

LA MESA SAFE ROUTES GUIDE



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Table of Contents

- La Mesa’s Safe Routes to School Program.....4**
- Safe Routes to School Activities.....6
- Walkability Workshops.....6
- 5 E’s Safe Routes to School Program Planning Workshops.....6
- Suggested Routes to School Map.....6
- I Drive 25 Campaign.....7
- Parent Champion Training.....7
- Evaluation.....7
- SRTS Encouragement Activities.....7
- Walk to School Days.....8
- Walk on Wednesdays (WOW).....9
- Bike Trains.....10
- SRTS Encouragement Activities: Best Practices.....10
- Donations.....10
- Scheduling and Logistics.....10
- Volunteers.....11
- Starting an Informational Walking School Bus or Bike Train.....12
- Safety on the Walking School Bus/Bike Train.....12
- Conclusion.....14
- Intergenerational Volunteer Program.....17**
- Launching a Program.....17
- Assessing the Need.....17
- Ideal Neighborhood Characteristics.....18
- Prioritizing.....18
- Developing a Program.....18
- Schedule.....18
- Locations.....18
- Volunteer Position Descriptions.....19
- Recruitment Strategy.....20
- Volunteer Requirements.....21
- Incentivizing Volunteers.....21
- Volunteer Training.....22
- Benefits of Volunteering.....22
- Evaluation.....23
- Conclusion.....23

INTRODUCTION

Over the last few decades, the number of children walking and biking to school has decreased dramatically, from approximately 50% in 1969 to less than 15% today. One reason fewer children walk or bicycle to school is because school buildings are being built further from the center of a community, in areas that are inaccessible by foot. This makes it more difficult for children to travel to school without their parents driving them. A lack of sidewalk, or safe places to cross in front of a school, and parents' fears of crime and danger, perceived or real, also contribute to the number of children and youth that are driven to school. This has resulted in unintended consequences, such as issues with traffic congestion and air pollution around schools, and increased rates of childhood obesity and diabetes. A Safe Routes to School (SRTS) program is part of the solution and we are excited that you are interested in beginning or continuing a program!

DEFINING SAFE ROUTES TO SCHOOL

WHAT ARE SAFE ROUTES TO SCHOOL PROGRAMS?

Safe Routes to School (SRTS) programs are part of a national and international movement to create safe, convenient, and fun opportunities for children to walk and bike to and from school. Programs involve sustained efforts by parents, schools, and community leaders along with local, state, and federal governments designed to improve the health and well-being of children by enabling and



encouraging them to walk and bike to school. SRTS programs examine conditions around schools and conduct projects and activities that improve safety and reduce traffic and air pollution in the vicinity of schools. As a result, these programs make walking and bicycling to school a safer and more appealing transportation choice, thus encouraging a healthy and active lifestyle from an early age in the hopes of reversing the alarming nationwide trend toward childhood obesity and inactivity.

HOW CAN SAFE ROUTES TO SCHOOL PROGRAMS AFFECT TRAFFIC SURROUNDING THE SCHOOL? As much as 26 percent of morning traffic can be school-related. Travel-to-school accounts for 7 to 11 percent of non-commuting vehicle traffic. This figure does not include trips during which parents drop off their children on the way to work, so the actual proportion of school-related traffic is likely much higher. Traffic can lead to even less walking or biking. As more children are driven, more parents become convinced that traffic conditions make it unsafe for walking or bicycling and they also choose to drive their children to school. If more children walked or biked to school, it would reduce the number of cars near the school at pick-up and drop-off times, making it safer for pedestrians and bicyclists.

WHAT ARE POTENTIAL HEALTH IMPACTS OF SAFE ROUTES TO SCHOOL PROGRAMS? Schools placed in neighborhoods near residential areas with a good street and sidewalk network have more students arriving by bicycle and on foot. Air quality is measurably better at such locations. Walking and biking to school provide opportunities for children and families to also reduce their carbon footprint and contribute to the health of the environment. Safe Routes to School programs, through an increase in physical activity, can also have the following health benefits:

- Healthier weight and blood pressure
- Improved bone, muscle and joint health
- Reduction in the risk of diabetes
- Improved mental health
- Better academic performance

LA MESA'S SAFE ROUTES TO SCHOOL PROGRAM

WHO? The **City of La Mesa**, in partnership with **WalkSanDiego**, and with support from the **County of San Diego Health and Human Services Agency** and the **La Mesa-Spring Valley School District**, implemented the SRTS program at eight La Mesa Schools: La Mesa and Parkway Middle Schools; Lemon Avenue, La Mesa Dale, Maryland Avenue, Murray Manor, Northmont and Rolando Elementary Schools.

WHAT? *“La Mesa Kids Walk & Roll to School”* has been a four-year, federally funded program implementing the 5 E’s of **Safe Routes to School**: education, encouragement, enforcement, engineering, and evaluation activities.

The 5 E’s capture the wide range of activities included in a SRTS program:

- **Education** – Teaching children and adults about the broad range of transportation choices, instructing them in important lifelong bicycling and walking safety skills, and launching driver safety campaigns in the vicinity of schools.
- **Encouragement** – Using events and activities to promote walking and bicycling and to generate enthusiasm for the program with students, parents, staff and the surrounding community.
- **Engineering** – Creating operational and physical improvements to the infrastructure surrounding schools that reduces speed and potential conflicts with motor vehicle traffic, and establishes safer and fully accessible crossings, walkways, trails, and bikeways.
- **Enforcement** – Partnering with local law enforcement to ensure that traffic laws are obeyed in the vicinity of schools, including enforcement of speed limits, ensuring drivers yield to pedestrians in crosswalks, and initiating community enforcement such as crossing guard programs and student safety patrols.
- **Evaluation** – Monitoring and documenting outcomes, attitudes and trends through the collection of data before and after the SRTS program interventions.



WHEN? The program, which began in the fall of 2009, was funded for four years. The goal has been to create a sustainable **Safe Routes to School Coalition** at each school so that when the grant ended, the program and its benefits will continue on at the school.

PROGRAM GOALS

The goals of La Mesa's Safe Routes to School program are to:

- Encourage families to walk and bike to school
- Improve traffic safety and circulation around schools
- Increase the number of parents who allow their children to walk and bike to school
- Educate students about safe and legal bicycling and walking behavior
- Improve air quality around local schools
- Improve health of children in La Mesa
- Establish a core group of stakeholders at each school to support and maintain a Safe Routes to School Program
- Educate stakeholders about Safe Routes to School and gain support to expand the Program throughout the City of La Mesa.

EXPANDING THE PROGRAM

In 2012, an Intergenerational Volunteer component was added to the Safe Routes to School program, and the name was changed from "La Mesa Kids Walk & Roll to School" to "La Mesa Walk & Roll Safe Routes." This is more inclusive of the entire community and expanding walking and biking options for everyone. Parents in La Mesa have identified traffic safety, violence, lack of adult supervision, infrastructure needs, and a lack of crossing guards as reasons for not allowing their children to walk or bike to school. Many of the students that live within walking or biking distance of their schools are driven by parents



because of these concerns as well as parents' busy schedules. Although the existing SRTS program considered these issues and incorporated them into the project, there continued to be parental and student concerns over safety. Additionally, La Mesa has one of the highest concentrations of older adults in the East Region of San Diego County, many of whom are retired and like to volunteer. Engaging trusted older adult residents to increase safety and ease parents' fears seemed a perfect fit for the program. Volunteering has great benefits for older adults as well. The last section of this Guide is dedicated to the Intergenerational Volunteer component of the SRTS program.

SUMMARY OF SAFE ROUTES TO SCHOOL ACTIVITIES IN LA MESA

Since 2009, the program has conducted several workshops and activities at the eight participating schools. These include:

- Walkability workshops and walk audits
- 5 E's Safe Routes to School program planning workshops
- Suggested Route to School Maps
- I Drive 25 campaign
- Parent Champion Volunteer Training
- Intergenerational Volunteer Training
- Evaluation of program activities
- SRTS Education and Encouragement Activities
 - Walk and Bike to School Days
 - Frequent Walker/Roller Cards
 - Walking School Buses/Bike Trains
 - Bicycle rodeos



Details about these activities can be found in this Guide. It provides samples and resources to begin or continue encouraging families to walk and bike to school.

SAFE ROUTES TO SCHOOL ACTIVITIES

WALKABILITY WORKSHOPS

Walkability Workshops were conducted at each of the eight project schools with parents and school staff to educate participants on walkable communities and discuss barriers to walking and biking in their school neighborhood. Participants were led on a walk audit where they identified their concerns and were led through a mapping exercise to document barriers and prioritize them for future funding opportunities. Each school has an Infrastructure Improvement Plan, developed based on workshop input, which the City has used and continues to use to apply for infrastructure grants. See Appendix A: Page 3 for a sample plan.

5 E'S SAFE ROUTES TO SCHOOL PROGRAM PLANNING WORKSHOPS

5 E's SRTS Workshops were also held at each of the participating schools to educate parents and school staff about Safe Routes to School activities that could be implemented at the school, including Walk to School Days, Walking School Buses and an I Drive 25 campaign. Workshop participants selected activities they would like to implement at their school and a Plan was created to help guide the activities. See Appendix A: Page 5 for a Safe Routes to School Activities Plan sample. Some of the identified activities are currently being implemented, while others may not have begun yet. If there is a particular activity you would like to conduct at your school, talk to the principal, PTA, and the City's Safe Routes to School Coordinator to get their support and guidance.

SUGGESTED ROUTES TO SCHOOL MAP

Suggested Routes to School Maps were developed for each school based on parent input. At workshops and outreach events, parents were asked to identify the routes they take to school that they would suggest to others and those that are in need of improvement. Maps were developed showing both 'suggested' and 'other' routes so that families can plan their walking and biking routes accordingly. The safest route may not be the most direct, but it is important

to make choices based on safety, such as presence of sidewalks and crosswalks and a low speed limit. A sample Suggested Routes to School Map can be found in Appendix A: Page 7.

I DRIVE 25 CAMPAIGN

A Pace Car program, or I Drive 25 campaign, was rolled out in 2012 to educate drivers in the school neighborhood about safe driving and remind drivers to obey the speed limit. Each school was provided with magnets that say “I Drive 25 in School Zones” for drivers to put on the back of their vehicle to help remind drivers behind them to slow down in school zones. Drivers sign a pledge and return it to the school office or Parent Champion and receive the magnet in exchange. See Appendix A: Page 8 for the pledge.



PARENT CHAMPION TRAINING

Dedicated Parent Champions were identified through outreach efforts at each of the participating schools except Parkway Middle School. Parent Champions attended monthly meetings through the project and received training on Safe Routes to School activities while helping to coordinate activities at their school. These volunteers have been an integral part of the success of this program. To continue or expand efforts at your school, talk to your principal about who the Parent Champion has been and contact them for more information. Together, the program can continue to grow at your school. New volunteers should be identified annually, as some may have moved on to other schools. There are additional in-depth resources in the SRTS Resources Appendix if you would like more information.

EVALUATION

Evaluation is an important part of any program. We have used two evaluation instruments throughout this project: the Parent Survey on Walking and Biking to School and the Student Travel Tally. Parent surveys and student tallies were conducted at the beginning of and during the program, and will be conducted again after the conclusion of the program in October 2013. Parent surveys collect information on how children travel to school and parents’ feelings about their children walking and biking to school. The student tallies are administered in the classroom and collect information about how children arrived at school that day and how they plan to leave from school. A comparison of the pre- and mid-program data shows that there has been an average increase of 28.6% in walking to school and 33% in biking to school. This is encouraging and we hope that active transportation becomes part of the culture at each school!

