventing school-aged pedestrian injury. *Pediatrics*. 131(2):290-296.

Learn more about why Safe Routes to School programs work at activelivingresearch.org/SRTSreview.

Community Benefits for Adults



Run errands on foot or bike: A remedy for adult inactivity.



EXPERTS RECOMMEND
150 minutes of physical activity per week

only 50% of U.S. adults
meet the guideline.



Walking or biking:

- to transit stops provides an average of 12-15 minutes of daily activity.
- to work is linked with 11% reduction in the risk of cardiovascular disease.



Most errands in the U.S. are within walking or biking distance.

27% are easy walking distance (<1 mile).

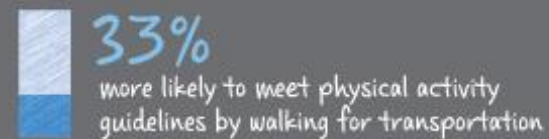
61% are easy biking distance (<5 miles).

People who live in:

NEIGHBORHOODS WITH SIDEWALKS ARE:



MIXED-USE NEIGHBORHOODS - WITH WORK, PLAY, AND SHOPPING NEARBY ARE:



SLOWING DOWN TRAFFIC REDUCES CRASHES THAT CAUSE INJURIES BY:




SOURCES: U.S. Department of Transportation, Federal Highway Administration. (2010). Our nation's travel: Analysis of the 2009 NHTS. In: Transportation USDOT, ed. Washington, DC: Rissel C, et al. (2012). Physical activity associated with public transport use—a review and modeling of potential benefits. Int J Environ Res Public Health, 9(7), 2454-2478. Hamer M & Chida Y. (2008a). Active commuting and cardiovascular risk: A meta-analytic review. Prev Med, 46(1), 9-13. CDC National Center for Health Statistics. FastStats. Exercise or Physical Activity. <http://www.cdc.gov/nchs/fastats/exercise.htm>. Sallis JF, et al. (2008). Neighborhood environments and physical activity among adults in 11 countries. Am J Public Health, 98(6):484-490. Kerr J, et al. (2015). Perceived neighborhood environmental attributes associated with walking and cycling for transport among adult residents of 17 cities in 12 countries: the IPEN study. Environ Health Perspect, DOI:10.1289/ehp.1409466. Elvik R. (2001). Area-wide urban traffic calming schemes: a meta-analysis of safety effects. Accid Anal Prev, 33(3):327-336.

Learn more about how policies impact active travel at activelivingresearch.org/ActiveTravelreview.

How is This Project Funded?



-  *Caltrans*
- **State Grant Funds**
 - California Assembly Bill (AB) 1457 & 57
- **Project Budget: \$490,000**



Where Will Improvements be Implemented?



- **Improvements to be focused along and near N. Kenneth Road and Winona Avenue**
 - George Washington Elementary School
 - Thomas Jefferson Elementary School
 - John Muir Middle School

Project Location Map



-  Project Corridor
-  BUSD Schools

What Are The Problems / Issues?



- **Issues heard from parents, BUSD, and residents:**
 - *Cars Speeding*
 - *Cars rolling through stop signs*
 - *Cut-through traffic*
 - *Cars making dangerous U-turns*
 - *Children are not walking or bicycling to school*
 - *Feels unsafe for children to walk and/or bicycle to school*
 - *Traffic circulation near school drop-off zones*

- *Pick-up and drop-off areas at schools are dangerous and congested*

How Can SR2S Help with the Issues?



- **Collaborative effort with input from residents, parents, school children, BUSD (administrators, teachers, PTA), and City**
 - *Community Meetings*
 - *Site Visits / Neighborhood Walks*
- **6 E's approach to customize safety plans**
 - *Evaluation*
 - *Engineering*
 - *Education*
 - *Encouragement*
 - *Enforcement*
 - *Equity*
- **“Safety Toolbox” of Options**

