

YouthBEST

2019-2020 Impact Report



ONE WAY
→



- BASES OF THE ROAD**
1. Wear and Respect your helmet
 2. Ride single file with great space
 3. Follow traffic laws
 4. Respect your bike, other vehicles and yourself!

Message from BEST Program Manager



The 2019/20 school year has been filled with exciting changes, unexpected alterations, and creative growth for the Youth BEST program and Bike Utah. Though trials continually arise, the Youth BEST staff has demonstrated serious perseverance and remains excited as ever to adapt and witness the incredible joy of young folks riding bikes!

This year we have visited new schools and site locations in all corners of Utah with the help of an updated and expanded truck and bicycle fleet. A newer and more reliable truck has us rolling to communities throughout the state, while an updated fleet of bikes better supports students as they take on the challenges of navigating the roadways. We have also brought on new staff to ensure the Youth BEST program can visit as many students as possible within each school year.

Spring of 2020 brought a sudden shutdown of schools throughout the world, and the Youth BEST program staff quickly brought together their mix of creativity and insight to begin

a temporary shift to digital engagement strategies. These have included communication and activities that are based in social media and digital learning, as well as bolstering our programming to better serve all students in view of potential language or cultural barriers. I am incredibly fortunate to be a part of a team of dedicated and inspiring staff that recognizes the important role that human-powered transportation and access to independent movement will play in this changing world.

There's nothing better as an escape from worries or a connection to surroundings than the thrill and confidence of a young person on a bike!

