



BikeUtah

BIKEUTAH.ORG

BikeUtah

LOADS 26,000 GVW
US DOT 392221 NOT FOR HIRE

ABC Quick Check
A ir
B rakes
C hain
Quick Release

4 STEPS TO BE BOLD
1. Wear and Respect your helmet
2. Ride single file with ghost space
3. Follow traffic laws
4. Respect your bike, other vehicles, and yourself

STOP

YIELD

ONE WAY

ROAD WORK



Our Goal

Our Impact

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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 five of the program...



Over 800 students completed our program at 14 sites around Utah when school visits resumed in April 2021



78% increase in bicycle safety knowledge and 100% of students learned all necessary on-bike riding skills



138.51% increase in bicycling at participating schools



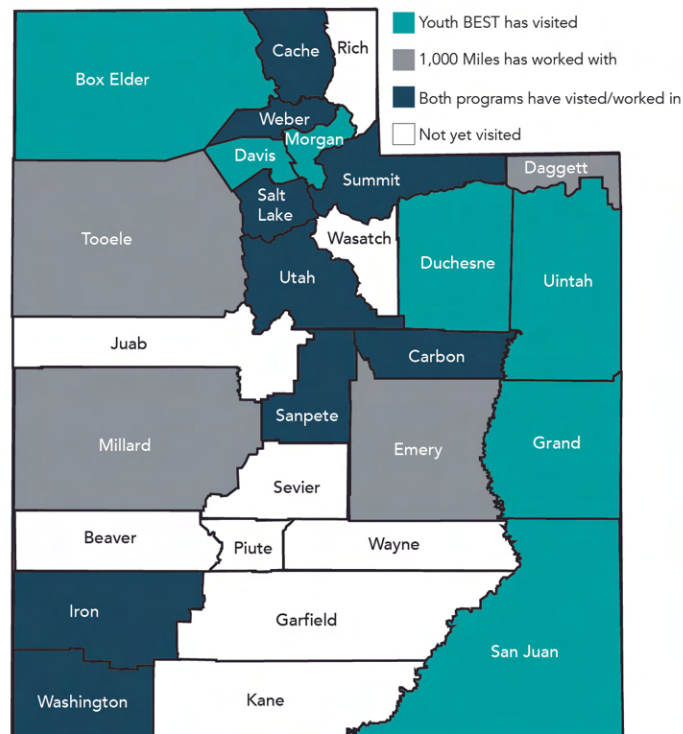
76.47% of parents/guardians reported that their student is more interested in bicycling or walking to school post-programming



Offered 67 open-enrollment community sessions and taught 26 children skills to safely navigate roadways via bicycle



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 2021, Youth BEST and the 1,000 Miles Campaign have worked in 20 of Utah's 29 counties, with more to come!

Program Highlights

For the 2020/2021 school year, the Youth BEST program cautiously monitored and discussed safe approaches to offer our program during the ongoing COVID-19 pandemic. With on-site programming at schools still not an option for the Fall (and largely into the Spring with visits resuming mid-April 2021), the Youth BEST team channeled their energies into several other projects that could still benefit communities throughout Utah.

1 Modified Youth Programming

During the Fall months the team regularly offered a condensed 2-day course to limited class sizes of youths. Classes were held in Salt Lake Valley at Oquirrh Park and Taylorsville Recreation Center with COVID-19 safety precautions.

2 Smart Cycling Classes

All Youth BEST team members are certified League Cycling Instructors through the League of American Bicyclists. With this accreditation we are offer Smart Cycling Classes to communities along the Wasatch Front. This free course covers a broad overview of bicycling topics that range from proper bike fitting to more advance on-bike skills. Bike Utah has hosted two classes: one in Salt Lake City and one in partnership with the Orem Bicycle Coalition.

"Our daughter LOVED the program! She came home and taught us and her little sister all about it. She knew things I had never heard before. She went around adjusting our helmets and checking out bikes. We take more family bike rides now and I love to see her confidently using the hand signals. She loved your program!" - Kay's Creek Parent





“Amazing program. Taught my daughter to ride a bike!!” - Kay’s Creek Parent

3 Community Bike Fix Days

The Youth BEST team hosted two bike fix days in September and October 2020 at Oquirrh Park and Taylorsville Recreation Center.

