



**YOUTH BICYCLE EDUCATION &
SAFETY TRAINING PROGRAM**



**2018-2019
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

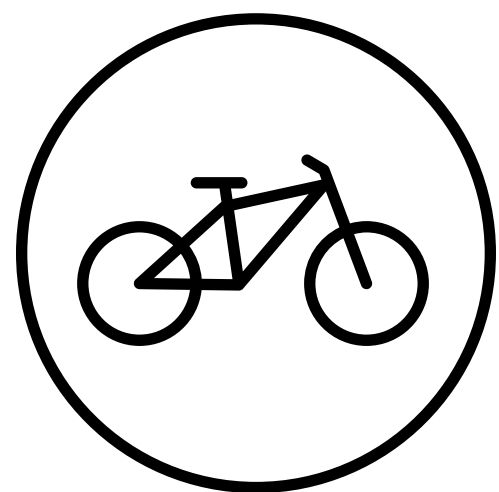
3.

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

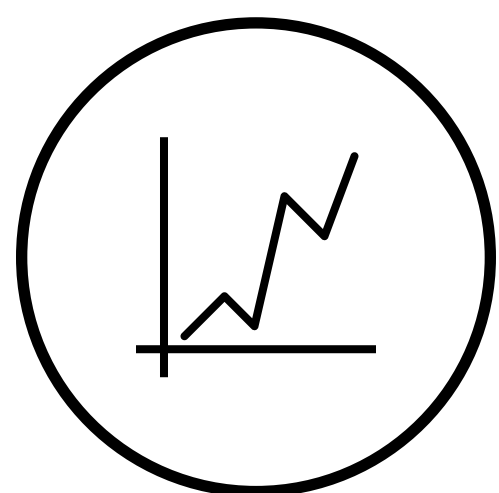
4.

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

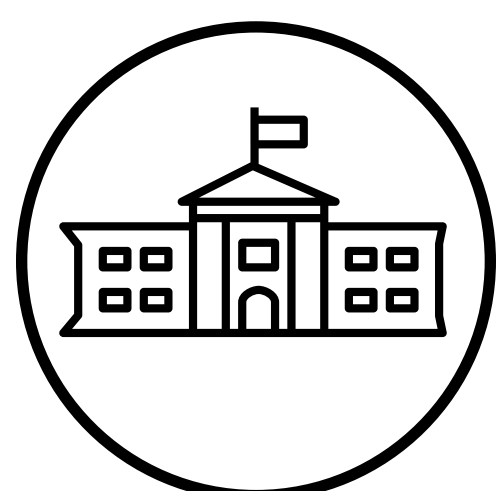
In year three of the program ...



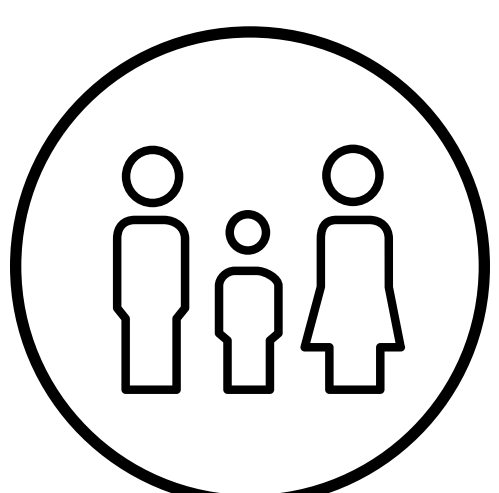
3,137 students (13% of the number of 10-year-olds in Utah) at 38 schools and community organizations have completed the program



77% increase in bicycle safety knowledge and 97% of students learned all the necessary on-bike riding skills



29% increase in bicycling at participating schools



72% increase in parents reporting that their child is more 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



Helping kids to become more confident bicyclists



Showing kids how much fun bicycling can be



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 maney things to bikeing, but thanks to you I know now! Getting to learn all about bikes was an Amazing expierence! 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