SRTS ENCOURAGEMENT ACTIVITIES

Many activities have been conducted and events celebrated since the program began in 2009. This section of the Guide explains some of the activities and offers guidance on how to implement. There are additional in-depth resources in the SRTS Resources Appendix if you would like more information.

WALK TO SCHOOL DAYS

A Walk to School Day or Walk & Roll Day is a great way to promote walking and biking to school. A Walk to School Day can be any day of the year or as many days of the year that your school finds feasible.

A Walk to School Day can be part of the International Walk to School Day (IW2SD) held in October each year. IW2SD is a celebration where millions of walkers around the world walk to school hoping to create communities that are safe places

to walk, improve streets, promote healthier habits and conserve the environment. This event is a great way to celebrate and promote walking and physical activity among all students, whether or not they can walk to school from home. The emphasis is on creating awareness about walking to school.



National Bike to School Day was launched in 2012 for similar reasons, but with a focus on bicycling to school. Schools in La Mesa have participated, but there are a few key pieces of information to keep in mind: the age or grade that students are allowed to bike to school, determining routes that are safe for biking (which may be different than safe walking routes), and ensuring that all students are wearing helmets. Scheduling a bike rodeo to coincide with Bike to School Day is a great way to educate students about safe riding while providing them an opportunity to practice their skills. The La Mesa Police Department provides bike rodeos to local elementary schools. To schedule a bike rodeo for your school, contact the School Resource Officer at your local Police Department by calling 619-667-1400 and work with your principal.

Throughout this project, schools have been celebrating International Walk to School Day with the following activities:

- Students have been encouraged to participate in IW2SD annually, with meeting locations and routes advertised on flyers and in e-blasts, in reverse phone call announcements, and at Peace Circle before school. The event is also put on each school's calendar and on marquees in front of the schools.
- Promotional materials have been provided to students, including bracelets, flashlight keychains, sneaker keychains, stickers, and T-shirts, to encourage students to participate in the event. Snacks and water are also often donated by a local store or through a partnership with the Safe Routes to School National Partnership or iCommute's School Pool program. See Appendix A: Page 9 for a list of vendors that have been used throughout this project to purchase incentive items. See Appendix A: Page 10 for more information on SchoolPool.
- Contests have been held at each school to see which class has the greatest number of students that walked or rolled (e.g. bike, skateboard, wheelchair) to school. The winning

classrooms have received rewards, such as pedometers and sneaker keychains, to recognize their achievement.

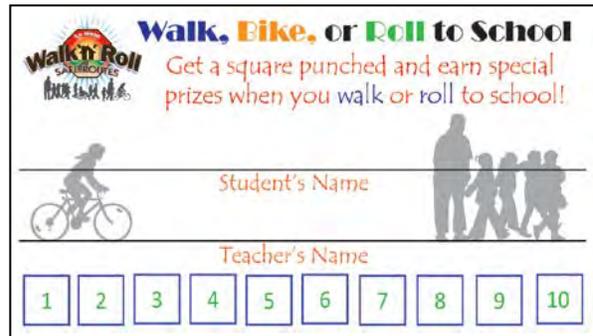
- A contest has also been held between schools each year to encourage school unity and participation in IW2SD, with rewards such as bicycles being raffled off at the winning school.

WALK ON WEDNESDAYS (WOW)

Another encouragement program to increase events beyond once a year and for those that are not able to walk or bike everyday of the week is the 'Walk on Wednesdays (WOW)' campaign to promote students walking to school on Wednesdays. Of course, biking and other forms of human-powered transport (e.g. skateboard, wheelchair) are encouraged as well. Provide students with small incentives, if possible, to keep them excited about WOW. Their participation can also be tracked each week and regular walkers and rollers can be recognized at a year-end assembly.

FREQUENT WALKER/ROLLER CARDS

One way to track participation is through Frequent Walker/Roller Cards. Similar to a coffee shop loyalty card, the Walker/Roller Cards have space to punch the card each time the student walks or rolls on a designated day. Once the card is full, students can turn it in to a teacher or to the office in exchange for a prize or to be placed in a raffle. These have been used in various ways in La Mesa, with some schools collecting cards after five punches, handing out small prizes, and then returning the card to the student, and others collecting cards after all ten spots are punched and then entering students into a raffle for a larger prize. This keeps children motivated throughout the year and serves as a reminder to walk or roll to school!



WALKING SCHOOL BUS

A "Walking School Bus" is a group of students who walk to school along a set route making "bus stops" to pick up more students along the way. The "bus" includes an adult supervisor who acts as the "bus driver." Not only is a Walking School Bus good for the environment, it's a great way for children to enjoy fresh air and physical activity while walking and talking with their neighbors. A Walking School Bus route should be selected based on safety and children can be picked up from their homes or designated "bus stops" at designated times. It can be as informal as a few parents alternating days to walk their children to school, or as formal as a name for each route and alternate "bus drivers" if a leader can't make it one morning. Ideally, a Walking School Bus would run every day or on a regular schedule so that families can rely on the program. Some programs only travel to school because many children have after school programs, go somewhere other than their home after school, or may not have a parent waiting for them at home. At one of the schools in La Mesa, the Walking School Bus stops at designated

locations at designated times each morning. A list of locations, times, participating students, and Walking School Bus Leaders is provided to each participating family. There are even policies for weather, with some students identified as joining the Walking School Bus later in the fall after the weather cools down, and others not participating on rainy days. Thankfully, in La Mesa, the heat is only an issue for a few weeks each school year and there is no snow to worry about! Information about starting a Walking School Bus can be found below in the Best Practices section.

BIKE TRAIN

A Bike Train is just like a Walking School Bus, except students ride their bikes to school with one or more adults. A Bike Train can be started using similar steps to the ones outlined in this guide for Walking School Busses. A few more details will need sorting, such as acquiring safety gear and learning and teaching safe bicycling behavior and rules of the road. As mentioned previously, the La Mesa Police Department provides bike rodeos to local elementary schools which are a great way to teach students safe biking skills. The San Diego County Bicycle Coalition also has great educational resources. To schedule a bike rodeo for your school, contact the School Resource Officer at the local Police Department at 619-667-1400 and work with your principal.



SRTS ENCOURAGEMENT ACTIVITIES: BEST PRACTICES

DONATIONS

Many volunteers and community partners are involved in holding a successful Walk to School Day or other SRTS event. Providing incentives to participants, however small, helps create excitement around the event. Securing donations for incentives is an important part of sustaining the program. A sample donation request letter can be found in Appendix A: Page 12 and is a great start to asking for donations. Calling ahead or dropping off the letter in person will help to forge a connection with the business and increase chances that they'll donate to your event. Ideas for incentives include gift cards, museum passes, running shoes, and even coupons to local establishments.

SCHEDULING & LOGISTICS OF YOUR EVENT

As mentioned, Walk and Bike to School Days can be scheduled to coincide with annual national or international events or for another day if these events do not coordinate well with your school calendar.

Begin by looking at your school calendar to determine if there are any potential conflicts, such as a school break or standardized testing. Standardized testing occurs each year in every school, but schedules can vary. It is important to know the "testing window" that each school has and plan accordingly. While we know that being active, such as walking or biking to school, have been shown to boost academic performance, many principals are hesitant to schedule any

activities during testing. If the principal at your school is amenable to it, then go for it! Holding an event on the same day may encourage more students to be present and on time that morning. Back to School nights and Open Houses are another consideration. Try to schedule the Walk or Bike to School Day after these events as they provide a great opportunity to outreach to parents and drum up excitement. Once you know when you would like to hold your event, speak with the principal and the PTA. The principal will need to approve the event, and the PTA will be a great resource to help plan and advertise. Get it on the calendar as soon as possible!

Another important factor to ensuring a successful event is consistency. If Walk or Bike to School Days are going to be held regularly, it is best to schedule them consistently, such as the 1st Wednesday of the month or every Wednesday (see above for information on Walk on Wednesdays). This will lessen confusion for everyone about when the next event is being held. Consistent promotion is important as well. If a reminder is sent out via the reverse telephone call two days before the event, then this same process should be used each time. If multiple schools in the school district are



participating, it helps to have consistent days at each school, although this may not always be possible. It helps to create more awareness of the event for families and community members, which leads to higher participation and a safer walk or bike to school.

There are several levels of walk or bike to school events. The most low-key option is to encourage students and families to walk/bike from wherever they like, most likely from home or a friend's house. The next level beyond encouraging walking/biking is to identify streets near the school that have available parking and encourage parents to park and walk from a few blocks away. Flyers that outline potential streets are a great way to get the word out. A third option, one more organized and easily noticed by others, is to have students and volunteers gather at specific meeting locations near the school and walk/bike in a large group together. These gathering spots, or park and walk sites, could be a park or a parking lot that goes unused on weekday mornings, such as a church. These provide parking for families that live too far to walk/bike and space for everyone to get organized for the group walk or bike. When selecting park and walk sites and meeting locations, organizers should consider the number of families potentially participating, the space available and the safety of the walking and biking environment. A space to gather isn't the only requirement, a large group of students needs to be able to walk/bike safely from the park and walk site to the school. Ideally there would be park and walk sites from at least two locations (east and west of the school, for example) so that families from different parts of the attendance boundary can easily participate without driving further than they normally would.

VOLUNTEERS

Volunteers will be needed at the selected meeting locations and at the front of the school to greet walkers and rollers. The number of volunteers needed depends on how many meeting locations have been identified and how many students may be participating. It is also beneficial

to have an excited parent or student do regular reminders during Peace Circle (a morning gathering of all teachers and students with parents welcome) or during morning announcements.

In addition to asking parents at your school to volunteer for the event, volunteers may also be found through contacts with local government and organizations, such as the County's Health and Human Services Agency, WalkSanDiego, the San Diego County Bicycle Coalition, the local chapter of the Lions Club, and members of congregations near your school. See Appendix A: Page 13 for a list of contacts that may be able to help at your event.

WALKING SCHOOL BUS/BIKE TRAIN BENEFITS

Use these talking points to help families understand why the Walking School Bus is a great idea:

- Time savings – From reducing the number of days you drive your children to and from school
- Reduced traffic congestion – Fewer vehicles on our streets and in front of our schools means fewer collisions, less stress, and a safer commute environment
- Increased safety – Fewer cars in front of school mean greater safety for students
- Cost savings – Save money by reducing the amount of driving you do
- Meeting new friends – Every Walking School Bus is a social opportunity for children and parents
- Less pollution – Fewer vehicles means cleaner air for all of us
- Improved health – Walking helps to provide some of the minimum daily exercise that children need (60 minutes per day)

STARTING AN INFORMAL WALKING SCHOOL BUS OR BICYCLE TRAIN

- Invite families who live nearby to walk/bike
- Pick a route and establish a meeting spot
- Go on a test walk/ride of the route to check for potential problems
- Time the walk/ride
- Decide how often the group will walk/ride together
- Assign a chaperon – the “Bus Driver” or “Train Conductor”
- Provide reminders (call, email or text) for chaperons of their route and time
- Follow up with chaperons to see if routes are working well or need adjustments
- As more routes are added, track the schedule and contact information of chaperons
- Post flyers about the WSB/BT, including meeting spots and times
- Provide incentives for the walkers/bikers and recognize volunteers for their dedication
- Have Fun!

SAFETY ON THE WALKING SCHOOL BUS/BIKE TRAIN

Ensuring a safe walk/bike to school is vital. There are several steps involved including: Selecting the safest routes, having an adequate number of adults, and equipping participants with proper safety skills.