With hopeful enthusiasm,

Jace Burbidge
Youth Program Manager

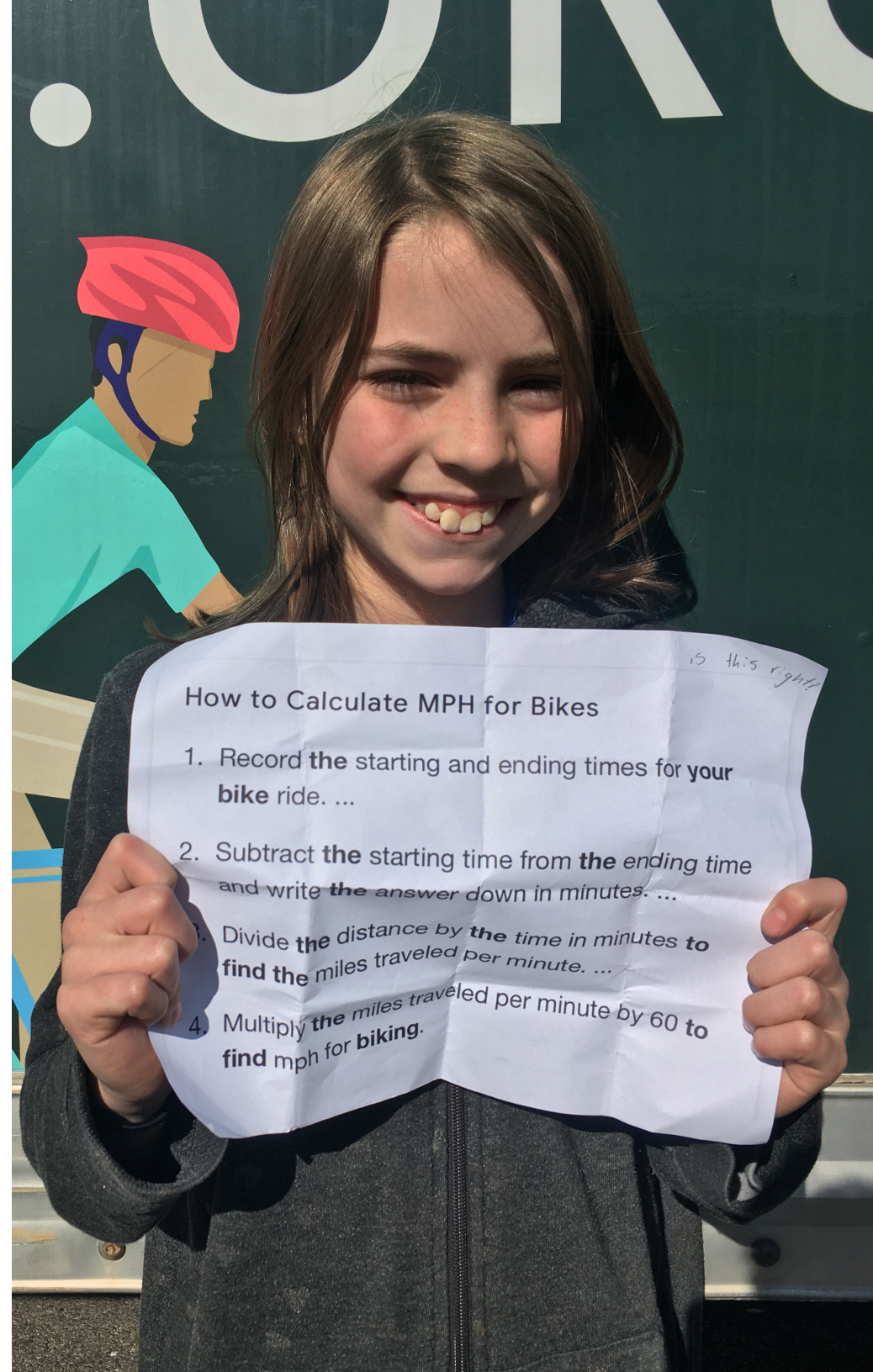


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Our Goal

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 four hour course administered at schools and community sites over four consecutive days and targets students in the 4th to 7th grades.
- 2** The BEST curriculum addresses the benefits of riding a bicycle, rules of the road, helmet fitting, and bicycle safety checks as well as building vehicular confidence.
- 3** There is no cost to sites or students for the program. Bike Utah provides trained instructors, bicycles, helmets, and all necessary equipment for the duration of the program so that all sites and students can participate regardless of financial access.
- 4** The program is administered statewide all year long, accommodating the unique needs at schools and sites of various sizes, locations, and climates.



Our Impact

In year four of the program...



2,209 students completed our program at 29 sites around Utah. The number of 10 year olds participating represents 10% of youths that age in the state.



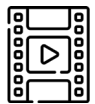
74% increase in bicycle safety knowledge and 100% of students learned all necessary on-bike riding skills.



63% increase in bicycling at participating schools.



56% of parents/guardians reported that their student is more interested in bicycling or walking to school post programming.



Digital engagement through [tiktok.com/@bikeutah](https://www.tiktok.com/@bikeutah) received 4,308 total views and hosts 30 educational videos from April - June 2020.

Our Anticipated Impact

Approximately 4,000 students were booked to participate in BEST at 47 sites in the 2019/20 school year prior to the pandemic. Including summer programming, our expectations were to teach our curriculum to 5,000+ students.

