



# YOUTH BICYCLE EDUCATION AND SAFETY TRAINING PROGRAM



## 2016-2017 IMPACT REPORT

[www.bikeutah.org](http://www.bikeutah.org)

# 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 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 one of the program . . .



3,053 students (13% of the number of 10-year-olds in Utah) at 44 schools and community organizations have completed the program



77% increase in bicycle safety knowledge after completing the program



145% increase in bicycling and a 65% increase in walking at participating schools



34% 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

Dear Bike Utah,

Thankyou so much for all the things you taught us! I honestly didn't know there is so many things to biking, 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 Students at Mt. Pleasant Elementary (left) and Odyssey Elementary in Ogden (right).**

I like this class. I don't feel scared with my bike either.

This was so fun thanks for teaching me how to ride a bike! (Jace)

I loved this class

P.s. you were a great teacher 😊

You are awesome Jace!



This was really fun thank you this makes me always want to ride a bike.

"I am thoroughly impressed at the patience and dedication of the Bike Utah people. Not only did Mitch learn to ride, but he did the after school class. Several times a day he asks about riding a bike after school, plotting ways to ride his bike to school (we live over 20 miles away), riding on short-day Friday, and asking constantly for time to go ride. He LOVES it!"

**- Shannon Wilson, Parent of a Youth BEST Participant**



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



**We were also able to partner with two other nonprofits to give away 25 bicycles with helmets and locks to students in need.**

**(Right from the Wasatch Elementary School Principal)**

Jace,  
Thank you for your significant contribution to Wasatch. Our students loved the bike program. I have received so much amazing feedback from students, teachers and parents. I can't tell you how grateful I am for procuring bikes for our students. All you have done has made such an impact on our entire community.

Many thanks to you,  
Deborah

# DETAILED OUTCOMES AND DATA

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

Buffalo Point Elementary - Syracuse; Odyssey Elementary - Ogden; Meadowlark Elementary - Salt Lake City; Riley Elementary - Salt Lake City; Salt Lake City Youth Services; Dixon Middle School - Provo; Robert Frost Elementary - West Valley City; Lincoln Elementary - Salt Lake City; Salt Lake Arts Academy - Salt Lake City; Salt Lake Bicycle Collective; Springdale Elementary - Springdale; Valley Academy - Hurricane; Santa Clara Elementary - Santa Clara; Lava Ridge Intermediate - Santa Clara; Pacific Heritage Academy - Salt Lake City; Jackson Elementary - Salt Lake City; Horizon Elementary - Washington; Foxboro Elementary - Woods Cross; Edison Elementary - Salt Lake City; Kennedy Junior High School - West Valley City; Wasatch Elementary - Salt Lake City; Madeleine Choir School - Salt Lake City; Mt. Pleasant Elementary - Mt. Pleasant; Valley View Elementary - Pleasant Grove; Kay's Creek Elementary - Kaysville; Copper Hills Elementary - West Valley City; Coral Canyon Elementary - St. George; Shadow Valley Elementary - Ogden; Backman Elementary - Salt Lake City; Uinta Recreation District - Vernal; YWCA Community Family Center - Ogden; Marshall White Center - Ogden; Oquirrh Hills Elementary - Kearns; Matheson Jr. High School/Youth Services - South Salt Lake; Logan Parks & Recreation - Logan; Kearns Library - Kearns; West Valley Elementary - West Valley 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.

42.67% - Average pre-program quiz score  
75.33% - Average post-program quiz score  
+76.56% - 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.

**171 - Number of respondents**

**Grade level of student participating with Bicycle Safety class:**

1.8% - 1st Grade  
14.6% - 4th Grade  
46.8% - 5th Grade  
25.7% - 6th Grade  
8.8% - 7th Grade  
2.4% - 8th Grade

**How far does your child live from school?**

10.7% - Less than 1/4 mile  
5.3% - 1/4 to 1/2 mile  
18.3% - 1/2 to 1 mile  
24.9% - 1 to 2 miles  
39.6% - more than 2 miles  
1.2% - Don't know

**Does your student EVER walk or bike to school?**

40.5% - Yes  
59.5% - 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?

52.4% - Yes

47.6% - No

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

70.1% - Yes

29.9% - 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?

61.9% - Yes

38.1% - 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:

1.43 to 3.52 - Bicycling to school

1.40 to 3.42 - Bicycling from school

3.79 to 5.83 - Walking to school

3.93 to 6.87 - 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?

19.5% - Yes

48.8% - No

31.7% - 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?

29.3% - Yes

41.5% - No

29.3% - I don't know

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

45.0% - Yes

15.0% - No

40.0% - I don't know

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

43.3% - Yes

56.7% - No

This data is only a small percentage of what we have from the program assessments. Feel free to contact Bike Utah at [info@bikeutah.org](mailto:info@bikeutah.org) if you would like more detailed information.

# OUR PLANS

The Youth BEST Program is continuing in the 2017-2018 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.



## Growing the Reach of the Youth BEST Program

In year one of the program, we exceeded our goal of reaching 3,000 students across Utah. In year two, 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).



## 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. In order to expand our impact, we are working with schools to implement safe bicycle lanes, sidewalks, and crosswalks so more kids can confidently get to school by bike and on foot.

# THANK YOU TO OUR 2016-2017 SPONSORS

**Utah Department of Transportation -  
Safe Routes to School Program  
Sorenson Legacy Foundation  
Wasatch Front Regional Council  
Mountainland Association of Governments  
Utah Department of Health - EPICC Program  
Patagonia ~ George S. and Dolores Dore Eccles Foundation  
Mavic ~ Trek Bicycle ~ Utah Transit Authority**

Learn more at [www.bikeutah.org/youth](http://www.bikeutah.org/youth)