

Local Technical Assistance Coordinators

Don't know where to start? One of our three Local Technical Assistance Coordinators (LTAC) can help you. Because the LTACs know the ins and outs of the Virginia Safe Routes to School Program, they can help you launch your program in many ways. Here are few things that they can do to help you get started:

- ✓ Advise you on putting together a team of people to get your SRTS program off the ground.
- ✓ Support you in preparing a school's SRTS plan using either the SRTS Activities and Programs Plan or the Comprehensive School Travel Plan.
- ✓ Troubleshoot program challenges with a hands-on approach.

Give us a call today on our toll-free hotline 1-855-601-7787 or email us at info@VirginiaSRTS.org.

The help is free and we're ready to help you get started!

MATERIALS! We've developed a set of materials to make it easier to start a SRTS program and keep it going throughout the school year and beyond.

- ✓ **Learn It. Do It. Live It!** A series of tip sheets to help you with various program activities.
- ✓ **Starter Kit.** This digital compilation of templates, guides, and more to help get your program up and running is ready for you on the website.
- ✓ **User-friendly Reference Guides** to help complete either the **SRTS Activities and Programs Plan** or the **Comprehensive School Travel Plan**. **Which ever you choose, you will be assessing** existing conditions and setting goals for a sustainable SRTS program.
- ✓ **Toolkits for events.** Whether you're participating in Student Travel Tally Week or planning a Walk to School Day event, we offer tip sheets and templates to help, and a way to say 'thank you' to those who support your local SRTS program.

Call our toll-free hotline: 1-855-601-7787
www.virginiadot.org/saferoutes

 @VaDOT
(look for #VirginiaSRTS)



VIRGINIA SAFE Routes to SCHOOL

The Virginia Department of Transportation (VDOT) is committed to getting more kids walking and biking along safe routes. Our Safe Routes to School (SRTS) program has resources tailored to help your community start a SRTS program or nurture one that's already underway.

Learn more inside!

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What is Safe Routes to School?

A generation ago, **90% of students** living within a mile of school **walked or biked** to get to class. Today the percentage is much smaller -- just over **10% of students walk and bike** to school.

Walking and biking to school benefits both the students and the community in several ways. Students who walk and bike get **more physical activity**, have more time to **socialize with their friends**, and develop a **sense of independence and self-reliance**. Some studies have shown a correlation between increased physical activity before school and **improved academic performance***.

The community benefits from **reduced pollution and traffic congestion**. Safe Routes to School strategies also address both traffic safety and personal security.

Many Virginians want to get back to their roots and foster communities that are walkable and bikable. The Safe Routes to School Program is a part of this effort.

*Martinez-Gomez, D., J. R. Ruiz, et al. (2011). "Active Commuting to School and Cognitive Performance in Adolescents: The AVENA Study." Arch Pediatr Adolesc Med 165(4): 300-305.



What makes the SRTS program successful?


The Virginia Safe Routes to School Program offers a comprehensive approach to building local SRTS programs, with strategies aimed at encouragement, enforcement, evaluation, education and engineering. We also offer grants and information to help your local program grow.



Interested in building a local SRTS program?

- Contact our Local Technical Assistance Coordinators (LTACs) for help with grant applications and program ideas.
- Sign-up for our newsletter and check the website for the latest updates on Virginia's Safe Routes to School program.

QuickStart Mini-Grants

Have a small activity or program in mind? Look into our  QuickStart Mini-grants for \$1,000 to get it going. Apply for a Mini-grant this spring or fall!

Mini-Grant Walkabouts

A school *Walkabout*, led by the regional LTACs, is an excellent opportunity to bring together local stakeholders, to experience bicycle and pedestrian conditions at the school, and to build consensus around potential solutions.

Infrastructure Grants

Administered by VDOT's Local Assistance Division, these grants are used to improve sidewalks, crosswalks, bike lanes, and safety signage. We can help put together the right information for a grant application.