SELECTING THE SAFEST ROUTE

There are many things to consider when choosing the route you will take for your event:

- Where the group will walk/bike. Choose sidewalks or paths wherever possible even if this means the walk will take a bit longer.
- Where the group will cross the street. Minimize the number of street crossings. Avoid busy, high-speed roads whenever possible.
- How drivers behave. Notice if drivers yield to walkers and drive at safe speeds. Avoid roads that are conducive to speeding, such as wide main thoroughfares used by commuters in the morning.
- How the neighborhood feels. Use a route that avoids potential problems like loose dogs, criminal activity, and poor lighting.

ADULT SUPERVISION

For adequate adult supervision, the U.S. Center for Disease Control and Prevention (CDC) recommends:

- Ages 4 to 6: One adult for every three children
- Ages 7 to 9: One adult for every six children
- Ages 10 and older: Fewer adults may be necessary



PEDESTRIAN SAFETY SKILLS

Safe walking behaviors can be taught as a parent walks with a child and/or as an organized training. See Appendix A: Page 14 for important pedestrian and bicycle safety tips that everyone should follow and a pedestrian safety quiz for students.

LEADER MATERIALS

The coordinator should provide safety vests, and/or whistles to each volunteer, along with the route map and parent contact information for each participating family. See Appendix A: Page 18 for a sample Walking School Bus contact list.

BACKGROUND CHECKS

Consider using the school, district, or PTA's existing systems for conducting background checks. These systems are often already in place for tutors and after-school activity leaders.

SUSTAINABILITY

You should diversify your volunteer base to make sure you have the person power needed to keep the program going. Some volunteers may continue to "drive" their route even after their children are no longer at the school; they come to feel a sense of ownership about their route. This might not always be the case, however, so it is important to identify leaders that are likely to stick with the school. Also, consider providing a stipend to route leaders.

- Seek a long-term champion in the PTA to act as a coordinator.
- After a while, it becomes much easier to recruit families to participate in a Walking School Bus because it has become part of the school and community culture.
- Look for stable funding to have a paid coordinator.

KEEP THE WALKING SCHOOL BUS VISIBLE AND EXCITING

- Make announcements about the number of kids or miles walked.
- Write newsletter articles about adventures.
- Have children write or draw about their experiences and share the results.
- Have a theme day.
- Recognize walkers publicly.
- Recognize school administrators, teachers, and staff that support the Walking School Bus program publicly
- Reward walkers with prizes for the number of days or miles walked.
- Make it special to be part of the Walking School Bus with a button, silicone wristband, or other emblem.
- Provide surprise rewards.
- Thank volunteers with incentives or small gifts.
- Help children write thank you notes to route leaders or volunteers.

CONCLUSION

There are additional ideas for Safe Routes to School activities in Appendix B: Safe Routes to School Resources. Each SRTS program will have unique opportunities and concerns, depending on school location and community characteristics and therefore, activities should be tailored accordingly. The activities outlined above were conducted in La Mesa based on parent and school staff input to address issues in the community. The Safe Routes to School program can also serve as a model for other Safe Routes programs to begin in the community, including Safe Routes to Parks and Safe Routes for Seniors. If you would like more information about Safe Routes activities in La Mesa, please contact the City's SRTS Coordinator at srts@ci.la-mesa.ca.us or 619-667-1319.



LA MESA SAFE ROUTES GUIDE

INTERGENERATIONAL VOLUNTEER PROGRAM



Take your first step today!



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Table of Contents

Intergenerational Volunteer Program.....17

- Launching a Program.....17
 - Assessing the Need.....17
 - Ideal Neighborhood Characteristics.....18
 - Prioritizing.....18
- Developing a Program.....18
 - Schedule.....18
 - Locations.....18
 - Volunteer Position Descriptions.....19
- Recruitment Strategy.....20
 - Volunteer Requirements.....21
 - Incentivizing Volunteers.....21
 - Volunteer Training.....22
 - Benefits of Volunteering.....22
- Evaluation.....23
- Conclusion.....23

INTERGENERATIONAL VOLUNTEER PROGRAM

The Intergenerational Volunteer component of La Mesa’s Safe Routes program is designed to improve safety near schools and to help ease parents’ concerns about their children walking or biking to school. The program recruits active older adults (50+ years old) and trains them on pedestrian and bicycle safety and the importance of physical activity for health. Volunteers are stationed at designated locations near schools to act as “eyes on the street” as students walk and bike to school. The importance of “eyes on the street” stems from the idea that when there are more community members outside, keeping an eye on the neighborhood, crime is less likely to happen and residents feel safer. Today, driving is the most popular travel mode which leaves fewer residents walking and biking on streets, watching over the neighborhood, and leads to an increased fear of crime.

Expanding Safe Routes to School volunteers to include active older adults has many benefits, for volunteers and students alike. Partnerships are vital to establishing a successful volunteer base. La Mesa’s program began as a partnership between the City of La Mesa, San Diego County’s Health and Human Services Agency and Aging and Independence Services, the Center for Livable Communities, MetLife, and WalkSanDiego. Each organization brings valuable expertise and resources to the program to help ensure its success. Consider these and other local partners who can help expand a program.

LAUNCHING A PROGRAM

Most schools can benefit from additional volunteers during drop off and pick up time to increase safety in the school neighborhood. School staff, safety patrol, and crossing guards do what they can, but additional “eyes on the street” are beneficial. Older adults are a great resource for this type of activity as they have time to give back and enjoy staying connected to their community.



In order to implement an Intergenerational Volunteer component to a Safe Routes to School program, the first step is to determine the need and identify neighborhood characteristics, as a few key aspects of a community will help to ensure the success of an intergenerational approach.

The process for determining the need and prioritizing schools is outlined below.

ASSESSING THE NEED

Most schools can easily identify their needs. If parents are concerned about traffic safety and/or stranger danger, having additional “eyes on the street” will help to alleviate these fears to an extent. If drivers are disrespectful in the school neighborhood, having a volunteer with a

fluorescent safety vest and lanyard helps to deter unsafe behaviors. If students who live within walking distance to school are being dropped off because of safety concerns, then having volunteers will help to put parents at ease.

IDEAL NEIGHBORHOOD CHARACTERISTICS

While a school may be able to benefit from older adult volunteers, the opportunity may not be present in every neighborhood. If there is not a substantial population of older adults in the community, it may be difficult to recruit volunteers that live nearby. While volunteers could drive to the school, it is ideal if they are from the neighborhood, so they do not increase traffic congestion near the school.

The school should be relatively easy to access, with little to no steep inclines that older volunteers would have to climb. There should also be pedestrian facilities, such as sidewalks or pathways, so that there is adequate space for volunteers to walk or stand at an intersection.

In addition, parks or walking trails should be close to the school so that older adults can continue to exercise and socialize after their volunteer shift is over. This opportunity should be advertised as one of the benefits of the program while recruiting.

PRIORITIZE

When beginning an Intergenerational Volunteer program, schools may need to be prioritized by need and neighborhood assets to focus recruitment and pilot the program in a community. In La Mesa, several factors were analyzed to determine three pilot schools where the program would be introduced. Prioritizing schools should be based on an existing core of students already walking or biking, density of older adult residents in the school neighborhood, proximity to parks or walking paths, and locations near the school that need supervision but are safe for volunteers. This analysis can be done formally or anecdotally, if a program has no funding. Ask a city planner or engineer and the school district to help in this process. Based on the information collected, a school description can be developed to quickly introduce new volunteers to the school, its current Safe Routes to School activities, and challenges it is experiencing with traffic safety. See Appendix C: Page 3 for a school description developed for La Mesa's program.

DEVELOPING A PROGRAM

SCHEDULE

Once the school has been selected, the next step is to determine the days and times volunteers will be needed. The morning shift should begin 20-30 minutes before school starts and end 5 minutes after the bell. Afternoon shifts should begin 5 minutes before dismissal time and end about 20 minutes after dismissal. Days of the week can also be prioritized if the school has regular walk or bike to school days. Focus on getting volunteers to fill these days first, since there will be increased numbers of walkers and bikers on the routes to school.

LOCATIONS

Determine the priority locations where volunteers should be stationed. Conduct a walk audit of your school neighborhood and identify problem areas. These could be intersections,

unsupervised parks or other open spaces, or areas where students are crossing in the middle of the street, rather than at a crosswalk. A Walk Audit Checklist or Walkability Guide can help in your assessment of the community by providing education on walkability and highlighting physical and behavioral barriers to walking in the neighborhood. See Appendix C: Page 4 for WalkSanDiego's Walkability Guide (available in English and Spanish). Parents, the school's principal, local walkability and bikability experts, a city engineer or planner, and a police officer in the traffic division should be involved in assessing the neighborhood. Researching any history of traffic collisions involving pedestrians and bicyclists within a half mile of the school can also help point to problem locations that could benefit from volunteer presence.

Each location can provide a different volunteer experience and role for the volunteer to fulfill. Based on the needs at each location, descriptions of the volunteer's role can be developed.

VOLUNTEER POSITION DESCRIPTIONS

Volunteers can serve several roles as they act as "eyes on the street" to improve safety. These include Community Watch, Crosswalk Monitor, Park Monitor and SRTS Art and Event Volunteer, descriptions below. Others can be developed as the need arises. Volunteers should be matched not only with their neighborhood school, but also with the position they feel comfortable in.

The Community Watch volunteer will be assigned to a block and will walk back and forth monitoring the area, encouraging students to use crosswalks and providing "eyes on the street" so that if something does happen, the school and police can be notified.

The Crosswalk Monitor is assigned to a particular crosswalk at an intersection and may be equipped with a handheld stop sign. They will not act as formal crossing guards, but rather will help to make children more visible as they cross the street and encourage drivers to stop behind, rather than in, the crosswalk. This position is particularly important at intersections where vehicles are allowed to make right turns. When there is a green light at the same time children have the WALK sign to cross the street, vehicles turning right can be a potential danger.



Park Monitors are assigned to a park near the school, if there is one. They provide an adult presence to encourage students to behave and can make parents feel comfortable dropping their students off at the park and letting them walk the rest of the way to school. If there are multiple volunteers at the park, they can also become Walking School Bus leaders and walk with the students to school at a set time.

The SRTS Art and Event Volunteer helps promote and attend special events for the Safe Routes to School program. They can help students at an afterschool program create banners and signs to walk with for a Walk to School Day and can help out the day of an event giving out tickets or

acting as a Walking School Bus leader. These volunteers can have a set schedule or help out a few times a year during special events.

Sample descriptions of each position can be found in Appendix C: Page 16 and can be adapted to each school's need.

RECRUITMENT STRATEGY

Recruiting volunteers is rarely an easy task, but it is definitely worthwhile! Older adults have many unique attributes that should be considered when recruiting them as volunteers. While technology and the internet are pervasive in today's society, older adults may not be as connected as others. It is important to use outreach methods that appeal to them and to keep in mind that older adults enjoy one on one discussion, checking in with their SRTS volunteer coordinator, developing camaraderie with others, and knowing that they are having a positive impact in their communities. Older adults make wonderful volunteers as they have time to give during retirement, but keep in mind that many often feel as if they are already too busy with other commitments. Keeping this volunteer opportunity flexible and asking for a small minimum number of hours will help to attract volunteers that are already involved in many other activities, without making them feel overcommitted. Our abilities also change as we age, and it is important to keep in mind that older adults may be adjusting to lessening abilities, such as hearing, sight, or the ability to stand for long periods of time. Creating several options for volunteers will help them feel comfortable and more likely to commit to volunteering. Provide options for varying levels of physical activity in the volunteer posts. This could include some volunteers who walk up and down a block monitoring the area and others who stay at one intersection, providing safety tips to students and helping them cross safely. Volunteers should be accompanied on their first time out to make sure they understand and are comfortable in their role.

