



## How to Start a Walking School Bus or Bicycle Train

A bicycle train or walking school bus is a fun, easy, and safe way for children to get to school. It gets them ready and alert for class, and provides children with a healthy and active alternative to driving to school. A bike train is a group of children biking to school supervised by at least two adults. A walking school bus is the same except that the children travel by foot. **Parents work together to designate routes and 'bus stops' where children are 'picked up' and 'dropped off' as they travel to and from school. Parents take turns supervising groups of younger children, and older children can travel safely together, with parent approval.**



The rates of obesity and diabetes-related illness among children have skyrocketed over the years, as the rates of children using active forms of transportation—like biking and walking—have plummeted. **Bike Trains and Walking School Buses support healthy and safe routes to schools. Students get more exercise, air pollution and greenhouse gasses are reduced because there are fewer cars on the road and the community and natural environment is improved!**

Use the following resources to learn more about starting a program at your own school!

### Guide for Organizers

<http://www.walkingschoolbus.org/organizers.pdf>

### Talking to Children about Pedestrian Safety

<http://www.walkingschoolbus.org/safety.pdf>

### Starting a Walking School Bus-The Basics & Useful Resources

<http://www.walkingschoolbus.org/>

### Bicycling to School Together: A Bike Train Planning Guide

[http://www.walkbiketoschool.org/wp-content/uploads/2017/01/SRTS\\_BikeTrain\\_final.pdf](http://www.walkbiketoschool.org/wp-content/uploads/2017/01/SRTS_BikeTrain_final.pdf)

### Walking School Buses and Bicycle Trains, Putting it into Practice

[http://guide.saferoutesinfo.org/encouragement/walking\\_school\\_bus\\_or\\_bicycle\\_train.cfm](http://guide.saferoutesinfo.org/encouragement/walking_school_bus_or_bicycle_train.cfm)