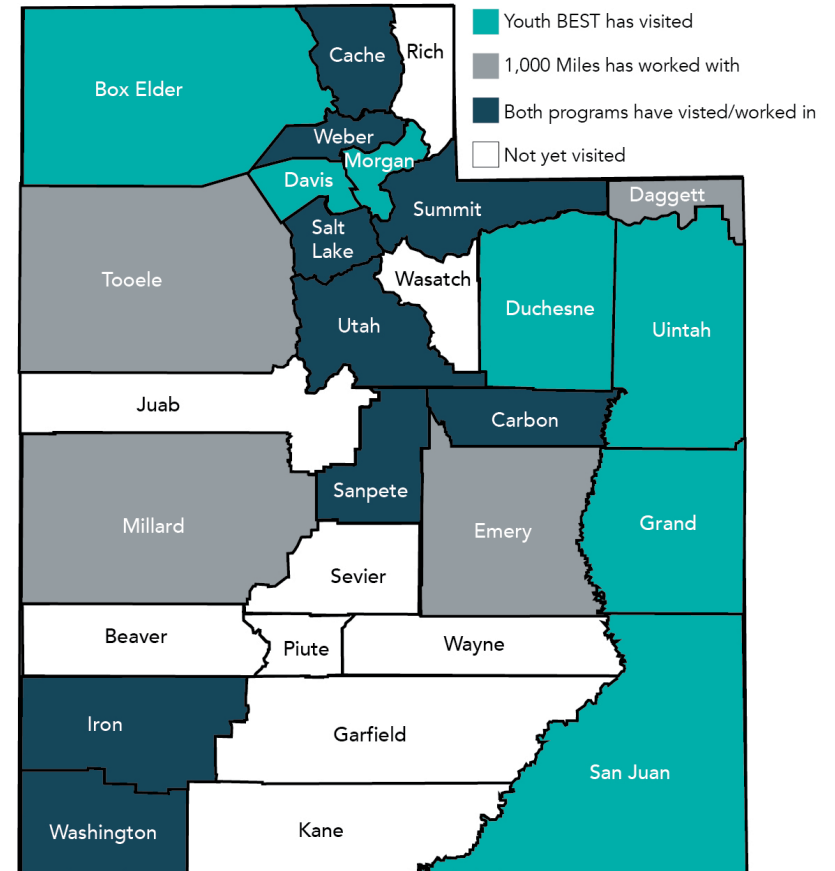
“I really want to ride to school now!”
- J. from Timpanogos Elementary

“I’m so excited! I wish we could do this like every day!”
- M. from North Davis Prep



Youth BEST/1000 Miles Program Reach

Students need more than just our four day program to keep them riding, although we think it’s a great start! Communities with safe, interconnected networks of bike lanes, paths, and trails provide the access and safety required to keep young folks and their families riding. Through a continued partnership and resource sharing with Bike Utah’s 1,000 Miles Campaign, we hope to help develop those spaces in every county in Utah. As of June 2020, Youth BEST and the 1,000 Miles Campaign have worked in 20 of Utah’s 29 counties, with more to come!



Program Highlights

During the 2019/20 program year, the Youth BEST team grew to four full-time program coordinators and one program manager rounding out an effective team for full-time implementation. The original Youth BEST program truck was retired after four years of service and replaced with a newer and more reliable box truck. The original fleet of Youth BEST bicycles was also retired in December 2019 and donated to students at the Utah International Charter School and the Salt Lake Bicycle Collective and replaced with a fleet of lighter and easier to use bikes to foster student success.

Here are some thoughtful messages from teachers:

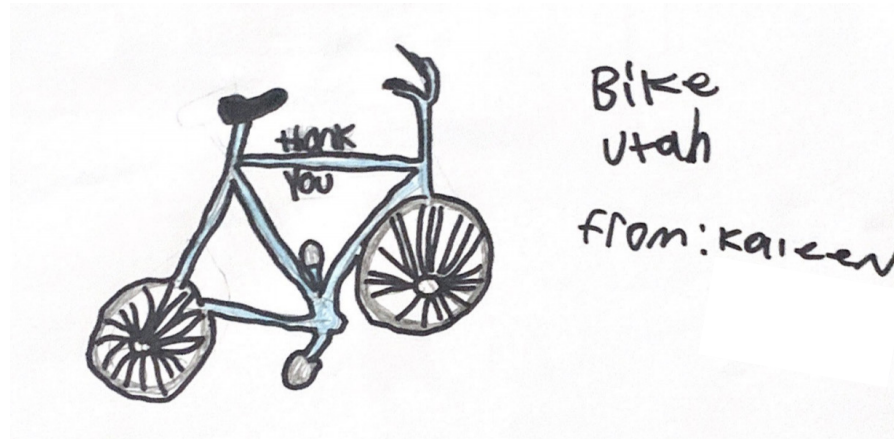
“I want to sincerely thank Bike Utah fo use of your adaptive bikes for a student that has Myasthenia Gravis and had never ridden a bike until this week. He was thrilled to be able to ride with his peers and loved that feeling of movement! We were in tears as we watched him ride! ...it truly made a difference in a young man’s life and gave him an experience that will stay with him for years!”