Developing an outreach or marketing plan will keep the recruitment process organized and make it easy to track progress. Flyers distributed in the school neighborhood or to older adults who have signed up for city volunteer or recreational list serves are helpful, but face to face interaction is especially effective when recruiting older adults. The Outreach Plan in Appendix C: Page 19 outlines groups, organizations, and locations where older adults were recruited in La Mesa. Develop a script to be used when going to speak to these organizations, so that many people can be involved in recruitment. The script should include general information about why volunteers are needed, what they will be doing, along with when and where, and the benefits of volunteering, including physical activity and socializing. The most effective recruitment in La Mesa has occurred at senior centers and libraries, and by presenting to retirement groups, such as the Retired Teachers Association, and local service organizations, including the Lions Club and the Rotary.

The recruitment process should begin as soon as the schedule, locations, and position descriptions are ready. The Outreach Plan will evolve as new partners become involved and provide ideas about additional opportunities to recruit. Armed with this information and the script mentioned above, begin contacting each organization to learn their meeting schedules

and get on the agenda for their next meeting. A date should already be established for the first Intergenerational Volunteer Orientation meeting and mentioned in each presentation as the next step to becoming a volunteer. Flyers and posters should also be created and hung at senior centers, senior residences, city recreational facilities, and other places older adults frequent. Flyers or email blasts can also be sent out through the school, making parents aware of the program and inviting them to recruit their older family members and neighbors. The biggest recruitment push should be a few weeks before the orientation event, but recruitment should be continuous, as long as more volunteers are needed.

Samples of the program brochure and flyers are in Appendix C: Page 22.

VOLUNTEER REQUIREMENTS

Volunteer requirements will vary based on what organization the volunteers will be a part of. Volunteers can be city, school district, or nonprofit organization volunteers, depending on who is involved in the program and able to oversee the administrative side of volunteers.

In La Mesa, volunteers for the intergenerational component to the Safe Routes to School program are officially City Volunteers and follow the City's process and requirements. Once volunteers sign up, they must attend an orientation, fill out a City Volunteer application, and get fingerprinted. Once cleared, they select a school, days and times, sign a photo release and receive their uniform, which includes a fluorescent safety vest and lanyard with identification card attached. If volunteers are being incentivized or time needs to be tracked, time cards will be needed as well. See Appendix C: Page 26 for a sample volunteer application, photo release, and timecard. Once all the volunteer requirements are met, the next step is to meet with the principal and start volunteering!



INCENTIVIZING VOLUNTEERS

It is important to provide recognition to volunteers for their service. At a minimum, this could be inviting them to a City Volunteer Luncheon, having students sign a Thank You card at the end of each semester, or recognizing them during the school's morning announcements. If a program is funded, there are a variety of ways that volunteers can be incentivized. In La Mesa, Aging and Independence Services of the County of San Diego provided funding to incentivize volunteers as a way to grow the program as this was a first of its kind in the San Diego region. Each source of funding will vary in its requirements for age and tracking hours. Through this program, volunteers age 60 or older were able submit timecards to the City's Safe Routes Coordinator in exchange for incentives. The volunteers received incentives based on the number of hours spent volunteering and submitted their time card each month. A small grant also provided funding for professional marketing services, provided by Your Social Marketer. The Marketing team developed partnership and donation request letters and designed a brochure and flyers to help recruit volunteers. A sample budget for an established program can be found in Appendix C: Page 30, but keep in mind that this does not include the additional work of identifying schools and locations or developing recruitment materials.

Finding funding can be a challenge, but it is possible with the right resources. In addition to the County, consider local healthcare districts and organizations focused on increasing physical activity and mental health in older adults. Consider contacting your County Supervisor's office or AARP for help finding potential sources of funding.

If a program does not have funding, incentives can be provided through donations. Similar to securing donations for SRTS events mentioned in the previous section, contact local businesses that align with program goals and ask for donations of gift cards, healthy snacks, or even walking shoes. For this program, Your Social Marketer put together a donation letter that could be used to request that local businesses become partners and support the project with a donation. The donation letter and partnership form can be found in Appendix C: Page 31.

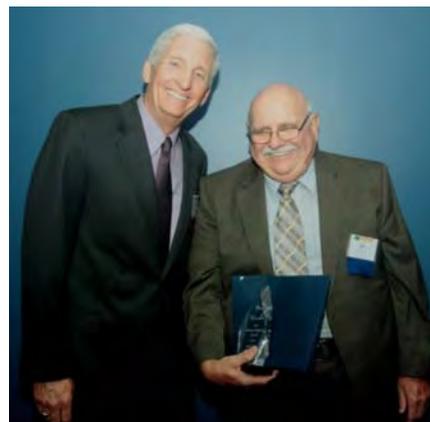
Ideally, incentives will only be needed to kick-start a new program. Once it becomes a well-known volunteer activity for older adults in the community, more should be willing to participate as part of their regular volunteer schedules. However, recognition events should continue so that volunteers know how much they are appreciated!

VOLUNTEER TRAINING

Volunteers will also need, and benefit from, training on a variety of topics. In addition to the program orientation, training sessions can and should include: pedestrian and bicycle safety, how to be a good witness, health and wellness, and orientation and mobility, which addresses our changing abilities as we age. Community organizations and resources will need to be identified to determine who can facilitate each training session. Orientation can be facilitated by the Volunteer Coordinator, in conjunction with the police department. Pedestrian and bicycle safety can be presented by local nonprofit organizations focused on education, such as WalkSanDiego or the San Diego County Bicycle Coalition, or an officer from the traffic division of the local police department. Training on how to be a good witness will come from the police department. Health and wellness training can come from local partners, such as Aging and Independence Services or the Health and Human Services Agency, both part of the County of San Diego. Orientation and mobility training should be conducted by a local professional, which can be identified by any of the organizations mentioned above. These trainings will benefit volunteers by increasing their awareness of safety, mental health, and the importance of continuing physical activity and social interaction, and they will also make volunteers more effective in their roles. See Appendix C: Page 35 for contacts in the San Diego region.

BENEFITS OF VOLUNTEERING

There are many benefits to volunteering and these should be mentioned during the recruitment process. Volunteering in general, and specifically with the Walk & Roll program, has mental health and social benefits. This program allows for improving physical health as well, through an increase in physical activity. Older adults should get at least 150 minutes of physical activity a week, according to the Centers for Disease Control. Although that can sound daunting, it is about the same amount of time spent watching a movie and



can be broken up into smaller amounts of time throughout the day. The CDC says that ‘10 minutes at a time is fine’ and volunteering with the Safe Routes program can help older adults easily achieve it!

A sense of camaraderie is also built as volunteers see each other at monthly meetings, but especially between the students and school staff they see weekly. It benefits both young students and older adults. Parents in La Mesa’s program are continually telling program staff about how they look forward to seeing the volunteers in their vests on the street and how much more comfortable they feel. These stories should also be passed along to volunteers to ensure they realize the positive impact that their efforts are having on the community.

If a program is funded to provide incentives to volunteers, that is also an added benefit. This is especially helpful when a program is new and community members are unsure of the role it will actually play in increasing safety and the number of students walking and biking to school regularly. Ideally, once the program is established, incentives will not be needed. Incentives could include gift cards to grocery stores based on the number of hours spent volunteering or stipends.

EVALUATION

Evaluating the experience and effectiveness of volunteers is an important component to growing and improving the program. Surveys and focus groups are both beneficial forms of evaluation. Surveys can focus on their motivation for volunteering, the impact they feel they are having, or their knowledge of physical activity requirements for their age and if their activity levels and perception of health has improved over the course of volunteering, and suggestions they see for improving the program. See Appendix C: Page 38 for sample surveys that have been used in La Mesa. Please note, there is room for expansion of these instruments.

CONCLUSION

Each Safe Routes to School program will have unique opportunities and concerns, depending on school location and community characteristics and therefore, activities should be tailored accordingly. The activities outlined above were conducted in La Mesa based on parent and school staff input to address issues in the community. The Safe Routes to School program can also serve as a model for other Safe Routes programs to begin in the community, including Safe Routes to Parks and Safe Routes for Seniors. If you would like more information about Safe Routes activities in La Mesa, please contact the City’s SRTS Coordinator at srts@ci.la-mesa.ca.us or 619-667-1319.

APPENDIX A:

SAFE ROUTES TO SCHOOL PROGRAM SAMPLES



Table of Contents

Walkability Workshop Plan.....3
5 E’s Safe Routes to School Activities Plan.....5
Suggested Routes to School Map.....7
I Drive 25 Pledge.....8
List of Vendors.....9
SchoolPool Flyer.....10
Donation Request Letter.....12
Volunteer Organization Contacts.....13
Pedestrian and Bicycle Safety Tips.....14
Walking School Bus Sample Contact Sheet.....18

La Mesa Kids Walk & Roll! ROLANDO ELEMENTARY SCHOOL NEIGHBORHOOD

Pedestrian & Bicyclist Issues

WalkSanDiego, in partnership with the City of La Mesa, conducted a community workshop with 13 residents, La Mesa Police Department staff, the principal of Rolando Elementary School and City of La Mesa staff at Rolando Elementary School located at 6925 Tower Street, La Mesa, CA 91942 on May 13th, 2010. Additional outreach was performed at the La Mesa Spring Valley School District Health Fair which took place at the Spring Valley Elementary School campus located at 3845 Spring Drive, Spring Valley, CA 91977 to identify pedestrian and bicyclist safety and access issues for residents living in the neighborhood surrounding Rolando Elementary School (defined by school attendance boundary), with an emphasis on making it safer for children to walk and bike to school.

Workshop participants reported the following pedestrian issues and possible solutions for improving each of these pedestrian issues. (Please note that the numbers in parenthesis indicate the number of votes received by residents, thus determining level of priority.):

	Location	Issues Identified by Residents	Improvements Suggested by Residents
1	Tower Street (13 votes)	<p><u>Tower Street & Terry Lane intersection:</u></p> <ul style="list-style-type: none"> a. Corner is a problem because plants are hiding sidewalk, stop sign hidden, no sidewalk b. No sidewalk, no crosswalk, when cars park on Tower Street, no place for kids to walk, they walk in the street c. Intersection ratio is too wide and cars turn fast, visibility issues for cars going northbound on Terry approaching the intersection  <p><u>Tower Street in front of Rolando Elementary School and along 70th Street:</u></p> <ul style="list-style-type: none"> d. Minimal signage indicating a school is close by <p><u>Tower Street – north side of street:</u></p> <ul style="list-style-type: none"> e. No sidewalk or crosswalk for children coming from the north side of the street <p><u>Tower Street between 70th Street & 71st Street:</u></p> <ul style="list-style-type: none"> f. No sidewalk on south side of street but a lot of children still walk on that side of street 	<p><u>Tower Street & Terry Lane intersection (7):</u></p> <ul style="list-style-type: none"> a. High visibility crosswalk, pop outs with stop sign visible (2) b. Curb extension, visible sidewalk on south side, high visibility crosswalk (3) c. Residents did not suggest improvements to address the issues identified (2) <p><u>Tower Street in front of Rolando Elementary School and along 70th Street (3):</u></p> <ul style="list-style-type: none"> d. Add school zone signs with flashing signs on both 70th Street and in front of Tower Street (3) <p><u>Tower Street – north side of street (2):</u></p> <ul style="list-style-type: none"> e. High visibility crosswalk and add sidewalks and curb extensions (2) <p><u>Tower Street between 70th Street & 71st Street (1):</u></p> <ul style="list-style-type: none"> f. Add sidewalk (1)