“Safety Toolbox” of Options



Existing Issues & Concerns	Safety Tools
Cars speeding	<ul style="list-style-type: none"> • Bulb-Outs or Curb Extensions • Safety Education • School Zone Speed Limits
Cut-through traffic	<ul style="list-style-type: none"> • Bulb-Outs or Curb Extensions • School Zone Speed Limits
Cars rolling through stop signs	<ul style="list-style-type: none"> • High-Visibility Crosswalks • School Crossing Signs • Safety Education
Vehicles making dangerous U-Turns	<ul style="list-style-type: none"> • Bulb-Outs or Curb Extensions • Safety Education
Decreased number of children walking and/or bicycling to school	<ul style="list-style-type: none"> • Bicycle and Pedestrian Safety Education • Supportive policies from BUSD • Safety Education
Feels unsafe to walk and/or bicycle to school	<ul style="list-style-type: none"> • Bicycle lanes and Sharrows (shared-lane markings) • High-Visibility Crosswalks • Bulb-Outs or Curb Extensions • Walking Route Maps • School Zone Speed Limits
Pick-up and drop-off areas at schools are dangerous and congested	<ul style="list-style-type: none"> • High-Visibility Crosswalks • School Crossing Signs • Bulb-Outs or Curb Extensions • Supportive policies from BUSD • Safety Education

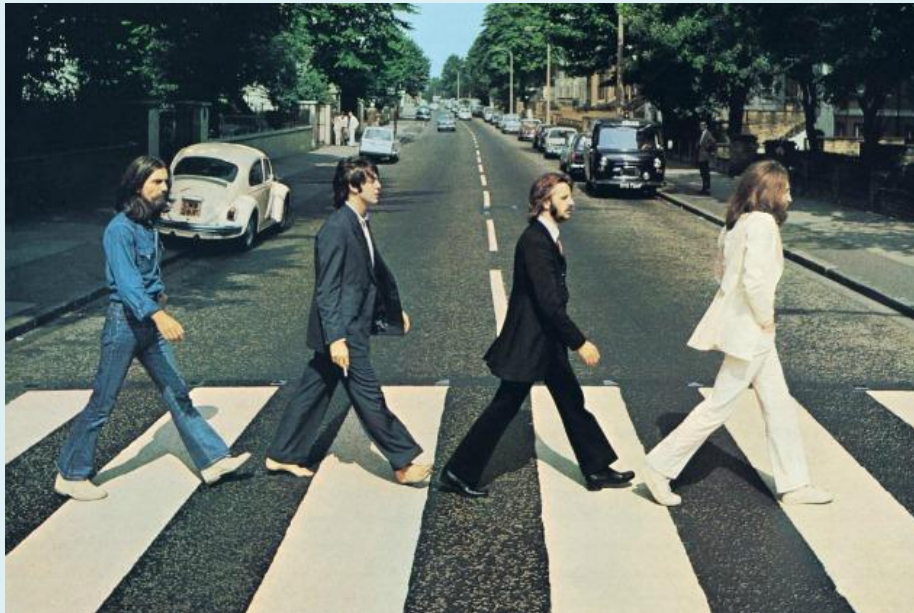
High-Visibility Crosswalks



Addresses:

- ✓ Cars rolling through
- Stop Signs
- ✓ Increases safety

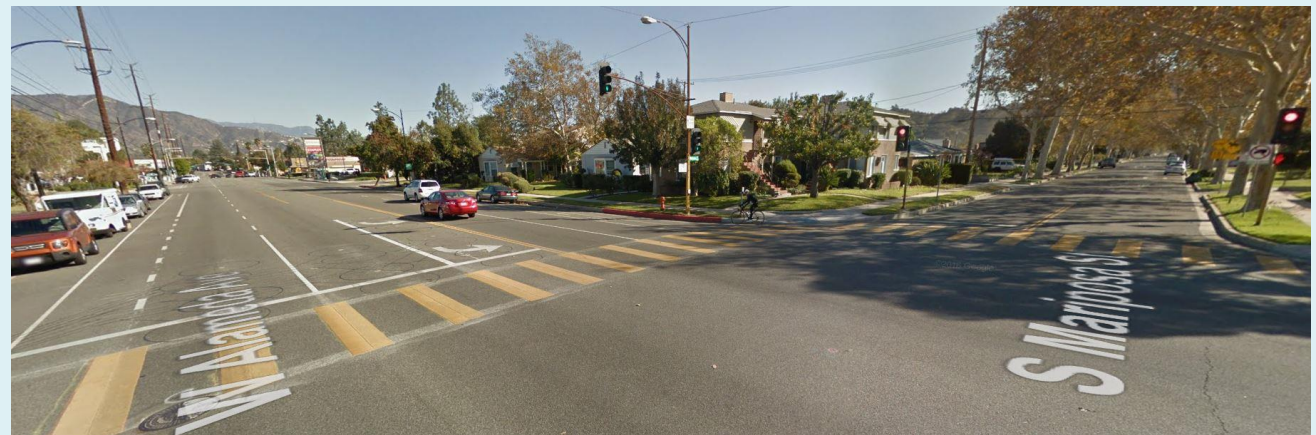
More than doubles visibility from 200 – 500 feet away