-Judy Johnston
Special Education Team
Valley Academy Charter, Hurricane



“Dear Jace and Lulu:

I want to thank both of you for doing such a great job with my class this week. I have noticed that they get very excited after lunch thinking about their Bike Utah adventures. Some are tackling the challenge and stretching themselves to try something new and pick up a new skill. Others are just enjoying a chance to hang out with their peers doing something fun.



This is a great program and I hope you will continue to take your encouraging teaching style to all the kids you help at all the schools you work at. Thanks for being so professional and giving every child a chance to grow and learn proper respect for this important part of our society.”

Sincerely,
Mr. Wright
Truman Elementary, West Valley City

Detailed Outcomes & Data

Schools and Programs Where the Youth BEST Program was Administered

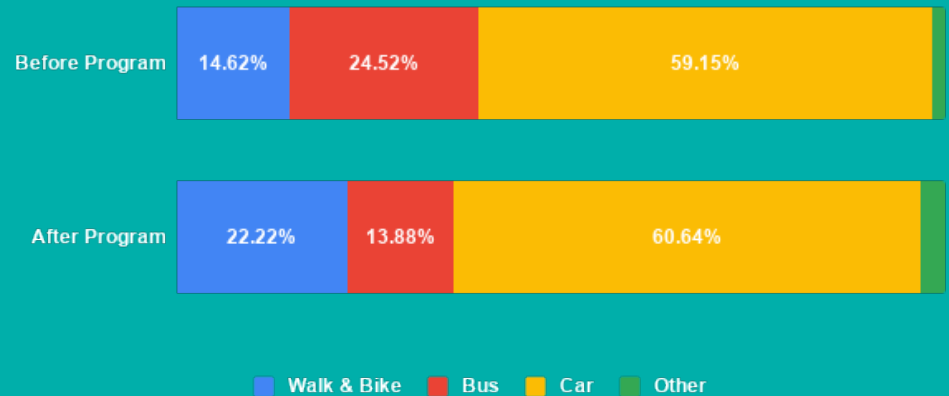
- Youth City Sorenson Unity Center - Salt Lake City
- Camp GLOSS - Park City
- Pacific Heritage Academy - Salt Lake City
- Backman Elementary - Salt Lake City
- Truman Elementary - West Valley City
- Center for Creativity, Innovation, and Discovery - Providence
- Salt Lake Arts Academy - Salt Lake City
- Liberty Elementary - Salt Lake City
- Utah International Charter School - Salt Lake City
- West Valley Elementary - West Valley City
- Uintah Middle School - Vernal
- North Davis Prep - Layton
- Gearld Wright Elementary - West Valley City
- Copper Hills - Magna
- Mountain Green Middle School - Mountain Green
- Timpanogos Elementary - Provo
- Wellington Elementary - West Valley City
- Valley Academy - Hurricane
- Hurricane Elementary - Hurricane
- Coral Canyon Elementary - Washington
- Santa Clara Elementary - Santa Clara
- Mt Ogden Jr High School, YMCA afterschool program - Ogden
- Bluff Elementary - Bluff
- Esperanza Elementary - West Valley City
- Grand County Middle School - Moab
- Horizon Elementary - Washington
- Shadow Valley - Ogden
- Whittier Elementary - Salt Lake City

Teacher Counts

Teachers and site coordinators are instructed to complete a pre-tally prior to the arrival of the Youth BEST and post-tally at least one week after programming. Both tallies meet the recommendations set forth by Safe Routes to School and local agencies. Limited data from the post-tally is available for the 2019/20 calendar year as collection was impeded by the COVID-19 pandemic and shutdown of schools statewide.