4 Free Bikes 4 Kidz

The Salt Lake City chapter of Free Bikes 4 Kidz receives donated bikes in various states of functionality and repairs them to working condition so they can be gifted to youths in need or who face challenges in obtaining a bike. The Youth BEST team volunteered our mechanic skills weekly to tune-up bicycles.

5 Vueltas Con Papá

On June 20th, 2021 Bike Utah hosted our first ever free Latino community bike repair event, Vueltas Con Papá in Salt Lake City with the help of community partners. This event included free bike repairs, a helmet giveaway, and informational pamphlets all in Spanish for adults and children in an effort to strategically connect with underrepresented riders in our community. A total of 16 bikes were repaired, 20 helmets were gifted and 52 community members attended our event.

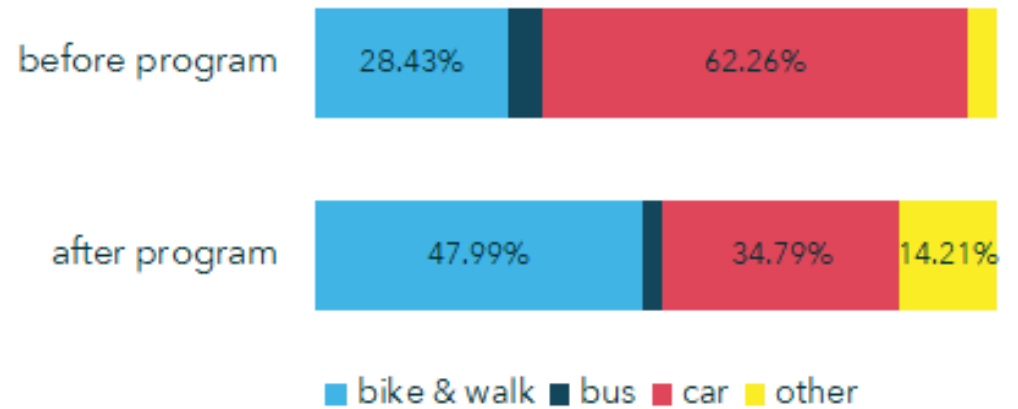
Detailed Outcomes & Data

Schools and Programs Where the Youth BEST Program was Administered:

- Robert Frost Elementary - West Valley City
- Truman Elementary - West Valley City
- Kay's Creek Elementary - Kaysville
- Forbes Elementary - American Fork
- Centennial Elementary - Orem
- Bonneville Elementary - Orem
- Utah International Charter School - Salt Lake City
- Mountain View Elementary - Salt Lake City
- West Clinton Elementary - Clinton
- Copper Hills - Magna
- Mountain Green Middle School - Mountain Green
- Central Park - South Salt Lake
- Columbus Center - South Salt Lake
- Historic Scott School - South Salt Lake

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 2020/21 calendar year as collection was impeded by the COVID-19 pandemic and shutdown of schools statewide.



Mode of Transportation to and from School		
	before program	after program
Bicycling	6.31%	15.05%
Walking	22.12%	32.94%
School Bus	4.96%	3.01%
Family Vehicle	53.66%	24.92%
Carpool	8.60%	9.87%
Public Transit	0.58%	0.00%
Skateboard, scooter, other	3.76%	14.21%



Parent Surveys:

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

Grade level of student participant for the following data:

- 4th grade: 64.71%
- 5th grade: 35.29%

How far does your child live from school?

- Less than 1/4 mile: 5.88%
- 1/4 to 1/2 mile: 23.53%
- 1/2 to 1 mile: 35.29%
- 1 to 2 miles: 29.41%
- More than 2 miles: 5.88%

Does your student EVER walk or bike to school?



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



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



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 No

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: 48.12%

Average post-program quiz score: 85.86%

Percent increase in quiz score: 78.48%



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: 0%

No: 62.5%

I don't know: 37.5%

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

Yes: 31.25%

No: 43.75%

No answer: 18.75%

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

Yes: 25%

No: 43.75%

I don't know: 31.25%

Does your school have a Safe Routes Map?