Before (Alameda Ave./Mariposa St.):



After (Alameda Ave./Mariposa St.):



Bulb-Outs or Curb Extensions



Addresses:

- ✓ Speeding
- ✓ Illegal U-Turns
- ✓ Increases safety and visibility
- ✓ Feels unsafe to walk to school

Shortens the distance to cross the street



Muir Middle: Kenneth Rd./Cornell Dr.



Stevenson Elementary: Oak St./Lima St.

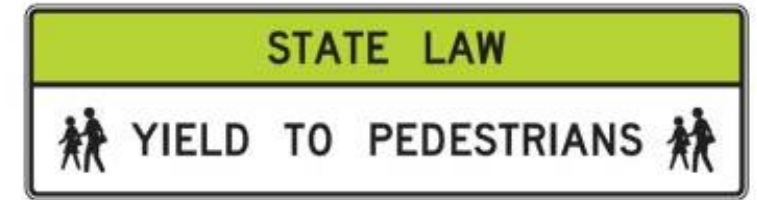


School Crossing Signs



Issue:

- ✓ Speeding
- ✓ Cars rolling through Stop Signs
- ✓ Increases safety and visibility



R1-9
School Crosswalk Warning
Assembly E (CA)



S1-1*
W16-9P*



S1-1*
W16-7P*

School Zone Speed Limits



Issue:

- ✓ Speeding
- ✓ Cut-Through Traffic
- ✓ Feels unsafe to walk to school



S3-1



S3-2



S4-5a

Bicycle Lanes and Sharrows



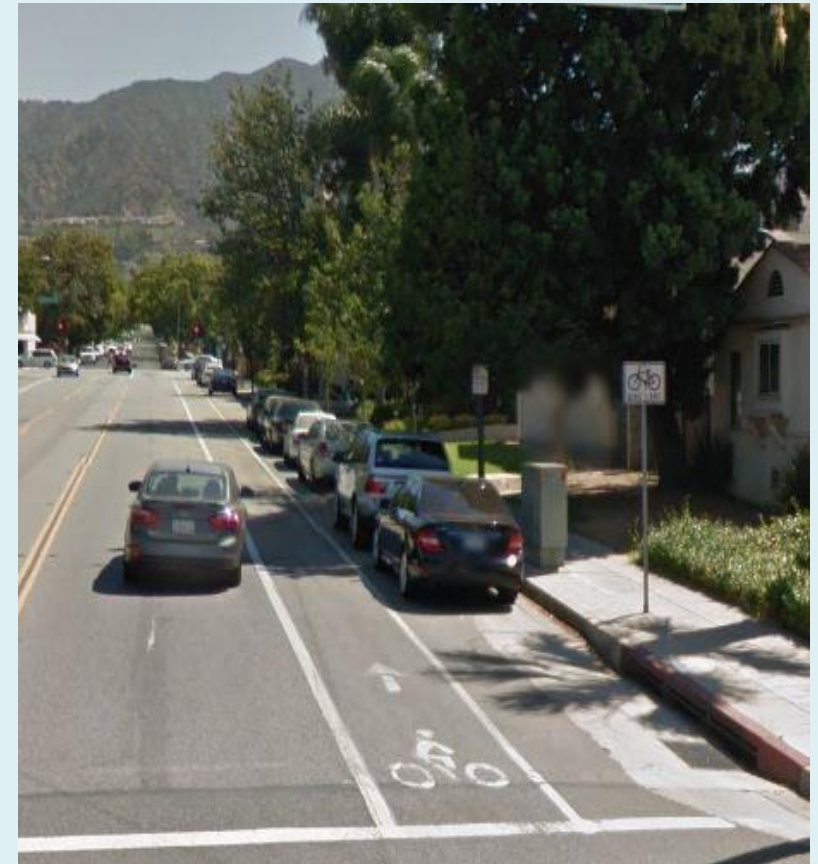
Issue:

