

THE

SCOOP

ON ACTIVE SCHOOL TRAVEL



CELEBRATING WHEEL WEEK AS A SCHOOL COMMUNITY

For many children and youth, wheeling - biking, scooting, skateboarding, etc - is their preferred transportation choice for school and local trips, and **Wheel Week** provides a fun and exciting opportunity to celebrate these active modes with your school community.

From June 2nd to 9th, school communities across Alberta will reap the benefits of encouraging more students and families to wheel: increased physical activity for students, reduced vehicle congestion, improved safety, and reduced vehicle emissions in school neighbourhoods, and an opportunity for students and families to connect with others, a stepping stone in fostering resilience.

Activities throughout this week vary from school to school. Some focus on encouragement only by sharing the event poster (attached below), while others layer on education in the form of student-designed information posters, social media soundbites, and/or bike and wheel rodeos. Others go further still by simulating protected bike lanes on neighbourhood streets or organizing bike trains. Whatever your school has the capacity to action, every little bit helps in building a culture of active transportation.

Whatever your plan, be sure to **register** your school (organization, business, or household) because, Alberta, our wheeling community is growing!



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Content to share on your social media platform including links to videos, resources and more!

BE A SMART, SAFE CYCLIST AND WHEELER

Be predictable: Ride where it is safe to do so: on multi-use trails, pathways, sidewalks (if your municipality permits this), in bike lanes, and on roads, riding with the flow of traffic, in a straight line, one metre away from parked cars. Use hand signals to communicate your intentions to other road users.

Be safe: Remain in control of your equipment. Wear a well-fitted helmet. Bicycles should be equipped with a bell or horn and should be mechanically safe with at least one working brake. If you are crossing at a crosswalk, dismount and walk your bicycle, scooter or skateboard across the road.

Be seen: Wear bright and reflective clothing, especially if you're wheeling before dawn and after dusk. Cyclists, if you're riding when it's dark, your bicycle must be equipped with one head lamp, one red tail lamp and one red reflector mounted on the rear.

Be smart: Wheel with a buddy or in a group, plan a safe route, and dress for the weather.

Be sure: Be alert while wheeling. Electronic devices and ear buds can be distracting and dangerous.

Be an example: Obey all of the rules in your school and playground zone. Encourage others to wheel and be more active by role-modelling that behaviour.

Be respectful: When riding in a group, ride in single file. When passing slower moving wheel and pedestrian traffic, sound your bell or horn to alert them that you will be passing.

Social Media Buzz

- “Bicycle helmet use reduces head injuries by more than 40 per cent, serious head injuries by 60 per cent and traumatic brain injury by 53 per cent.” ([Parachute 2019](#))
- 2V1 [Bookmark](#) ([Parachute 2023](#))



Soundbites

- DPA Everyday: Scooting Tips
- DPA Everyday: Locking Your Bike
- DPA Everyday: Hand Signals
- DPA Everyday: ABC Bike Check
- DPA Everyday: Helmet Check
- DPA Everyday: Passing Safely

HOSTING A BIKE AND WHEEL RODEO

There's no doubt about it: students LOVE bike and wheel rodeos. A bike and wheel rodeo is a skills event which provides an opportunity for young cyclists and wheelers to practice and develop their skills.

If you're part of a school community that hasn't hosted such an event, we invite you to try. With the right tools and some helping hands, these events are quite manageable and well worth the effort. Ever Active Schools' [City Cycling Clinic Guide](#) was created to offer a framework for both bike/wheel rodeos and city cycling clinics. The comprehensive skill development station model presented in the guide easily transfers to support bike/wheel rodeos. Of course, additions can always be made to the rodeo course, including a bike wash station and bike decorating station, to provide a balanced mix of learning and fun. Always remember, if you're hosting an event for the first or 50th time: it does NOT have to be perfect or elaborate, and you do not have to take this task on alone. Reach out to your school community to find volunteers to help; recruit older students to lead stations; and use what you have on hand (chalk, hula hoops, pylons, tennis balls, etc.) to create your course.

What you are doing is providing a safe space for novice riders to practise **balancing**, **manoeuvring**, **shoulder checking**, **hand signaling** while riding, and **stopping**; to learn about **bike maintenance**, **helmet safety**, **bike locking**, and **bike etiquette**, and to improve skills and gain confidence. What you are doing is providing an opportunity for young cyclists and wheelers to try, to start seeing the many benefits of adding cycling into their lives, to start creating their own cycling stories.