- Bicycling to and from school: 2.48% to 4.03%
- Walking to and from school: 12.15% to 18.19%
- School Bus to and from school: 22.95% to 9.11%
- Family Vehicle to and from school: 44.89% to 45.99%
- Carpool to and from school: 14.26% to 14.66%
- Public Transit to and from school: 1.57% to 4.77%
- Skateboard, scooter, or something else to and from school: 1.71% to 3.26%

Before and After BEST Program, Youth Transportation to and from School



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 participant for the following data:

4th grade: 8.2%
5th grade: 77.1%
6th grade: 13.1%
7th grade: 0.0%
Other: 1.6%

How far does your child live from school?

Less than 1/4 mile: 0.0%
1/4 to 1/2 mile: 6.6%
1/2 to 1 mile: 9.8%
1 to 2 miles: 19.7%
More than 2 miles: 62.3%
Don't know: 1.6%

Does your student EVER walk or bike to school?

Yes: 24.6% **No: 75.4%**

Prior to Youth BEST Program, has your student asked to walk or bike to school in the last year?

Yes: 34.4% **No: 65.6%**

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

Yes: 55.7% **No: 44.3%**

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

Yes: 52.5% **No: 45.9%** **No answer: 1.6%**

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.

Average pre-program quiz score: 48.8%
Average post-program quiz score: 85.1%
Percent change in quiz score: +74.3%



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?

Yes: 19.4%

No: 38.9%

I don't know: 41.7%

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

Yes: 30.6%

No: 36.1%

I don't know: 33.3%

Does your school have a Safe Routes Map?

Yes: 36.1%

No: 36.1%

I don't know: 27.8%

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

Yes: 30.5%

No: 52.8%

No answer: 16.7%



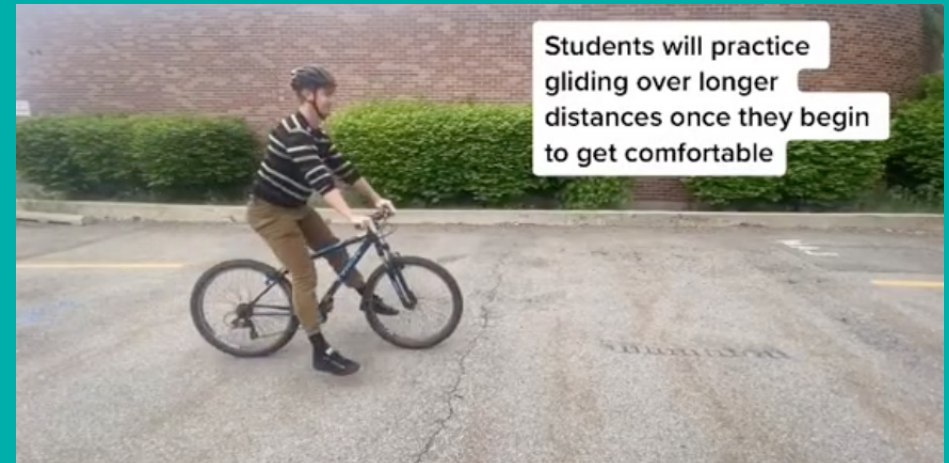
Pandemic Response

Like much of the world, the COVID-19 pandemic that began in early 2020 put an abrupt stop to in-person programming for Youth BEST. In an effort to utilize our continued funding within sight of initial annual proposals, the Youth BEST team temporarily shifted to the creation of digital content while staying prepared for a return to in-person programming. This shift supports our efforts to engage young people throughout Utah to stay active and get outside safely while taking adequate precautions in observation of the pandemic. Efforts have focused on updates and additional scaffolding of our program curriculum. Updates to the BEST website include the addition of a Learn to Ride page and a compilation of resources that range from places to get a bicycle or helmet to resources for adaptive cycling needs. We've also made translations to outward-facing documents such as permission slips and parent surveys into Spanish, French, Chinese, and Arabic.



