

Be BRIGHT



START A WALKING SCHOOL BUS PROGRAM

What is a Walking School Bus?

A Walking School Bus (WSB) is a group of children walking to school with one or more adults. A WSB can be as informal as two families taking turns walking their children to school or it can be structured with designated routes, meeting points and a regular schedule of trained volunteers leading the walks. A WSB variation is a bicycle train when a group of children and adult leaders ride together to school.

Why Develop a WSB?

Parents often cite safety issues to explain their reluctance to allow their children to walk to school. Providing adult supervision may help reduce these worries.

Studies have also shown that fewer children are walking and biking to school, increasing the risk of obesity. A WSB can be one approach to improving health.

How Can I Start a WSB?

When beginning a WSB, remember that the program can grow. Start with a small bus and see how it works. Pick a single neighborhood with an interested group of parents and children or those who already walk to school regularly. Invite families who live nearby, pick a route and take a test walk, decide how often the group will walk together and have fun!



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Be Bright is a regional bicycle and pedestrian safety education program funded by the Arizona Department of Transportation and Valley Metro.

The Be Bright program ends December 31, 2016.

602.262.RIDE (7433)
bebright.valleymetro.org



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Walkability Checklist

When choosing a route, answer these four questions first:

- Do you have dedicated space to walk on a sidewalk or path?
- Is it easy to cross the street?
- Do drivers behave well?
- Does the environment feel safe?

For more help identifying walkable routes, use the [Walkability Checklist](#).

Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

There are several things to look for. Some benefits include: improved fitness, cleaner air, reduced risk of chronic health problems, and a greater sense of community. The walking route is to take and you. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take home if you find problems, there are ways you can make things better.

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go. The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations on the map you think you'd like to visit. As you go, you'll want to think about what you've seen and what you'd like to change. At the end of your walk, give each location a rating. Then, add up the ratings to see how you did. If you have any problems, you'll want to send your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate actions and long-term solutions under "Improving Your Community's Score..." on the third page.

Logos: National Highway Transportation Administration, Department of Transportation, SafeRoutes, and K&E.

Walking School Bus Route #1
Begins on the corner of Atlantic & Dillon Streets

Stop 1 7:25am
Stop 2 7:35am
Stop 3 7:40am
4 Arrive @ Parkway

Walk to School Route

We encourage students to join the walk at any point along the route that corresponds within the specified time frame. Parents driving in from out of town, drop-off @ 7:25 on Atlantic or at any point on the route and have a little extra time in the morning!

Growing the Program



The success of a single WSB or a desire to be more inclusive may inspire a school or community to build a more structured program. Programs require leaders to coordinate activities, volunteers and attention to other issues, such as safety training and liability. The school principal

and administration, law enforcement and other community leaders may also be involved. To grow the program, follow the steps below:

1. Determine the amount of interest in developing a WSB program.
2. Identify the routes.
3. Identify a sufficient number of adults to supervise walks.
4. Finalize logistical details (participation, volunteers, safety training, liability, etc.).

For more information and resources, please visit: walkingschoolbus.org and The National Center for Safe Routes to School which provide training modules on how to start a WSB program.

Don't forget to kick-off the program and participate in International Walk to School Day every October! Find this year's date at walkbiketoschool.org.

EAGLE
COURAGE. FRAMMERS. WISDOM.

Walking School Bus

What is a walking school bus?

A walking school bus is a group of children walking to school with one or more adults. If that sounds simple, it is, and that's part of the beauty of the walking school bus.

Why participate?

See Our Results

Make a Donation

In the Spotlight!

Check out the success of Maricopa County's very own WSB program at EAGLE at South Mountain and read about how Cristina McKenney, a local champion and parent who started an informal walking school bus with her child in 2011, grew it into a successful and self-sufficient school program with more than half of the student body walking to school! [Read about it here.](#)

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