

SAFE SEASONS GREETINGS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREASURE VALLEY FAMILY YMCA

1050 W State St Boise ID 83702

Fourth Quarter

ymcatvidaho.org

SAFE ROUTES TO SCHOOL

2012 VOL. 9



EVENTS

POLAR BEAR WALKS

Take advantage of our mild winter and hold a “Polar Bear Walk” or other fun winter-themed event. Encourage students and families to be active all year round. Some schools offer hot chocolate to their walkers or hide a few polar bear pictures along the route and students that find them receive special prizes.

Lessons for Students

- Learn how to dress correctly for the weather.
- Gain independence and reinforce proper walking etiquette.
- Create relationships in their own neighborhood.
- Use their feet as transportation option.

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

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Considerations

- Wear bright colored clothing.
- Wear layers. Wool is a good option.
- Wear hats, gloves and scarves.
- Walk in groups and have fun!

TIPS BY MARCUS

PEDESTRIAN LAWS, FACTS & TIPS

Walking is an inexpensive, healthy and fun activity that can be practiced by most everyone. To keep safe make sure you follow and model correct pedestrian laws and etiquette.

Leading Causes of Walking Accidents

- Failing to scan and look both ways before crossing the roadway. Crosswalks can give walkers a false sense of security to enter the roadway without looking both ways first.
- Visibility. Don't assume drivers or other road users can see you. Increase your visibility by wearing bright colors, retro-reflective accessories and lights during low-light hours.
- Studies show that drivers, walkers and cyclists do not have a complete understanding of the laws and how to interact safely on the roadway. Take a minute to review the laws at: www.legislature.idaho.gov/idstat/Title49/T49CH7.htm



PROMOTING HEALTH

OPEN GYM DAY

Multiple schools in Boise open their doors every weekend until March for supervised neighborhood play: http://parks.cityofboise.org/media/733665/nov12_8.5x11_open_gyms.pdf

Let's Move Boise

On December 1st Let's Move Boise hosted Open Gym Day in conjunction with Boise Parks and Rec and the Boise School District.

Participants received free door prizes and facilitated games with the help of Boise State University volunteer athletes.

EDUCATION STATS:

Safe Routes to School has conducted educational events during this school year that have impacted nearly 4,000 students!



SPOTLIGHT

BOISE BICYCLE PROJECT XMAS BIKE GIVEAWAY

The Boise Bicycle Project is getting ready for their sixth annual Christmas Bike Giveaway. On December 22nd BBP and it's strong crew of volunteers will give out over 300 refurbished bicycles along with helmets and safe biking education.

Volunteer Opportunities

If you're interested in helping get giveaway bikes ready or on the day of the event, please contact the Boise Bicycle Project at volunteer@boisebicycleproject.org

- Bike Giveaway Training:
Wednesday Dec 19th 6-8pm
- Christmas Bike Giveaway:
Saturday Dec 22nd 9am-3pm

COMMUNITY

RIDING IN WINTER CONDITIONS

- Become familiar with the weather forecast and check it before you leave the house so you can dress appropriately.
- Wear bright colors, retro-reflective gear and use your lights (front and back). Winter brings grey skies, reduced daylight hours and frost on windshields that can reduce visibility.
- Follow the Plow: Snow plows do a great job of plowing the Greenbelt and popular bike thoroughfares, sometimes ahead of many automobile routes.
- Wool is a great option for layering during winter riding. To save money check out a local thrift shop.

HIGHLIGHTS

BIKE EDUCATION IN P.E.

P.E. classes provide a great opportunity for us to reinforce activity in daily life and teach safe walking and biking practices. The 15-30 minute presentations address common problems between walkers, cyclists and motorists and are meant to educate, encourage and enforce safe behaviors.

Contact Marcus Orton to schedule a class.



PLANNING AHEAD

BIKE RODEO SEASON

Bike Rodeos are clinics that teach children the importance of safe cycling and gives them a chance to practice skills to develop safe riding behavior. We typically target 3rd graders, but can offer clinics to students 7-13 years old. Contact us now to schedule a rodeo between February and May 2013.

What to Expect

Students bring their bicycles and helmets to school. We can provide some demo bikes and have resources for those students that might need a helmet.

Typical stations include Rules of the Road, Helmet Fit, Bike Maintenance and multiple on-bike courses.