TikTok

The Youth BEST program launched a TikTok social media page on April 1, 2020. TikTok was chosen as the preferred platform because of its widespread use among students within the 4th-7th grade range, as well as the platform's ability for interaction



with students. Interactions include video sharing, discussion forums for each video activity, and creative interactions such as #duet which encourages users to replicate the activity in a side by side video production. As of June 29th, 2020, tiktok.com/@bikeutah has received 4,308 total views and hosts 30 educational videos that inspire students to get outside and ride safely.

Learn to Ride

The Youth BEST team is regularly contacted by parents and guardians seeking information about how to teach students to ride a bike. The BEST team worked collaboratively to create the "learn to ride" webpage. The page contains 8 videos that are entirely the product of the Youth BEST team and cover some basic strategies to get new riders rolling. The site has been viewed 186 times during its first active month in June 2020.

Instructional Videos

In addition to the basics of riding a bicycle, the BEST program focuses on how to safely navigate roads, trails, parking lots, and sidewalks as a vehicle. Video content to further support these actions has been created by the Youth BEST team with topics including "where to ride in the road", "using box turns", "navigating railroad crossings" and "lubricating a chain". These videos are available at www.BikeUtah.org.

Planning Our Return

In anticipation of schools returning to in-person programming for the 2020/21 school year, the Youth BEST team has discussed changes in implementing our program and has been working diligently to be ready for various scenarios. Our tires are pumped up, our chains are lubed, and our staff is excited to meet with students again!



COVID-19 Safety Protocols have been created to ensure equipment is sanitized and safe for regular student use in various situations.



Active communication with schools and youth organizations has been consistent in order to accommodate the potential needs of schools as well as the safety of our staff.



Multiple contingency plans have been created including condensed programming, courses hosted outside of schools and school hours, and further digital engagement tools.

And on the Horizon

If safety risks persist into the 2020/21 school year, the Youth BEST team will continue working on the following:

- Student Advocacy Toolkit
- Community Access to our Curriculum
- Detailed curriculum translations
- Expanded bicycle education video content



Sponsors

Thank you to our generous grant sponsors and donors. We could not do this without you!



Utah Department of Public Safety
Highway Safety Office



**UNION PACIFIC
FOUNDATION**

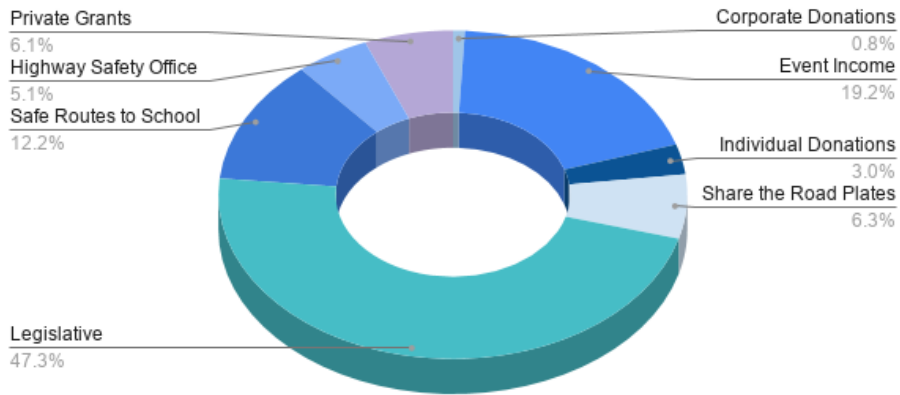
Union Pacific Foundation



Funding

July 2019- June 2020	
Income	
Corporate Donations	\$4,050.00
Event Income	\$94,430.00
Individual Donations	\$14,540.12
Share the Road Plates	\$31,000.00
Grants	
Legislative Appropriation	\$232,064.50
Safe Routes to School	\$60,000.00
Highway Safety Office	\$25,000.00
Private Grants	\$30,000.00
Total Income	\$491,084.62

BEST Funding July 2019 - June 2020



Team



Jace Burbidge
Program Manager



Lulu Avila
Program Coordinator



Mary Walter
Program Coordinator



Vince Lok
Program Coordinator



Crys Lee
Executive Director





Making Utah a Better Place to Ride

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