

Bike & Walk to School Week

Thank you for becoming your school Team Leader! The idea behind Bike & Walk to School Week is simple: encourage students and their families to walk, scooter, skateboard, or ride their bikes to and from school for health, fitness, and fun. We want to build a love for green transportation and by encouraging students to try it, hopefully build a preference to choose an alternative to fuel in the years to come.

To do this, we have given you plenty of prizes, ideas, and resources to challenge, track, and reward students for participating at least one day.

Team Leader Checklist

Get a few helpers (teachers, parents, or students) to help you accomplish the items on this checklist;

- Inform staff** that your school is participating in Walk and Bike to School Week and that they need to get students excited about using active forms of transportation (not driving in a car).
- Post Bike & Walk to School posters** in visible locations around the school. Print more posters to put up in classrooms, staff room, and community/school notice boards.
- Get classrooms involved** to make additional posters (What is your favourite way to get to school that doesn't use fuel? What's your idea of a healthy community?) Challenge each other for an in-school poster contest or colouring contest. This will build enthusiasm and continually remind students about the upcoming event.
- Post the classroom tracker** on the door or wall of each classroom (week before). Instruct each teacher/student per class that they will need to complete the form and hand it back to you the week after BTSW.
- Ride your bike or walk to school** to lead by example.
- Communicate** through school newsletters and morning/end of day announcements leading up to and during Bike & Walk to School Week.
- Encourage parents** to participate and inform parents/students about the chance to win great prizes.



- Wear your t-shirt.** Congratulate participating cyclists each morning! Encourage your team, ride your bicycle, and have fun!
- Host a Bike & Walk to School Event** at least one day during the week to encourage and reward those that participate!
- Give out prizes!** You can decide how prizes are given out from your school prize kit. Any additional prizes will be given to the schools with the highest participation rates and by random prize draw.
- Find a safe route to school** for students. Remind parents to ride with them. Use the trip tracking tool at www.smartTRIPS.ca to find a safe route.
- Tally up all the results** on the school tracker. Scan, take a photo, or type your results and email to events@smartTRIPS.ca
- Deadline:** Please submit your results by the Friday *after* BTSW for your results to be included and considered for overall school winners. We will contact your school if you have won.

Downloadable Resources at smartTRIPS.ca

Click [here](#) and scroll to the bottom of the page for downloadable BTSW resources.

Deadline to submit school results: Friday after BTSW
(you have one week to get results tallied and submitted)

Tally up all the results on the school tracker. Scan, take a photo or type your results and email to events@smartTRIPS.ca