- ✓ Speeding
- ✓ Cars rolling through Stop Signs
- ✓ Feels dangerous to bike to school

“Sharrows” (shared-lane marking)



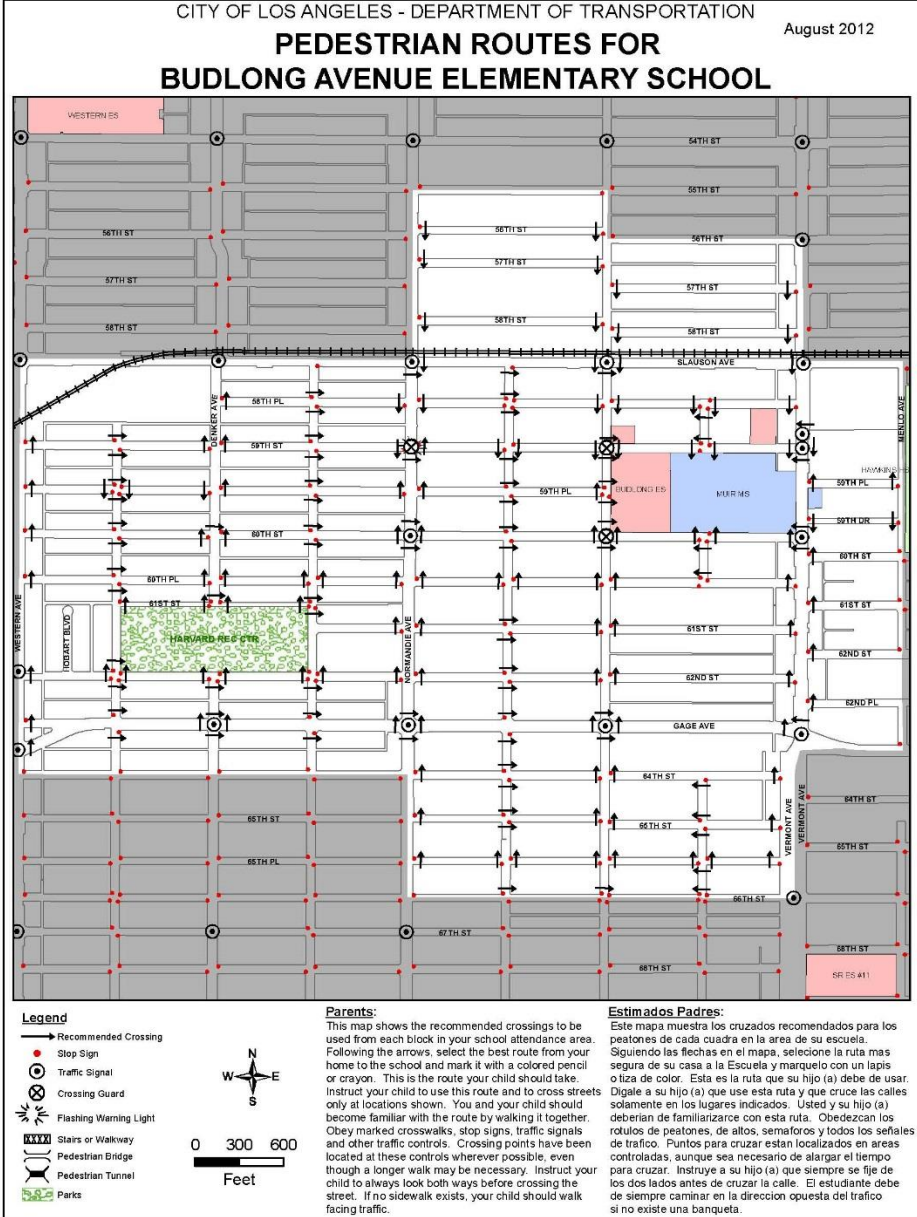
Bicycle Lane



Walking Route Maps



Issue:
 Feels unsafe to walk to school



Traffic Safety Education & Workshops



Issue:

- ✓ Bad driver behavior
- ✓ Increases safety
- ✓ Feels unsafe to walk to school

Tips for Walking Safely to School

Walking is fun, but you need to be safe while doing it. Follow these tips to make sure you get to and from school without any problems.