West Valley Elementary - West Valley City; North Summit Middle School - Coalville; Salt Lake Arts Academy - Salt Lake City; Uintah Middle School - Vernal; McPolin Elementary - Park City; James Madison Elementary - Ogden; North Sanpete Middle School - Moroni; Pacific Heritage Academy - Salt Lake City; Copper Hills Elementary - Magna; Liberty Elementary - Salt Lake City; North Davis Preparatory Academy - Layton; Valley Academy - Hurricane; Hurricane Elementary - Hurricane; Springdale Elementary - Springdale; Coral Canyon Elementary - Washington; Horizon Elementary - Washington; Bluff Elementary - Bluff; Santa Clara Elementary - Santa Clara; Escalante Valley Elementary - Beryl; Water Canyon School - Hildale; Robert Frost Elementary - West Valley City; Buffalo Point Elementary - Syracuse; Kay's Creek Elementary - Kaysville; Mountain View Elementary - Salt Lake City; Davis Elementary School - Vernal; West Clinton Elementary - Clinton; Morgan Elementary - Morgan; Bonneville Elementary - Orem; Garland Elementary - Garland; CCID - Providence; YMCA Community Family Center - Ogden; Guadalupe School - Salt Lake City; Meadowbrook STEM Center - South Salt Lake; Youth City Central Park - Salt Lake City; Youth City Liberty Park - Salt Lake City

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.

47% - Average pre-program quiz score
83% - Average post-program quiz score
+77% - Percent change in quiz score

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.

Grade level of student participating:

72.5% - 5th Grade
26.3% - 6th Grade
1.2% - 7th Grade

How far does your child live from school?

0.0% - Less than 1/4 mile
8.7% - 1/4 to 1/2 mile
15.2% - 1/2 to 1 mile
34.8% - 1 to 2 miles
41.3% - more than 2 miles

Does your student EVER walk or bike to school?

39.2% - Yes
60.8% - 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?

57.1% - 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

42.9% - 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?

67.4% - Yes

32.6% - No

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:

2.09 to 2.69 - Bicycling to and from school

5.13 to 5.05 - Walking to and from school

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?

9.4% - Yes

45.3% - No

45.3% - 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?

25.0% - Yes

37.5% - No

37.5% - I don't know

Does your school have a Safe Routes Map?

26.9% - Yes

28.1% - No

45.3% - I don't know

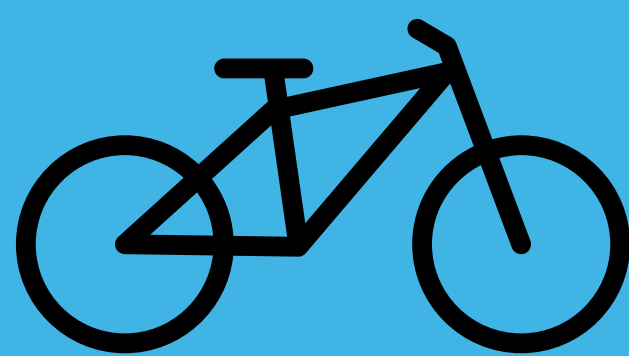
Is your school's Safe Routes Map readily available for all students?

29.5% - Yes

70.5% - No

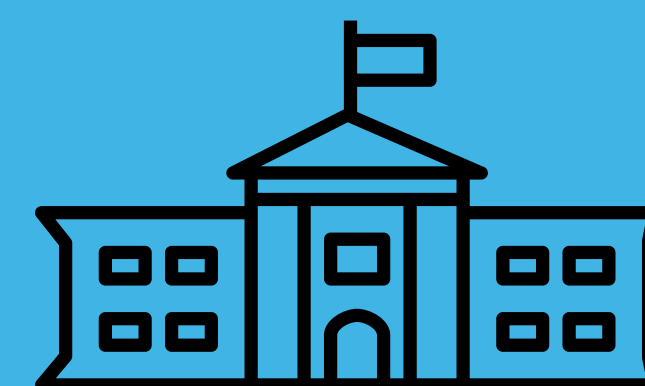
OUR PLANS

The Youth BEST Program is continuing in the 2019-2020 academic year and more than 20 new and returning schools have already booked the program. Here are some of our plans as we look forward to expanding the program and its impact.



Growing the Reach of the Youth BEST Program

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



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 2018-2019 SPONSORS

**Utah Department of Transportation -
Safe Routes to School Program
Wasatch Front Regional Council**

Mountainland Association of Governments

Utah Department of Public Safety - Highway Safety Office

Utah Department of Health - EPICC Program

Sorenson Legacy Foundation

Bonneville Cycling Club

Salt Lake County Bicycle Advisory Committee