	Location	Issues Identified by Residents	Improvements Suggested by Residents
	Colony Road (5 votes)	<p><u>Colony Road & Pomona Avenue intersection:</u></p> <p>a. Visibility issues for cars going eastbound on Colony because no there is no sidewalk and a big tree blocks sight and forces pedestrians to get into the street, cars going faster than speed limits</p>  <p><u>Colony Road:</u></p> <p>b. Sidewalk gaps</p> <p><u>Colony Road & Harbinson Avenue intersection:</u></p> <p>c. 4 way stop but many people do not stop</p>	<p><u>Colony Road & Pomona Avenue intersection (3):</u></p> <p>a. City to request owners to trim the tree (3)</p> <p><u>Colony Road (1):</u></p> <p>b. City to install complete sidewalks (1)</p> <p><u>Colony Road & Harbinson Avenue intersection (1):</u></p> <p>c. Narrow street and curb extensions (1)</p>
2	70 th Street (4 votes)	<p><u>70th Street:</u></p> <p>a. Speeding</p> <p>b. Safety of pedestrians</p>	<p><u>70th Street (4):</u></p> <p>a. Flashing lights north on tower, Sign in center of tower indicating school zone 25mph (3)</p> <p>b. In the ground flashers along with high-visibility crosswalks(1)</p>
3	Stanford Avenue (3 votes)	<p><u>Stanford Avenue:</u></p> <p>a. Kids walking in middle of street, speeding</p>	<p><u>Stanford Avenue (3):</u></p> <p>a. [Install] sidewalk, one way going west, barricading at Harbinson Avenue & Stanford Avenue, Yale Avenue & Stanford Avenue and Lowell Street & Stanford Avenue (3)</p>
4	Harbinson Avenue (3 votes)	<p><u>Harbinson Avenue passing Watson Way towards El Cajon Boulevard:</u></p> <p>a. Tree blocking visibility and forcing pedestrians into the street, no sidewalk on east side</p>	<p><u>Harbinson Avenue passing Watson Way towards El Cajon Boulevard (3):</u></p> <p>a. City to trim it or ask property owners to trim it, City to put complete sidewalks (3)</p>
5	71 st Street (2 votes)	<p><u>71st Street between Tower Street & Colony Road:</u></p> <p>a. Sidewalk gaps</p> <p><u>71st Street:</u></p> <p>b. No sidewalks</p>	<p><u>71st Street between Tower Street & Colony Road (2):</u></p> <p>a. City to put complete sidewalks (2)</p> <p><u>71st Street:</u></p> <p>b. [Install] sidewalks</p>

Note: Neither input nor votes were received at the Health Fair on May 22, 2010

For more information please contact:

City of La Mesa
Misty Thompson
619-667-1319
srts@ci.la-mesa.ca.us
www.cityoflamesa.com



WalkSanDiego
Kaley Lyons
619.544.WALK (9255)
klyons@walksandiego.org
www.walksandiego.org



La Mesa Kids Walk & Roll to School!

Safe Routes to School (SRTS) Program

LA MESA DALE ELEMENTARY SCHOOL

5 E's Workshop Summary

December 5, 2011

Vision

The following is the vision for the La Mesa Dale Elementary School SRTS program:

- More children walking together and no young children walking alone
- Safe sidewalks around the school neighborhood
- Socially courteous pedestrians
- Ability to have clear, unobstructed walking paths with no utility poles in the middle
- Complete sidewalks on Maple Avenue, Olive Avenue, and Parks Avenue
- Enforcement spread out around the school with increased signage as well
- Parent education about parking and drop off procedures
- Parents as role models for good pedestrian behavior, such as only crossing at crosswalks
- Better pick up and drop off procedures
- Neighbor education to increase courteousness near young children and the school

Implementation Action Plan

The following activities were suggested for the La Mesa Dale Elementary School SRTS program:

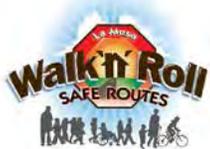
	Activities
Education	<ul style="list-style-type: none">• <i>For Parents</i><ul style="list-style-type: none">○ Educate parents about safe driving in school zones○ Use signage and flyers to increase awareness of ticket prices for violations in a school zone, including speeding and parking in the bus zone○ Hold assemblies for parents and students○ Implement an "I Drive 25" Campaign to increase safety○ Use the school's newsletter to educate – write stories for "Did You Know" section such as the speed/pedestrian fatality chart and other 'Quick Facts'• <i>For Students</i><ul style="list-style-type: none">○ Hold assemblies for parents and students; at award assemblies also do a skit about pedestrian safety○ Parent Champion to make educational announcements at Peace Circles○ Educate students through signage about crossing University Ave safely• <i>For the Community</i><ul style="list-style-type: none">○ Add signage and banners in front of the school, such as "Slow Down for our Kids", and loading zone signs for the front of the school

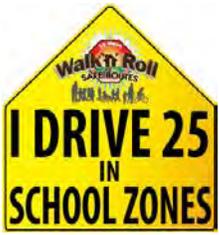
<p>Encouragement</p>	<ul style="list-style-type: none"> • <i>Use a mascot to get students excited about walking and biking to school</i> • <i>Establish Walking School Buses and Bicycle Trains</i> • <i>Establish Park and Walk sites</i> <ul style="list-style-type: none"> ○ <i>Research the feasibility of using Helix High, La Mesa Middle, and the Boys and Girls Club as potential sites</i> • <i>Create signs advertising Walk to School Days</i> <ul style="list-style-type: none"> ○ <i>Have students take home signs the night before the walk to school day if their parents are leading a WSB or Bicycle Train</i> ○ <i>Hang a banner in front of the school showing dates of the monthly walks</i> • <i>Hold a larger Walk on Wednesday event at the end of the school year and use raffle tickets to give away incentives</i> • <i>Kick off Walking Punch Cards next school year (Fall 2012)</i>
<p>Enforcement</p>	<ul style="list-style-type: none"> • <i>Ask the La Mesa Police Department to put a mobile feedback trailer showing speeds temporarily near the school</i> <ul style="list-style-type: none"> ○ <i>Potential sites include near the taco shop, near the apartments by the school, and up on Normal Avenue</i> • <i>Install solar flashing crosswalk lights when pedestrians are crossing similar to the light at Rolando Elementary School</i> • <i>Paint “School Xing” on the street approaching the school</i> • <i>Update school zone signs to the new standard</i> • <i>Add curb markings for the bus loading zone</i> • <i>Utilize cones for safer pick up and drop off of students</i> • <i>Direct communication</i> <ul style="list-style-type: none"> ○ <i>Send regular reminders to parents</i> ○ <i>See “Did you know” strategy under Education</i>
<p>Engineering</p>	<ul style="list-style-type: none"> • <i>Plan and install improvements around school for enhanced safety*</i> <ul style="list-style-type: none"> ○ <i>A Walkability Workshop was conducted on March 10, 2011 with additional outreach in May 2011 and the resulting report was used in a subsequent application for infrastructure improvement</i>
<p>Evaluation</p>	<ul style="list-style-type: none"> • <i>Conducted pre-evaluation</i> <ul style="list-style-type: none"> ○ <i>Completed parent survey</i> ○ <i>Student tally walk/bike to school conducted</i> • <i>Mid-program and post-evaluations will be conducted</i>

*Infrastructure improvements are not allowed under the SRTS grant received by Healthy Works.



Murray Manor Parent Suggested Routes to School with Volunteer Locations





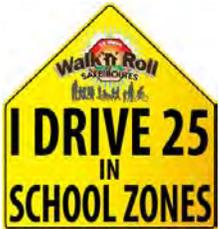
The concept of the Program is simple, and its success relies on the support and participation of the community. Simply pledge to drive safely and obey the speed limit on local streets. Read and sign below to receive a free magnet to place on the back of your vehicle. As participation in the program increases, local streets will become safer for children to walk and bike to school.

As a driver in the City of La Mesa, I pledge to:

1. **Drive within the posted speed limit** in school zones and city streets.
2. **Share the road** safely with all road users, including bicyclists and pedestrians.
3. **Yield to pedestrians** in crosswalks and **not block sidewalks**, bike lanes, or driveways with my car.
4. **Give myself enough travel time** so that I am not sacrificing safety or courtesy.
5. **Devote my full attention** to driving and **avoid distractions, such as cell phones** and headphones.
6. **Display the I DRIVE 25 magnet** on my vehicle and **encourage others** to join!

Name

Signature



"I Drive 25" Pledge Form

The concept of the Program is simple, and its success relies on the support and participation of the community. Simply pledge to drive safely and obey the speed limit on local streets. Read and sign below to receive a free magnet to place on the back of your vehicle. As participation in the program increases, local streets will become safer for children to walk and bike to school.

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6. **Display the I DRIVE 25 magnet** on my vehicle and **encourage others** to join!

Name

Signature

La Mesa Walk & Roll Vendor List

Item	Vendor Name	Website	Phone Number	Email	Address	City, State, Zip
Custom water bottles	US Imprints	www.usimprints.com	1-866-604-6774		1724A General George Patton Dr.	Brentwood, TN 37027
Bicycles and helmets	Performance Bike Shops	www.performancebike.com	619-461-9680		8706 La Mesa Blvd	La Mesa, CA 91942
Silicone bracelets	Advertising You		619-269-3474	advertisingu@aol.com	3447 Nile Street	San Diego, CA 92104
Hole punches	1 Stop Square	www.1stopsquare.com		onestopsquare@aol.com	9105 Anthony Lane	Spring Grove, IL 60081
Tennis shoe key chains	C and J Merchantile	www.cjmerch.com	253-631-7987	cjmerch@comcast.net	29106 168th Ave, SE	Kent, WA 98042
Glitter tennis shoe key chains	Dollar Nights	www.dollarnights.com	877-837-9569	service@dollaradays.com	7575 E Redfield Road, Suite 201	Scottsdale, AZ 85260
Custom banners	Merlin Embroidery	www.merlinemb.com	619-466-9712	merlinemb@gmail.com	8240 Parkway Dr #103/104	La Mesa, CA 91942
Custom T-shirts	Merlin Embroidery	www.merlinemb.com	619-466-9712	merlinemb@gmail.com	8240 Parkway Dr #103/104	La Mesa, CA 91942
Custom pedometers	US Imprints	www.usimprints.com	1-866-604-6774		1724A General George Patton Dr.	Brentwood, TN 37027
Custom pencils	Toy Depot	www.toydepot.com			PO Box 1759	Bishop, CA 93515
Custom lanyards for volunteers	Custom Lanyards for All	www.customlanyards4all.com	877-235-4110			
Custom banners	Sign Design		619-461-1608	sign4all@sbcglobal.net	8247 La Mesa Blvd	La Mesa, CA 91942
Safety Patrol equipment (stop signs, traffic cones, safety vests)	Schoolmasters	www.schoolmasters.com	800-521-2832		745 State Circle Box 1941	Ann Arbor, MI 48106
Bike rodeo equipment (cones, tennis balls, measuring wheel)	Wolverine Sports	www.wolverinesports.com	800-521-2832			
Bike rodeo equipment (cones)	The Traffic Safety Store	www.trafficsafetystore.com	800-429-9030		PO Box 1449	Westchester, PA 19380
Bike safety videos	Disney Educational Productions	www.dep-store.com	800-295-5010			

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Save money and time with SchoolPool.

A little help for busy parents.

SchoolPool connects parents who want to share the chore of getting their kids to and from school by carpooling, walking, or biking. It's a free, convenient, and secure online system organized by the San Diego Association of Governments (SANDAG) iCommuter team, a team dedicated to reducing traffic congestion and improving the environment.

Using the secure online RideMatcher system, parents are matched with other parents who are interested in sharing driving responsibilities or would like to have their kids biking or walking to school with other students and a parent leader. Only parents and legal guardians of children who attend your child's school can participate in the school's private SchoolPool network.

Sharing trips saves time, money, and the environment

SchoolPool is a convenient way to get your kids to school while saving time, saving money on gas, reducing traffic congestion, and encouraging a healthy lifestyle for your kids. By cutting the number of car trips you take, you also help the environment by decreasing emissions.

