

# STEP

*An Orange County Safe Routes to School Program*

## What is STEP?

STEP provides select schools with **FREE resources** to encourage families to walk/bike to school safely and more often.

## Why STEP?

**Students who walk/bike to school are healthier and arrive at school ready to learn!** STEP helps families choose walking or biking and teaches them how to do so safely.

## But our school doesn't have time for one more thing.

**We know! That's why STEP keeps it simple with services that don't require a lot of your time.**

By participating in STEP, your school will receive:

- Pedestrian and bike distance learning videos aligned with PE and HE standards
- Presentations for your PTA/PTO, school site councils, or other parent/caregiver/stakeholder groups
- Ready-to-forward e-blasts and/or tip sheets, e-newsletters, and educational materials to share with families
- Data about how your students get to and from school (hello Green Ribbon School Award!)
- Banner celebrating your school's efforts
- Suggested routes to school map that shows a preferred route to walk or bike to school

Check out the next page to see what additional services you can receive.

## YOU choose up to three activities from the list below that will be provided to your school over next two school years (21/22 + 22/23):

- **Walk/Bike Resource Fair.** In-school education during lunchtime, recess, or other convenient time. featuring activity stations that teach students bike maintenance, helmet use, walking skills, and the benefits of active travel.
- **Assembly.** Fun performances that teach students the basics of bicycle and pedestrian safety.
- **Bike + Ped Rodeos.** Students learn safe bicycling and walking behaviors and practice their skills.
- **Walking School Bus.** STEP will provide staffing and support to launch a Walking School Bus program at your school.
- **Walkin'/Wheelin' Days.** School designates walk/bike to school encouragement days, either on a weekly, monthly, or one-time basis. These might include Walk to School Day (October), Winter Walk to School Day (February), Earth Day (April), Bike to School Day (May), or other similar events.
- **'Pop-Up' Events.** Booth at a school event/back to school night to promote walking and biking, share helpful tips, and offer specific advice to make it easy for families to choose walking and biking.
- **After-school Safety Education.** Safe walking and bicycling instruction for after-school programs.
- **Activity Tracking.** Fun methods for tracking how many students travel to school include the Golden Sneaker program, punch-cards, and calendars. These pit classrooms against one another in friendly competitions that encourage walking and biking.
- **"I Drive 25" Campaign.** Students encourage parents/caregivers to commit to driving 25 MPH or less in school zones.
- **DIY (aka Design-It-Yourself).** Don't see anything you like? Tell us what you have in mind and we tailor something for your school!

[www.octa.net/Walk/Safe-Routes-to-School/OC-Step/](http://www.octa.net/Walk/Safe-Routes-to-School/OC-Step/)

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## STEP

STEP is a joint program of the Orange County Transportation Authority (OCTA) and the Orange County Health Care Agency (OCHCA).



## Assembly

An assembly can provide information to the whole school at once. Lessons and skills training activities teach students about walking, bicycling, health, and traffic safety. Assemblies introduce pedestrian and bicycle safety to students, including what types of situations they may encounter on the road, how to follow street signs, and how to interact with drivers.



## Walking School Bus

A Walking School Bus (WSB) is an organized group of students who walk to and from school with adults. The WSB has a designated route and stops where students gather or get dropped off near their homes or local community hubs, such as parks or places of worship. WSBs are a great way for students to get daily physical activity and travel to school, while having fun with their classmates.



## Bike Rodeo

A Bicycle Rodeo is typically an after-school event focused on encouraging students to have fun while practicing bicycle skills and safety. The event can be more skills and lesson-structured or host activities using a free-form field day model. Skills emphasized during bike rodeos include bicycle handling along the spectrum of experience and traffic safety skills.

