



Less than 40 years ago, walking or biking to school was part of everyday life; in 1969 about half of all students walked or biked to school. Today, less than 15 percent of children walk or bicycle to school. This sharp decline in walking and

bicycling has had a negative impact on traffic congestion, air quality and student safety around schools. Coinciding with the declining numbers of students walking and biking to school; children are leading more sedentary lifestyles and are at risk for a variety of health problems such as obesity, diabetes, and cardiovascular disease.

The Safe Routes to School (SRTS) is a new federal program that empowers communities to make walking and bicycling to schools a safe and routine activity once again. The SRTS program makes funding available for a wide variety of programs and projects that encourage children to walk and bicycle safely to school.

The purposes of the program

- To enable and encourage children, including those with disabilities, to walk and bicycle to school.
- To make bicycling and walking to school a safer and more appealing transportation alternative, thereby encouraging a healthy and active lifestyle from an early age.
- To facilitate the planning, development, and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption, and air pollution in the vicinity (approximately two miles) of grades K-8 schools.

Walking School Bus/Bike Train



www.pedbikeimages.org/Dan Burden

The goals of the program

- Increased bicycle, pedestrian, and traffic safety.
- More children walking and bicycling to and from schools.
- Improved childhood health and reduction of childhood obesity.
- Encouragement of healthy and active lifestyles.
- Improved community safety, security, accessibility, and community involvement.
- Improvements to the physical environment that increase the ability to walk and bicycle to and from schools.
- Decreased traffic congestion and fuel consumption and improved air quality.
- Improved partnerships among schools, local municipalities, parents, and other community groups, including non-profit organizations.
- Increased interest in bicycle and pedestrian accommodations throughout a community.

Program criteria

This comprehensive program must address the following "5E's."

Engineering – Creating operational and physical improvements to the transportation infrastructure surrounding schools that reduce speeds and establish safer crosswalks, walkways, trails and bikeways.

Education – Teaching children about the broad range of transportation choices, instructing them in important lifelong bicycling and walking safety skills, and launching school area driver safety campaigns.

Enforcement – Partnering with local law enforcement to ensure drivers obey school area traffic laws and initiating community enforcement such as crossing guard programs.

Encouragement – Using events and activities to promote walking and bicycling.

Evaluation – Monitoring and documenting outcomes and trends through the collection of data, including the collection of data before and after the intervention(s).

Did you know Walking School Buses and Bike Trains can help to:

- **foster healthy habits that could last a lifetime,**
- **learn more about your neighborhoods,**
- **socialize with friends and get to know children of other ages,**
- **gain a sense of independence,**
- **arrive at school alert and ready to learn,**
- **reduce traffic congestion around schools, and**
- **have fun!**

Eligible projects for SRTS funding

Construction and construction engineering of infrastructure-related projects that will substantially improve the ability of students to walk and bicycle to school, such as:

- Sidewalk improvements.
- Traffic calming and speed reduction improvements.
- Pedestrian and bicycle crossing improvements.
- On-street bicycle facilities.
- Off-street bicycle and pedestrian facilities.
- Traffic diversion improvements within two miles of the school.

The maintenance of the completed projects is the responsibility of the program applicant. The SRTS program will fund 100% of the costs of the eligible items.

Noninfrastructure projects:

- Public awareness campaigns and educational material.
- Traffic education and enforcement in the vicinity of schools.
- Student sessions on bicycle and pedestrian safety, health, and environment.

Project applications

Project applications will be accepted from board of county commissioners, cities, Bureau of Indian Affairs, and school districts.

Application forms are available from the North Dakota Department of Transportation or online at www.dot.nd.gov.

Project applications can be submitted directly to NDDOT from early September to mid November. The projects that are submitted will be reviewed and ranked by the SRTS

Committee. Applicants that are not selected can apply again the following year.

The SRTS program is a federally-funded reimbursement program for costs incurred. North Dakota will receive approximately one million per year over five federal fiscal years.

Further information is available at www.dot.nd.gov or safety.fhwa.dot.gov/saferoutes.

This program is administered by the Local Government Division of the North Dakota Department of Transportation.

For questions about SRTS programs, contact the SRTS Program Manager at (701) 328-4787 or dot@nd.gov
Attn: SRTS Program Manager



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Safe Routes to School



North Dakota

***Safe Routes to
School is a national
program that
encourages youth
and their families to
choose walking,
bicycling, and other
active ways to get to
and from school.***