Research has proven that when students carpool, their school attendance and timeliness improve. Carpooling, biking, and walking to school also reduce traffic congestion in and around school zones, creating a safer environment for students. For some parents, having their children take public transit to school is a good option. All San Diego transit operators allow for bicycles on board, and walking children to transit stops can lead to a healthier start to your child's school day.

SchoolPool is free, easy, and secure.

Everyone into the Pool!

The SchoolPool program is open to parents and students in all public and private elementary, middle, and high schools within San Diego County. Participation is voluntary and parents establish the schedules that work best for them. When you sign up, be sure to help spread the word. The more parents that register in your school's secure SchoolPool network, the more likely you are to find carpool matches, bike buddies, or walking school buses.

What are bike buddies and walking school buses?

Bike buddies are groups of students that ride bicycles to school together with adult/parent leaders. A walking school bus is a group of children walking to school together with one or more adults. Walking school buses or bike buddies can be as informal as two families taking turns biking or walking their children to school or as structured as establishing a route, a timetable, and a group of parent volunteers.

Participating Schools

iCommute has helped to establish SchoolPool programs at elementary, middle, and high schools throughout the region. Visit iCommuteSD.com and click on the SchoolPool tab to find out if your school has signed up. If not, iCommute can work with your school to set up a secure SchoolPool network.

Getting started is as easy as A-B-C.

- A. Contact your child's school and ask for the transportation coordinator to find out if your school is participating in the SchoolPool program. If not, tell them you are interested in the free commuter program and ask them to contact iCommute. SchoolPool can be reached by calling 511 and saying "SchoolPool" when prompted — or simply visit iCommuteSD.com. We will help establish a secure network for your school for free.
- B. If your school's already participating, request the security passcode from the SchoolPool coordinator and sign up for an account on iCommuteSD.com.
- C. Once your account has been created, follow the step-by-step guidelines for setting up your trip to find matches (available online or ask your school for a copy). Contact parents with whom you'd like to partner, and you're ready to SchoolPool!



We'll help you get started today.

Visit SchoolPool online at iCommuteSD.com for more information.

For direct assistance, call 511 and say 'SchoolPool' or e-mail us at schoolpool@sandag.org.

DATE, 2012

To Whom it may Concern,

I am the parent champion for the La Mesa Kids Walk & Roll Safe Routes to School Program at ENTER SCHOOL. The program is designed to encourage more students to walk or ride their bike to school, and to make it a safe and routine activity once again.

“La Mesa Kids Walk & Roll to School” is a federally funded Safe Routes to School program that supports the City of La Mesa and the La Mesa-Spring Valley School District’s “Live Well” Community Wellness Initiative. The goals of this program are to incorporate education, encouragement, enforcement, engineering and evaluation components to meet the following goals:

- Encourage children/families to walk or bike to school
- Improve traffic safety and circulation around school areas
- Increase the number of parents who allow their children to walk and bike to school
- Educate students about safe and legal bicycling and walking behavior
- Establish a core group of stakeholders at each school to support and maintain a Safe Routes to School Program
- Educate stakeholders about Safe Routes to School and gain support to sustain and expand the Program throughout the City of La Mesa.

On DATE we will be holding a special end of the year event at our school celebrating the students who actively walked or rode their bike to school this school year. We are currently seeking local businesses to help us with this endeavor with a donation of some kind. Would you be so kind as to consider a donation for our event? For donation purposes, the TAX ID SCHOOL NAME is GET TAX ID FROM YOUR SCHOOL OFFICE.

We will be recognizing the businesses who donate on banners and flyers promoting the event.

Thank you in advance!

Sincerely,

NAME
Parent Liaison Safe Routes to School /SCHOOL
PHONE NUMBER





Safe Routes to School Volunteer Contacts

Name	Organization	Phone Number	Email/Website
Officer Estill	La Mesa Police Department	619-667-7558	jestill@ci.la-mesa.ca.us
Leah Stender	WalkSanDiego	619-544-9255	lstender@walksandiego.org
Andy Hanshaw	San Diego County Bicycle Coalition	858-487-6063	execdir@sdcbc.org
Nancy Garcia-Drew	San Diego County Aging & Independence Services	858-505-6399	Nancy.Garcia@sdcounty.ca.gov
Katie Judd	San Diego County Health & Human Services Agency	619-544-9255	lstender@walksandiego.org
	La Mesa Lions Club		http://www.e-clubhouse.org/sites/lamesaca/
	La Mesa Kiwanis		http://www.la-mesa.kiwanisone.org/
	La Mesa Rotary		http://www.lamesarotary.org/

Teaching Elementary-Age Students Pedestrian Safety

Elementary school students range from 5 to 12 years old. Their cognitive abilities vary widely from adults and from each other year to year.

Teaching pedestrian safety is extremely important because many young students don't have the cognitive skills to walk safely near traffic on their own. The general rule is that students younger than 10 should not be walking alone and students younger than 4th grade shouldn't be biking to school alone.

Teaching ped/bike/scooter safety is important because young students (under 10):

- Are impulsive
- Have limited attention spans and are easily distracted
- May have trouble putting all the steps together to cross the street safely
- Are short so they may have trouble seeing cars and cars have trouble seeing them
- Have limited peripheral vision so it's especially important to have them look side to side (and behind)
- Have trouble locating sounds, making it difficult to figure out where a car is coming from
- Have trouble judging distance and speed, so it's difficult to determine if they have enough time to cross safely
- May not understand that just because they see the driver doesn't mean the driver sees them
- Younger students may not understand the danger of traffic and that a car can hurt or kill them

Pedestrian Safety Tips

- Walk on the sidewalk if there is one; walk on the left side of the street facing oncoming traffic if there is not one
- Obey all traffic signals and signs
- Cross only at corners or marked crosswalks
- Walk, do not run on the sidewalk or across the street
- Walk with your head up, not distracted by cell phones, headphones, or games
- When crossing the street:
 - **Stop** at the edge (curb)
 - **Look left, right, left again** for cars (and behind at an intersection)
 - **Listen for** emergency **vehicles** and vehicles coming around the corner that you cannot yet see
 - **Make eye contact** with drivers to make sure they stop for you
 - If at an intersection with a traffic light, begin crossing with the “Walk” symbol; never begin crossing during the “Blinking Red Hand” or yellow light phases
 - If at a crosswalk with a crossing guard, begin crossing once the crossing guard directs you to
 - If at a stop sign or midblock crosswalk, begin crossing when all cars have seen you (eye contact!) and stopped for you
 - **Continue looking left and right** until you have finished crossing
- Remember to look for cars backing out of driveways and in parking lots. These are just like crossing the street as cars come from two directions and may not be looking for pedestrians.
- If you, as a volunteer, see a situation that might be dangerous for pedestrians, report it to the City, the Police Dept, or WalkSanDiego.

Bike Safety Tips

The rules for riding a bicycle are different than walking. They also change depending on the age of the rider. Students riding a bike to school should follow these rules:

- Always wear a properly fitting helmet
- If under 10 years old, children should be riding on the sidewalk (and/or with an adult)
- Young children should get off their bikes at intersections and cross as pedestrians
- Older students can ride in the street, but should understand and obey the rules of the road
- Rules of the road:
 - A bike is a vehicle and must obey all traffic signals and signs
 - Bikes should always be ridden in the same direction as traffic, never against it. They should also be ridden on the right side of the road.
 - Cyclists should use hand signals when turning:
 - Left turn: Left arm extended straight out
 - Right turn: Left arm bent up at the elbow, or right arm extended straight out
 - Stopping: Left arm bent down at the elbow
 - Before pulling into the street at an intersection, a bike rider should always:
 - Stop, look left, look right, and look left again.
 - Look back and yield to any traffic coming from behind.
- Bike riders should always watch for cars coming out of driveways, parking spaces, and parking lots.
- A bike rider should always assume that a driver can't see him or her unless the driver makes eye contact.
- General safe riding tips you can also mention
 - Wear bright clothing to be more easily seen
 - Don't ride at night
 - Inspect your bike regularly
 - Make sure the bike is the right size (and the helmet!)
 - No one should ever wear headphones or talk/text on cell phones while riding
 - Both hands should be kept on the bike's handlebars
 - Books and other items should be carried in a backpack or a basket attached to the bike
 - Only one person should ride a bike at a time—no exceptions

Be Street Smart!

La Mesa Students Walk This Way: Elementary School Peace Circle

Safety Principles:

- Walk on the **sidewalk**, if there is one; walk facing cars if there is not
- **Do not run**, play games, or talk/text on your cell phone while walking
- Only cross at an intersection or **crosswalk**, never in the middle of the road because drivers are not expecting people to be crossing there and may not be able to stop in time
- Before crossing the street:
 - **Stop** at the edge of the sidewalk – (the curb)
 - **Look** left, right left for cars. We look left two times because cars on the left will reach us first.
 - **Listen** for cars you can't see coming around the corner and emergency vehicles that might be speeding by.
 - **Make eye contact** with drivers to make sure they stop for you. Just because you see the car doesn't mean the driver sees you!
- When riding your bike, ALWAYS **ride in the same direction as traffic** and obey all traffic signals

Demonstration: Choose 2-3 students to demonstrate stop, look, listen, and making eye contact. One adult will narrate while a second adult acts as a 'driver'

Give bracelets to student volunteers and those called on to answer the following questions:

Pedestrian Safety Quiz!

Quiz time! Who remembers what we just said about how to walk and bike safely?

1. Where do we walk near the road? (On the sidewalk)
2. Where do we cross the street? (Only at an intersection or crosswalk)
3. Where do we stop before crossing the street? (At the edge or curb of the sidewalk)
4. Where do we look? (Left right left again)
5. What do we listen for? (Cars we can't see and emergency vehicles)
6. Why do we make eye contact? (To make sure drivers see us and will stop for us)
7. How can we tell it's safe to cross? (When all cars have seen us and stopped)
8. How do ride our bikes to school? (In the same direction as traffic/obeying the stop lights)

Neighborhood West/East/North/South of SCHOOL
Walking School Bus Schedule
PROGRAM NAME, if applicable

- Parents are volunteers, but will support safe walking procedures.
- Parent volunteers are not held responsible for injuries.
- All Children are expected to listen and abide by volunteer parents to and from school.
- All walkers **will** cross streets together.
- Pick-up and drop-off times are precise: volunteers will not wait for late children or parents.

