

**YOUTH BICYCLE EDUCATION &  
SAFETY TRAINING PROGRAM**



**2017-2018  
IMPACT REPORT**

# OUR GOAL

The goal of the Youth Bicycle Education and Safety Training (BEST) Program is to increase bicycle ridership and bicycle safety among children and their families.



1.

The Youth BEST Program is a 4-5-hour course administered at schools over five days and targets students in the 4th to 7th grades

2.

The curriculum addresses the benefits of riding a bicycle, rules of the road, helmet fitting, and bicycle safety checks as well as building confidence

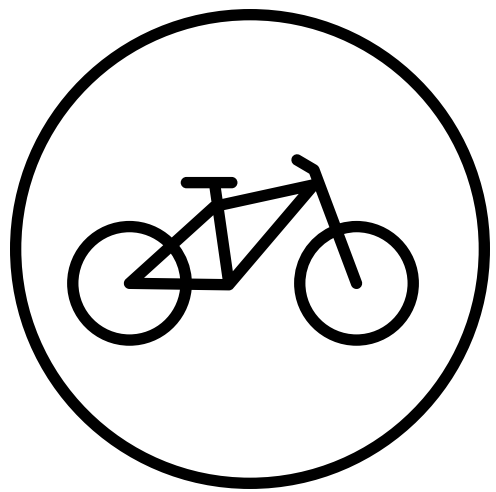
3.

There is no cost for this program and Bike Utah provides a trained instructor, bicycles, helmets, and all necessary equipment for the duration of the program, so all schools and students can participate regardless of financial ability

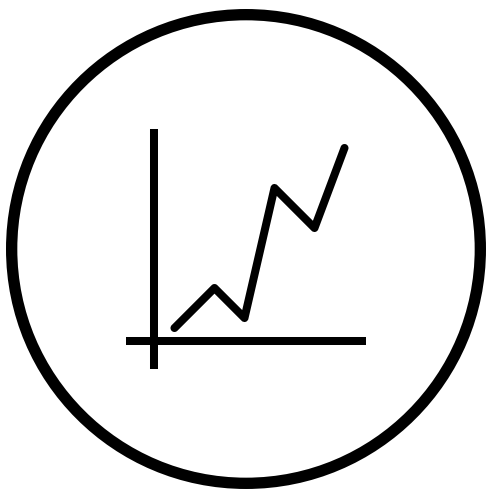
4.

The program is capable of moving around the state so it can be administered at schools in all corners of Utah

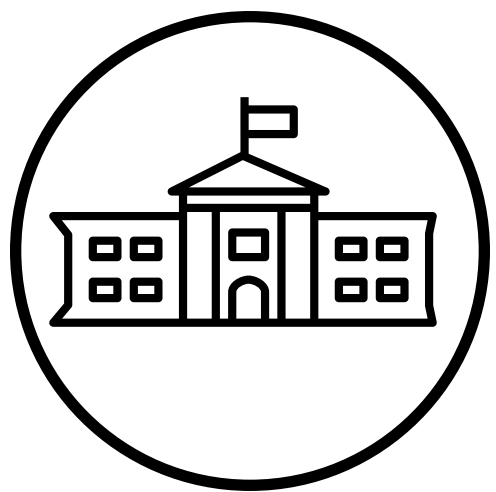
## In year two of the program ...



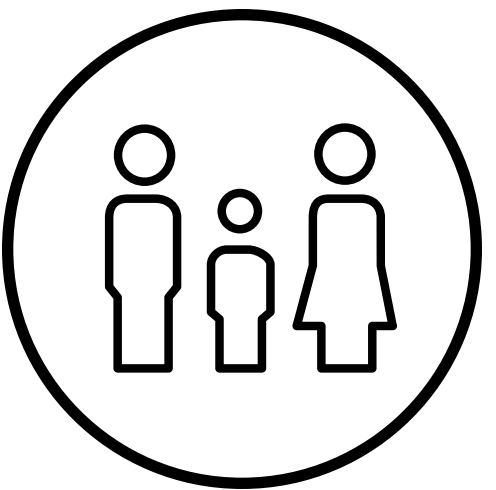
3,127 students (13% of the number of 10-year-olds in Utah) at 38 schools and community organizations have completed the program



58% increase in bicycle safety knowledge and 82% of students learned the necessary on-bike riding skills



45% increase in bicycling and a 9% increase in walking at participating schools



71% increase in parents reporting that their child is interested in bicycling or walking to school

# OUR IMPACT



More detailed information and outcomes regarding increased student knowledge, parent survey feedback, bike/walk school statistics, and school bike/walk audits are located on subsequent pages

# PROGRAM HIGHLIGHTS



Educating kids across Utah about bicycle safety  
PC: John Barkiple | SLUG Magazine



Helping kids to become more confident bicyclists  
PC: Monique Beeley | Discover Utah Kids



Showing kids how much fun bicycling can be  
PC: Monique Beeley | Discover Utah Kids



## QUOTES FROM OUR STUDENTS

"I used to be addicted to video games, but now I think I'm addicted to riding bikes."

~ Javier

"Forget going to Disneyland, I can just go ride my bike at the park!"

~ Tankarah

"That was SO much fun!" (repeated 20 times in 5 minutes)

~ Lola

"Bikes make our communities better because everyone is outside and able to get places"

~ Kendra

"I'm going to ride my bike until I'm 100 years old!"

~ Josh



Dear Bike Utah,  
Thankyou so much for all the things you taught us! I honestly didn't know there is so many things to bikeing, but thanks to you I know now! Getting to learn all about bikes was an Amazing experiance! Hope to have you again!

