



Brought to you by the Capital Regional District's People Power program



## Issue 3 | JUNE 2017

Welcome to the CRD's Active and Safe Routes to School Newsletter. This newsletter provides an overview of upcoming opportunities and special events, success stories and resources to help your students and families walk and roll to school.

*Active and Safe Routes to school is a community-based initiative that promotes the use of active transportation (walking, biking, bussing and rolling) for the daily trip to and from school. The program addresses health, physical activity, and traffic safety issues while tackling air pollution and climate change.*

### Bike Skills Go for a Spin

From Sooke to Galiano, students in the Active and Safe Routes to School program have been participating in fun, hands-on bike skills courses that help them gain the confidence and skills to ride to school. Interactive activities teach students how to do a quick bike maintenance check before learning how to cycle safely in traffic and on trails.

The program provides a course to one class in each school. Students learn to properly fit and wear a helmet, practice their hand signals and navigate a simulated intersection.

These courses build knowledge and confidence while addressing the parents' concerns that may prevent students from riding to school. But the courses are about more than the rules - students have a lot of fun too! Students ride their bikes through an obstacle course or play 'dabs' (who can ride the longest without touching the ground).

With theory, practice and games the students get up to speed on rules of the road, and we hope they will feel more confident riding to school. Thank you to [Bike to Work Society](#) and [Nolan Riding](#) or their great bike courses!



### School Spotlight

[Sidney Elementary](#) has been hosting *Walk Wheeling and Waste Free Wednesday* each fall and spring to encourage students to walk, cycle or use any mode active transportation for all or part of their trip to school. Students are also encouraged to bring their lunches in re-usable containers.

When students arrive at school they throw an outdoor dance party – complete with music, sidewalk chalk and other activities. What a great start to the day, walking, biking and spending time with their friends! Celebrating the fun of active travel helps students feel excited about physical activity in the morning.



Students at Sidney Elementary were also able to learn more skills for their *Walk Wheeling and Waste Free Wednesdays* through the cycling skills course on May 10. The students were very eager just to be on their bikes - and they loved the obstacle course!

## Register for Walk and Wheel to School Week!



Celebrate and encourage students and their families to choose active travel for all or part of their journey to school. Join Walk and Wheel to School Week! It's fun, free and runs from October 2 to 6, 2017.

Check out the great events, travel tracking, resources and support for schools and parents, information on the benefits of active travel, and prizes for participation.

[Register your school](#) early for the campaign and we'll send you a package filled with giveaways, trip tracking materials and information and resources.

Plus you'll be entered to win a **secret bonus prize** if you register your school **by June 30, 2017**.

Register and learn more at [www.crdwalkwheel.ca](http://www.crdwalkwheel.ca)

## People Powered Summer

Looking for ways to walk and bike with your kids this summer? Recreation centres are offering lots of fun events that will get kids moving, reading and playing. Take a stroll or bike as a family to your local event.

- **Picnic in the Park** – Visit the Sooke Bike Park on June 17 to ride the pump track and get a bike check-up. Music, BBQ and lots of fun. Hosted by [SEAPARC](#).
- **StoryWalks** – Take a nature walk in local and regional parks, while reading pages of a beautifully illustrated children's book. Every Wednesday in July and August throughout the Westshore. Hosted by [Westshore Recreation](#).
- **Play in the Park** – Enjoy free summer fun at local parks and schools every weekday evening during July and August. Activities will include bike maintenance workshops and a portable skate park. Hosted by [Panorama Recreation](#).

These events all receive funding through the People Power program.

## Regional Bike Counts - Now with Children!

Twice a year the CRD counts bikes at locations across the region to inform transportation planning and infrastructure development. This year was special as it was first time the data collection specifically counted children. Count volunteers saw children riding to school on the regional trails as well as downtown on the Pandora protected bike lanes!

The regional vision for cycling is a network that is suitable for all ages and abilities. Cycling infrastructure that attracts a high ratio of women and children creates a higher perception of safety, thus meeting the criteria for all ages and abilities.

The count data will be used as an indicator by municipalities and inform future infrastructure priorities.



## Facilitator's Corner

Get to know your School Travel Planning Facilitator

Name: Melissa Coates  
Hometown: Chase, BC

**What are some of your hobbies?** Anything that I can do outside! Hiking, camping, drinking tea. I like finding beach accesses that you can only get to by foot (or bike!)

**When did you start cycling?** I tried to learn when I was about 6 but I just couldn't get the hang of it. So a few years later after getting bored with my scooter, I was finally able to do it! After that I also took up rollerblading and skateboarding.

**What is your most memorable cycling experience?** The time my dad ran over my bike when I was about 8 years old, it was a short-lived birthday present!

**How did you become interested in active transportation facilitation?** My coursework at UVic has led me to study the Biketoria project in a hands-on way, and I've travelled through the Cascadia region studying sustainable communities, which pretty much always includes active transportation. Seeing the progress towards active transportation across the region and in Victoria is very exciting, and watching it unfold has led to me wanting to be involved.



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