Schedule

Monday AM	PARENT NAME	PH NUMBER
Monday PM	PARENT NAME	PH NUMBER
Wednesday AM	PARENT NAME	PH NUMBER
Wednesday PM	PARENT NAME	PH NUMBER
Friday AM	PARENT NAME	PH NUMBER
Friday PM	PARENT NAME(S)	PH NUMBER

Pick-up/Drop-off Places & Times

1 st stop: SE corner of El Paso & Cowles Mtn. Rd.	Leaving @ 8:00 am
2 nd stop: SW corner of El Paso & Avenorra St.	Leaving @ 8:03 am
3 rd stop: SW corner of El Paso & Bob St.	Leaving @ 8:07 am
4 th stop: SW corner of El Paso & Kimberly St.	Leaving @ 8:10 am
5 th stop: SW corner of El Paso & Samuel St.	Leaving @ 8:13 am
6 th stop: SW corner of El Paso & Lake Murray Blvd.	Leaving @ 8:20 am
Last stop: SCHOOL front office water fountain	Arriving @ 8:25

Pick-up: SCHOOL front office water fountain	Leaving @ 3:00 pm
1 st stop: SW corner of El Paso & Lake Murray Blvd.	Drop-off @ 3:05 pm
2 nd stop: SE corner of El Paso & Samuel St.	Drop-off @ 3:08 pm
3 rd stop: SE corner of El Paso & Kimberly St.	Drop-off @ 3:10 pm
4 th stop: SE corner of El Paso & Bob St.	Drop-off @ 3:15 pm
5 th stop: SW corner of El Paso & Avenorra St.	Drop-off @ 3:18 pm
6 th Stop: SE corner of El Paso & Cowles Mtn. Rd.	Drop-off @ 3:20 pm

Children we definitely have:
NAME
NAME
NAME (mornings only until it cools off)
NAME (Friday afternoons only)
NAME (Mon. & Wed. morning only)
NAME
NAME (no W afternoon only)

Children we sometimes have:
NAME
NAME

Riders are: (will be in front of the group and not required to wait)
NAME
NAME

APPENDIX B:

SAFE ROUTES TO SCHOOL PROGRAM RESOURCES



Table of Contents

Sustaining the Program: Ideas to Keep Kids Encouraged.....3
Other Ideas for Celebrating.....4
Online Resources.....5

SUSTAINING THE PROGRAM (IDEAS TO KEEP KIDS ENCOURAGED THROUGHOUT THE YEAR)

MILEAGE CLUB

Knowing that there are many students that for one reason or the other cannot walk to schools, these students could walk on the school playground, perimeter, or a pre-determined path or during recess. Mile marker cards are checked every time a child completes a lap on the course. When the walking session ends, the students calculate their distance traveled and for each five miles a child walks, the child is rewarded. Toe Tokens (bright colored plastic feet designed to be worn on shoe laces), certificates and a school display posters can be used for awards. All awards are designed to provide children with a sense of accomplishment, recognition and a source of positive image building.

KIDS PASTA MARATHON

This inexpensive mileage program has a final marathon goal. After a kick-off pasta lunch (or family dinner) students receive a footprint/mileage chart to track 1/2 mile increments. For each mile, students receive a piece of pasta. Throughout the "marathon" kids make and wear 26-piece pasta necklaces. For more information go to <http://www.kidsrunning.com>.

GREENING OF THE TREES

Each student colors/cuts a leaf when they arrive to school. Walking and biking students color leaves green. Those who arrive by bus and carpool get a different shade of green leaf. If a child traveled by car part of the way, but walked at least a block, the leaf is half yellow or brown and half green. Students who arrive by car (but not in a carpool) get a brown leaf. The leaves are then mounted on a tree, and the more the children walk or bike to school, the greener the tree becomes.

WALK AND BIKE ACROSS AMERICA

Students keep track of the distance that they walk and bike to school by calculating how far they live from school and multiplying that by the number of one-way biking and walking trips. If children are dropped off at staging areas near school they calculate the distance they travel from there. Similar counts are made from home to the bus stop. Each week the students add up the distance that the whole class traveled during that week and plot it on a map. Then they "travel" to a destination chosen by the class within those miles. Additional idea, lesson plans and materials can be found at [Walk Across America](#).

OTHER IDEAS AND ACTIVITIES FOR CELEBRATING WALKING & BIKING TO SCHOOL

- Decorate the routes to school with banners or signs. Get the students to make the signs, banner and flags.
- Greet children upon arrival at school with banners, balloons, flags, or even the school band, creating a festive occasion.
- Partner with local grocery stores to provide healthy treats and other refreshments for students who walk to school.
- Check with law enforcement agencies, city transportation departments, and health organizations to see if they have any give away materials/trinkets.
- Identify volunteers who will come into classes and conduct pedestrian safety lessons.
- Include the names of all the students who walked to (or at) school on a poster, website, newsletter, etc.
- Kick off a school mileage or frequent walker/roller club.
- Hold a class-by-class competition - Reward the class that has the greatest percentage of students walking with an extra recess or a party.
- Hold a "Best Ways to Get Your Parents to Walk/Bike to School With You" contest: Have students come up with one-sentence ideas for getting parents to walk with kids. Begin implementing feasible ideas. Publish a list of winners.
- Have students draw a memory map (cognitive map) of their walk to school. Invite them to write or draw what they saw, what was interesting, what would make the walk safer, and what changes would make them more likely to walk again soon.
- Hold a treasure hunt by asking students to identify certain landmarks on their way to/or around school.
- Have students decorate an old pair of sneakers. Ask them to wear their decorated shoes to school during the walk.
- Have students and community volunteers complete a walkability assessment in the neighborhood around the school.

ONLINE RESOURCES

RECRUITMENT

- "Parent letter." Energy Efficiency and Conservation Authority, <http://www.pinnacleresearch.co.nz/wsb/WSB%20GUIDEPARENTS.pdf> (pg. 5)

EVALUATION TOOLS

- "Student Survey." Safe Routes to Schools: Marin County, <http://www.saferoutestoschools.org/pdfs/StudentSurvey822.pdf>
- "Kids Walk-to-School Participant Evaluation." Kids Walk-to-School: A Guide to Promote Walking to School, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/kidswalk.pdf> (pg. 61)
- "Walk-to-School Survey." Kids Walk-to-School: A Guide to Promote Walking to School, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/kidswalk.pdf> (pg. 55-56)

GETTING SCHOOL AND COMMUNITY SUPPORT

- "Step One: Identify Interest." Kids Walk-to-School: A Guide to Promote Walking to School, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/kidswalk.pdf> (pg. 7)
- "Walking and Bicycling to School: Community Presentation." Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm>

INTERNATIONAL WALK TO SCHOOL EVENTS

- International Walk to School Day in the USA, <http://www.walkbiketoschool.org>
- International Walk to School Month, <http://www.iwalktoschool.org>

LIABILITY

- 10 Tips for Safe Routes To School Programs and Liability, <http://www.saferoutesinfo.org/resources/collateral/liabilitytipsheet.pdf>

ROUTE PLANNING

- "Walkability Checklist." Bicycle and Pedestrian Information Center, <http://drusilla.hsrc.unc.edu/cms/downloads/walkabilitychecklist.pdf>
- "Walkable Routes to School Survey." Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/kidswalk.pdf> (pg. 57)

SAFETY TIPS

- "Kids Walk-to-School: Pedestrian Safety." Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/kidswalk.pdf> (pg. 37)
- "Walking School Bus: Guidelines for Organizers." Pedestrian and Bicycle Information Center, <http://www.walkingschoolbus.org/organizers.pdf>

- "Walking School Bus: Guidelines for Talking to Children about Pedestrian Safety." Pedestrian and Bicycle Information Center, <http://www.walkingschoolbus.org/safety.pdf>

WALKING SCHOOL BUS GUIDE

- "KidsWalk-to-School Guide: A Guide to Promote Walking to School." Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm>

WALKING SCHOOL BUS PROGRAMS

- "How do I Start a Walking School Bus Program?" City of Clearwater, Florida, <http://www.clearwater-fl.com/gov/depts/parksrec/bikeways/startwalkingbus.asp>
- "Safe Routes to School." Van Derveer Elementary School, New Jersey, http://www.activelivingresources.org/assets/VanDerveer_wsb_success.pdf
- "Walking School Bus." Indiana Area School District, <http://www.iasd.cc/Walking%20School%20Bus.htm>

CONSENT FORMS

- "Parental Consent Form." KidsWalk-to-School: A Guide to Promote Walking to School, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/kidswalk.pdf> (pg. 59)

STATE AND NATIONAL RESOURCES

- Federal Highway Administration (FHWA) Office of Safety—SRTS Program Guidance <http://safety.fhwa.dot.gov/saferoutes/guidance/>
- National Center for SRTS <http://www.saferoutesinfo.org/>
- Safe Routes Info/Walking School Bus http://guide.saferoutesinfo.org/walking_school_bus/index.cfm
- California Department of Public Health Technical Assistance Resource Center <http://www.cdph.ca.gov/HealthInfo/injviosaf/Pages/SafeRoutestoSchool.aspx>
- The Safe Routes to School National Partnership <http://www.saferoutespartnership.org/>
<http://www.saferoutespartnership.org/state/4373/california>
- California's Safe Routes to School website
This site, sponsored by the state's Department of Health Services, is full of resources and ideas. Their goal is to get more children traveling safely to school on foot or bike, with greater frequency.
<http://www.cdph.ca.gov/HealthInfo/injviosaf/Pages/SafeRoutestoSchool.aspx>

APPENDIX C:

INTERGENERATIONAL VOLUNTEER PROGRAM SAMPLES



Table of Contents

- School Description.....3
- Walkability Guide.....4
- Volunteer Position Descriptions.....16
- Volunteer Schedule.....18
- Recruitment Outreach Plan.....19
- Recruitment Brochure.....22
- Sample Flyers.....24
- Volunteer Application.....26
- Photo Release.....28
- Timecard.....29
- Sample One-Year Budget.....30
- Donation Letter.....31
- Partnership Request Form.....32
- Training Session Contacts.....35
- Volunteer Checklist.....36
- Training Session Agenda.....37
- Volunteer Survey.....38

School Programs

La Mesa Dale Elementary School

La Mesa Dale Elementary, located on Parks Avenue just south of University Avenue, has approximately 533 students in grades Kindergarten through 6. La Mesa Middle School and Helix High School are also in close proximity. The school is located in a residential neighborhood, but in close proximity to busy University Avenue, increasing the need for adult supervision on the way to and from school. Highwood Park is located adjacent to La Mesa Middle, about 0.3 miles away from La Mesa Dale, and provides a great gathering place for families and volunteers to meet and walk to school together. Once the students have arrived safely at school, volunteers can walk back to the park to continue exercising together.

La Mesa Dale parents have indicated that the safety of intersections and crossings and the speed of traffic along the route to school are some of the top issues affecting their decision to not allow their child to walk or bike to school. This creates a great opportunity for older community members to increase the safety of the neighborhood by being eyes and ears on the street, while also improving their own health and the health of students walking or biking to school. Volunteers can take on the positions of Community Watch, Crosswalk Monitor, or Parking Monitor at La Mesa Dale.

La Mesa Dale currently has a recognized Walk to School Day (W2SD) on the first Wednesday of every month where students receive raffle tickets for walking or biking to school. The tickets are used to track the number of students walking and biking and are collected by the Parent Champion to raffle off prizes later in the school year. Students participating in the school's Run Club are also eligible to receive a ticket. Although the school recognizes one W2SD per month and it is preferred that volunteers fill that day first, there are students walking and biking to school daily, therefore volunteers are welcome any day of the week. There are currently two older adult volunteers outside on Wednesday mornings to provide an increased sense of safety near the school as well as various opportunities for additional volunteers to participate.

In addition to monthly walks, La Mesa Dale joins seven other schools in La Mesa to celebrate International Walk to School Day every year on the first Wednesday in October. This fall, the Safe Routes to School Kick-Off Walk to School Day will be held on Wednesday, September 12th, in honor of Grandparents Day.

Volunteer position descriptions and available locations and times for La Mesa Dale Elementary can be found on the following pages.



Photo: SANDAG

Walkability Guide

*Do You Enjoy Walking
In Your Community?*

Use this guide to learn more about walkability and how you can make your community safer to walk



Promoting Walkable
Communities

SanDiego

walksandiego.org

About This Guide

WalkSanDiego believes every resident of the San Diego region should be able to walk safely in his/her community. Many people would like to make their neighborhood more pedestrian friendly but don't know how. The Walkability Guide was created to help you. Read on to learn about five important ingredients of a walkable community and tips for working with your city to get what you want. Pages 4-7 also outline a Walkability Checklist which you can fill out for your neighborhood and submit to your city.