Thankyou, Jordie K

**Feedback from just one of the thousands of students (left). Students hugging their bikes after we finished another successful week (right).**



# DETAILED OUTCOMES AND DATA

## Schools and Programs Where the Youth BEST Program was Administered

Copper Hills - Magna; Uintah Middle School - Vernal; Salt Lake Arts Academy - Salt Lake City; Buffalo Point Elementary - Syracuse; Backman Elementary - Salt Lake City; North Summit Middle School - Coalville; Truman Elementary - West Valley City; Robert Frost Elementary - West Valley City; Odyssey Elementary - Ogden; Morgan Elementary - Morgan; Valley Academy - Hurricane; Santa Clara Elementary - Santa Clara; Coral Canyon Elementary - Washington; Horizon Elementary - Washington; Taylorsville Elementary - Taylorsville; Park Elementary School - Spanish Fork; Manti Elementary - Manti; East Elementary - Roosevelt; Mountain View Elementary - Salt Lake City; Wasatch Elementary - Salt Lake City; Birch Creek Elementary - Smithfield; Granger Elementary - West Valley City; CCID - Providence; Whitesides Elementary - Layton; Kay's Creek Elementary - Kaysville; Garland Elementary - Garland; Bonneville Elementary - Orem; Shadow Valley Elementary - Ogden; Edith Bowen Lab School - Logan; McPolin Elementary - Park City; YWCA Community Family Center - Ogden; Oquirrh Hill Summer Program - Kearns; South Salt Lake Summer Program - South Salt Lake; Guadalupe School Summer Program - Salt Lake City; Sugar House Boys & Girls Club - Salt Lake City; Youth City (Liberty Park) - Salt Lake City; Youth City (Fairmont Park) - Salt Lake City

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## Student Quizzes

Pre- and post-program quizzes are completed by all participants in order to assess the effectiveness of the program. This assessment looks at understanding safe bicycling concepts.

54.45% - Average pre-program quiz score

85.90% - Average post-program quiz score

+57.73% - Percent change in quiz score

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## Parent Surveys

Parent surveys include questions addressing barriers to bicycling, willingness to let their student bike to and from school, and their student's interest in bicycling.

87 - Number of respondents

Grade level of student participating:

2.3% - 4th Grade

85.1% - 5th Grade

11.5% - 6th Grade

1.1% - 7th Grade

How far does your child live from school?

14.9% - Less than 1/4 mile

20.7% - 1/4 to 1/2 mile

16.1% - 1/2 to 1 mile

25.3% - 1 to 2 miles

21.8% - more than 2 miles

1.1% - Don't know

Does your student EVER walk or bike to school?

64.4% - Yes

35.6% - No

# DETAILED OUTCOMES AND DATA

## Parent Surveys (continued)

Prior to the in-school bicycle education course, has your student asked to walk or bike to school in the last year?

71.3% - Yes

28.7% - No

After the in-school bicycle education course, has your student shown any increased interest in walking or biking?

71.3% - Yes

28.7% - No

As a result of your student's participation in the bicycle education course, have you or any other members of your household been more interested in bicycling or walking?

57.5% - Yes

42.5% - No

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## Teacher Counts

Teachers complete the Safe Routes to School Students Arrival and Departure Tally Sheet before and after the program.

Before and after the program, average number of students:

1.88 to 2.67 - Bicycling to school

1.91 to 2.81 - Bicycling from school

4.65 to 4.58 - Walking to school

5.61 to 6.58 - Walking from school

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## School Bike/Walk Audits

Audits are completed by a member of the administration, a teacher, or parent. The audits allow us to understand the current situation at schools and how we can better support bicycling and walking. This data also shows that many schools are not actively working to promote bicycling and walking.

Does your school or district have a designated person responsible for bicycling and walking initiatives?

10.3% - Yes

48.3% - No

41.4% - I don't know

Does your school or district have a committee that works to create safe routes to school and encourages bicycling and walking?

31.0% - Yes

34.5% - No

34.5% - I don't know

Does your school have a Student Neighborhood Access Program (SNAP) Map?

34.5% - Yes

31.0% - No

34.5% - I don't know

Is your school's SNAP Map readily available for all students?

42.5% - Yes

57.9% - No

# OUR PLANS

The Youth BEST Program is continuing in the 2018-2019 academic year and we are already more than 30% booked with new and returning schools. Here are some of our plans as we look forward to expanding the program and its impact.



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## Growing the Reach of the Youth BEST Program

In years one and two of the program, we exceeded our goal of reaching 3,000 students across Utah annually. In year three, we are working to scale to 6,000 participants per year (that's 1 in 4 students at grade level in Utah). We also plan to continue reaching a higher percentage of rural and Title I schools (those with high numbers or high percentages of children from low-income families).



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## Expanding Our Impact at Schools

In addition to educating and encouraging youth about bicycling and bicycle safety, the largest barrier to getting more people of all ages bicycling is the presence of interconnected infrastructure. Bike Utah is working on two initiatives (the Wasatch Bike Plan and the 1,000 Miles Campaign) to get more communities planning for and building infrastructure that encourages people of all ages and abilities to bike and walk.

# THANK YOU TO OUR 2017-2018 SPONSORS

**Utah Department of Transportation -  
Safe Routes to School Program  
Wasatch Front Regional Council  
Mountainland Association of Governments  
Utah Department of Public Safety  
Utah Department of Health - EPICC Program  
Sorenson Legacy Foundation  
Salt Lake County Bicycle Advisory Committee**