Yes: 50%

No: 43.75%

No answer: 6.25%



Pandemic Response

Though regular school visits were postponed and didn't start up again until April 2021 due to the ongoing pandemic, the Youth BEST Program adapted programming with a diverse roster of community outreach programs. The Youth BEST Program created the Learn to Ride series: an 8 video series to teach new riders how to ride their cycle and build confidence. Additional digital resources were created to support advanced riders to improve their cycle handling skills such as the Box Turn, Railroad Safety, and Where To Ride On The Road videos.



In addition to video content, the Youth Best Program created "What To after A Cycle Crash", a critical resource that acts as a comprehensive local directory that includes local advocacy groups, injury lawyers, and a step by step guide of what to do after being struck by a motorized vehicle on a cycle.

While developing electronic resources, the Youth BEST Program completed Spanish translations for the 20/21 BEST Curriculum, teaching boards, and student handouts. Translations for all parent/guardian consent forms were also created in the following languages: Spanish, French, Arabic, and Chinese.

Sponsors

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



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Team

It's with a heavy heart that we share that Jace Burbidge departed the BEST team and moved on to pursue other opportunities. Jace founded and launched the Youth BEST Program in 2016. We all appreciate their vision, leadership, and efforts in making the program the success it is today. We wish them the best, and at the same time welcome Ashley Carlson as our new program manager, who we are excited to see continue to lead and grow the BEST program!



Crys Lee
Executive Director



Ashley Carlson
Program Manager



Lulu Avila
Program Coordinator



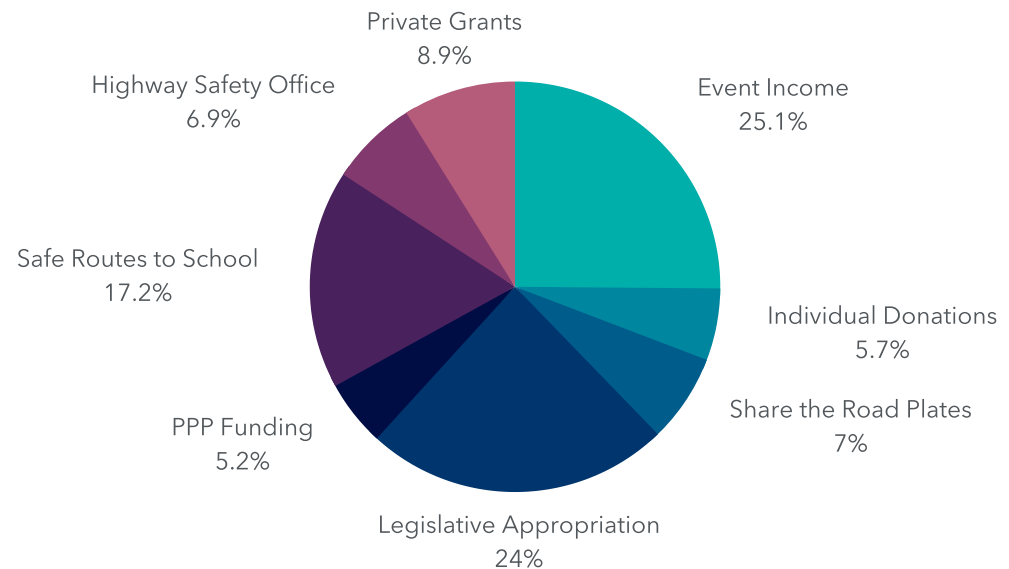
Mary Walter
Program Coordinator



Vince Lok
Program Coordinator

Funding

July 2020 - Jun 2021	
Unrestricted Funds	
Corporate Donations	\$2,500.00
Event Income	\$109,293.07
Individual Donations	\$24,637.51
Share the Road Plates	\$30,250.00
BEST & Temporarily Restricted Funds	
Legislative Appropriation	\$104,429.03
PPP Funding	\$22,657.78
Safe Routes to School	\$75,000.00
Highway Safety Office	\$30,000.00
Private Grants	\$38,650.00
Total Income	\$437,417.39



Thanks for walking
scooting and

Bike



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