Walk together

Younger children should always walk with an adult. Tell your parents that walking is great exercise and a nice way to spend time together.

If your parents say that you can walk to school on your own, remember these tips:

- Walk with a friend when possible.
- Ask your parents to help you pick a safe route to school, one that avoids dangers.
- Stick to the route you picked with your parents. Don't let friends talk you into shortcuts that are more dangerous.
- When you are near the street, don't push, shove, or chase each other.
- Never hitchhike or take rides from people not arranged by your parents.
- Talk to your parents and teacher about any bullying that may happen during your walk.

Be seen

Remember, drivers may not be able to see you well. Always wear it is dark or hard to see, carry flashlights or wear reflective gear.

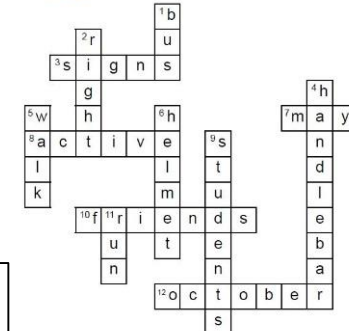
Look for traffic

Watch out for cars and trucks at every driveway and intersection for drivers in parked cars. They may be getting ready to move.



Crossword

Answer Key



The ABC Quick Check

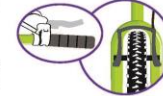
A is for air:

- ✓ Check the air pressure, spin the wheels and make sure the tires are not worn out.



B is for brakes:

- ✓ Check to make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake. If the bike has hand brakes check to see that the levers don't hit the handlebars when squeezed. Lift one tire up at a time and spin it; squeeze the levers to see if the tire stops. The brake pads should be clean, straight and contact the rims properly.



C is for Cranks, Chain, and Cogs:

- ✓ Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the pedals and cranks to see if the chain drives the rear wheel. The chain should look like metal not rust or black gunk. If the bike has gears check to make sure the gear levers and derailleurs (gear-changing mechanism) work to shift the chain between gears.



Quick Refers to the Quick Release:

- ✓ Some bikes have quick releases on the wheels or the seat post. Check to make sure they are tight and closed properly.



Check:

- ✓ After making sure the seat and handlebars are tight and the proper height, have the child ride the bicycle around the parking lot and check that everything works well.

Used with permission: League of American Bicyclists
Illustrations: Justin Short and Tom Frinch, used with permission from Bicycle Transportation Alliance (BTA)

by traffic _____ and signals.
International Walk to School Day takes place in the month of _____.
Instead of sitting at home, walking helps kids be _____.
Walking to school is a chance to spend time with your family and _____.
International Walk to School Day takes place in the month of _____.

Walk to school instead of riding in a car or _____.
When crossing the street, look left, _____ and left again for traffic.
On your bike, make sure to keep both hands on the _____.
Walk or bike to school for International Walk to School Day!
When riding your bicycle, always wear a _____.
Parents and _____ can walk during lunch.
Walk, don't _____ across the street.

www.walkbikeschool.org

Walk to School Day 2017



Wednesday Morning, October 4th



School Administration & PTA Meetings



- **Summer 2017:**
 - Met with BUSD Superintendent Matt Hill
 - Met with all three school Principals & Director of Elementary Education
 - Conducted preliminary school observations

- **Fall 2017 – Winter 2017:**
 - PTA Presentations at Washington, Muir, and Jefferson
 - Walk to School Day: October 4, 2017
 - Distributed preliminary parent surveys
 - City Council & BUSD Board Meetings

Next Steps?



- **Spring – Summer 2018**

- *Continue communicating with PTAs/PTSAs, School Principals, School Administration*
- *Walk & Bike Audits at all three schools*
- *Gather data and assess existing conditions of walking and bicycling facilities near schools*
- *Develop concept-level alternatives for further study and design*
- *Hold 2nd Community Meeting*

Next Steps?



- **Fall – Winter 2018**
 - *Conduct traffic safety workshops for students, parents, and school administrators*
 - *Hold 3rd Community Meeting*
 - *Conduct “Train the Trainer” Workshops for school administrators, teachers, parents, etc.*
 - *Support Walk to School Day activities in October 2018*
 - *City Council Meeting to decide on recommended safety improvements*
 - *Hold 4th Community Meeting*

Questions or Comments?



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