Five Important Ingredients To A Walkable Community

What makes a community more walkable? There are 5 basic ingredients to make your neighborhood a place where people of all ages and abilities have safe, enjoyable, and easy access to their community on foot.¹

1. Good Sidewalks



Photo: K. Ferrier

The basic design of a good sidewalk should include:

- **Pedestrian Zone:** wide, level sidewalks in good condition where pedestrians can walk and wheelchairs can roll
- **Parkway or Buffer Zone:** allows for vegetation and/or street furniture and buffers pedestrians from vehicles
- **Curb Zone:** border between the street and sidewalk with ramps for disabled and others to access sidewalk

2. Safe & Easy Street Crossings

Street crossings should be available every 300 feet (about half the length of a block) and should include:

- **Painted or Decorative Crosswalk:** makes crosswalk easier to see
- **Stop Bar:** painted line that stops cars before entering the crosswalk
- **Curb Extension/Bulb-out:** reduces pedestrian crossing distance; makes pedestrians more visible to drivers
- **Median/Island:** provides a halfway refuge point that allows pedestrians to cross safely



Photo: SANDAG

1. Bicycle Federation of America. (1998). Campaign to Make America Walkable: Creating Walkable Communities. Page 5

3. Traffic Calming



Street improvements can slow vehicle speeds, increase pedestrian safety, and allow for smooth traffic flow:

- **Curb Extension/Bulb-out:** slows the speed of turning vehicles
- **Road Diet:** slows traffic by reducing number of lanes and lane widths
- **Other:** roundabout, median, pedestrian island, and diagonal parking

4. Safety, Comfort & Beauty

Street enhancements make walking feel safer, more comfortable and more inviting:

- **Pedestrian Lighting**
- **Landscaping & Trees**
- **Clean & Well-maintained Sidewalks**
- **Amenities:** such as drinking fountains, bathrooms, and benches
- **Public Art**



5. Great Destinations



A community is more vibrant and desirable if it has great walking destinations, like:

- **Shopping:** stores, markets, restaurants, etc.
- **Services:** clinics, post office, bank, etc.
- **Transportation:** trolley, bus stop, train
- **Recreation:** parks, gardens, etc.

Pedestrian Safety



Did you know a pedestrian is killed in a traffic collision every 109 minutes in the U.S.? WalkSanDiego wants you to be safe. Here are some tips:

- Obey all traffic signals and signs.
- Walk on the sidewalk. If there isn't one, walk on the left side of the street to face oncoming traffic.
- Use crosswalks if available, or cross at an intersection.
- Before crossing the street, (1) stop, (2) look left, right, and left again, and (3) listen for oncoming vehicles, and (4) make eye contact with drivers to make sure they see you.
- Be alert while crossing. Don't be distracted texting or talking on the phone.
- Be cautious around parked cars and driveways.
- Be predictable, don't run suddenly out into the street.



Be safe. Stay within the crosswalk if available.

Walkability Checklist

Conduct a walk audit and look for the 5 ingredients to a walkable community. To conduct a successful walk audit, complete the following steps:

- Step 1** Choose your walk route and write the location on the lines below.
- Step 2** Read through all sections of the checklist to know better what you'll be looking for.
- Step 3** Start your walk. Check the box next to the problem(s) you find and write the street location in the space provided. Repeat for each section.
- Step 4** Add the total number of boxes checked in each section and write the correct number in the Neighborhood Walkability Score section on page 7 for a total walk score. Areas with poor walkability will get a higher score and areas with good walkability will get a lower score.

Locations

Beginning Address: _____ Ending Address: _____
Street #1 _____ Street #2 _____
Street #3 _____ Street #4 _____

Section 1: Sidewalks

Check the box below and write the location in the space provided if you found a problem such as:

- No sidewalks or paths _____
- Sidewalks were broken or cracked _____
- Sidewalks were blocked by poles, signs, plants, vehicles, etc. _____
- Sidewalk was not continuous _____
- Sidewalk interrupted by many sloped driveways making it difficult to proceed ahead smoothly

- Sidewalks were not wide enough for two people to walk together side by side (at least 5 feet across)

- Sidewalk did not have a parkway (grass or trees) separating it from the street _____
- Intersections did not have curb ramps for wheelchairs, strollers, and wagons _____
- Other problems _____

Total Number of Problems: 0 1 2 3 4 5 6 7 8 9

Section 2: Street Crossings

Check the box below for each problem you find and write the location in the space provided:

- The road was too wide to cross easily _____
- Traffic signals made us wait a long time _____
- Traffic signals did not give us enough time to cross the street _____
- The crosswalk was not marked or was poorly marked _____
- I had to walk too far (more than 300 feet) to find a safe, marked crossing _____
- There was no median on the street to provide a safe place to cross a wide street _____
- The crossing did not have a pedestrian activated button _____
- Other problems: _____

Total Number of Problems: 0 1 2 3 4 5 6 7 8

Section 3: Driver Behavior

Check the box below if drivers did the following things and write the location in the space provided:

- Did not yield to people crossing the street _____
- Turned into people crossing the street _____
- Were driving too fast to make you feel safe _____
- Sped up to make it through traffic lights or drove through traffic lights _____
- Did not stop at stop signs _____
- Stopped inside of the crosswalk _____
- Did not look when backing out of driveways _____
- Other problems: _____

Total Number of Problems: 0 1 2 3 4 5 6 7 8

Section 4: Safety

Check the box below for each problem that made you feel unsafe and write the location in the space provided:

- People loitering outside of buildings _____
- Presence of panhandling and/or homeless _____
- Speeding vehicles _____
- Insufficient or no lighting _____
- Vacant lots or rundown buildings _____
- Unleashed and/or noisy dogs _____
- Graffiti _____
- Other problems _____
- _____
- _____
- _____

Total Number of Problems: 0 1 2 3 4 5 6 7 8

Section 5: Comfort and Appeal

Check the box below for each problem you find and write the location in the space provided:

- No grass, flowers, or trees _____
- Not enough lighting to make you feel safe _____
- Bus stop did not have shelter or shade _____
- Bus stop did not have a bench _____
- Lots of litter or trash and/or cigarette butts _____
- Dirty air due to automobile exhaust _____
- Bad smells or odors _____
- No place to sit and rest along my route _____
- Other problems _____
- _____
- _____

Total Number of Problems: 0 1 2 3 4 5 6 7 8 9

Section 6: Pedestrian Behavior

Check the box below for each problem you find and specify the location(s) where it was difficult to:

- Find a marked crosswalk _____
- See drivers and/or be seen by drivers _____
- Walk on the sidewalk because of overgrown bushes/plants/trees _____
- Make it across the street before the light changed _____
- Cross multiple, sloped driveways _____
- Locate the pedestrian push button _____
- Other problems: _____
- _____
- _____
- _____

Total Number of Problems: 0 1 2 3 4 5 6 7

Neighborhood Walkability Score

Write your total scores below from the previous sections, and add those numbers to get your total neighborhood walkability score.

+
 +
 +
 +
 +
 =

	Section 1	Section 2	Section 3	Section 4	Section 5	Section 6	Total Walkability
0-9	Very walkable						Celebrate! You have a great neighborhood for walking
10-19	Walkable						Good. Some improvements can be made.
20-29	Somewhat walkable						Okay. The neighborhood needs work to improve walkability.
30-39	Not very walkable						It needs a lot of work. Use this guide to help make change.
40-49	Not walkable at all						Start working. Your neighborhood is not safe to walk.

Date Name

Read further to see how you can get involved.

This walkability tool is adapted from the YEAH! Training Manual (www.ourcommunityourkids.org) and was created from the following:

The Pedestrian and Bicycle Information Center Walkability Checklist

By the California Department of Health Services' California Nutrition Network for Healthy, Active Families for the Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention Project.

Environmental Assessments developed by *Samuels & Associates* (www.samuelsandassocaites.com) for the *Healthy Eating, Active Communities Program*.

The Boyle Heights Walkable Neighborhoods for Seniors Project Walk Audit Form by *Safe & Healthy Communities Consulting*.
 WalkSanDiego input from ongoing community walk audits.

How Can I Help Make My Neighborhood More Walkable?

Short Term:

- Call your city and give them a copy of your Walkability Checklist. They rely on community members like you to know where problems are located and are required to respond.
- Have your friends contact them, too, to emphasize the safety concern. Look on the back of this Guide for city contact information.
- For specific problem areas, ask city staff to meet you at the site and assess together.
- Some cities have a committee to discuss these kinds of problems. Find out which cities have these committees at www.walksandiego.org.
- Stay in touch with the city to find out what solutions are proposed and when they will be put in place.
- Contact your councilperson about your concern.
- Report illegally parked cars, graffiti and unsafe drivers to police.
- Contact WalkSanDiego for more information at walksandiego.org or 619-544-9255.

Long Term:

- Get involved with a local community planning group to talk more about safe walking and to work together for change.
- Contact your city's Planning Department and ask for information about existing community groups.
- Keep working with the city to ensure the problem is addressed. Get other neighbors involved to emphasize the safety concern.
- Gather a group of interested neighbors to create a coalition and monitor pedestrian safety issues within your community.

Benefits of Walkable Communities

Did you know that people who live in walkable neighborhoods make four times as many walking and biking trips, three times as many transit trips, take fewer car trips, and drive fewer miles?¹ In a walkable community, cars and traffic speeds are slower and more controlled making it a safer place for walking.² Read on to learn more about the many benefits of walking.

Health

Walkable communities promote physical activity and good health.

- Children who walk are more active and develop a sense of independence contributing to a life-long habit of walking.²
- Walking 30 minutes per day can reduce the risk of obesity, cancer, heart disease, high blood pressure, and diabetes, and improve your mood and mental performance.^{3,4}
- Seniors living in a walkable community have greater mobility and independence, which helps reduce falls and gives them more energy for the things they enjoy.⁵



Economic



Walkable neighborhoods financially benefit the people who live & work there.

- People that live in a walkable community can walk to buy groceries, do their laundry, and other errands close to their home which supports local businesses and saves money that would otherwise go towards gas.⁴
- There are fewer cars on the road reducing the need for spending city funds on road improvements.²
- Residential property values are more likely to increase in walkable communities.⁶

Crime Prevention & Safety



Walking puts more 'eyes on the street'.

- Walking in your neighborhood helps prevent crime because there are more people around looking out for one another.⁷
- A walkable community means a pedestrian is less likely to get hit by a car and injured.⁴

Community Strength

Walking in your neighborhood builds a sense of community.

- People in walkable neighborhoods have a greater level of pride and sense of ownership.⁸
- Walking in your neighborhood allows you to interact with neighbors, forming connections and social support.^{3,8}



Environment



Think globally, act locally.

- If there are more people walking, there are fewer cars on the roads and less traffic congestion, less air and noise pollution, and less gas being used, which creates a healthier world for all of us!^{2,3}

References:

1. **Parsons, Brinckerhoff, Quade, & Douglas.** (1993). The Pedestrian Environment: Making the Land Use Transportation Air Quality Connection.
2. **Bicycle Federation of America.** (1998). Campaign to Make America Walkable: Creating Walkable Communities.
3. **National Center for Environmental Health.** (2008). Walkable Communities. Centers for Disease Control and Prevention.
4. **U.S. Department of Transportation.** (2008). A Resident's Guide for Creating Safe and Walkable Communities.
5. **Centers for Disease Control and Prevention.** (2009). Physical Activity and Health: The Benefits of Physical Activity.
6. **Litman, T.** (1999). Evaluating Traffic Calming Benefits: Costs and Equity Impacts. Victoria Transport Policy Institute.
7. **Envision Utah Partnership.** (2002). Urban Planning Tools for Quality Growth: Making Our Community a Good Place to Walk.
8. **Burden, D.** (2001). Distinguished Lecture Presentation to the Transportation Research Board, Washington, D.C.

Resources



Contact your city's traffic engineer to tell them about your walkability concern. Tips for what to say when working with the city and more detailed information on city contacts can be found on WalkSanDiego's website, www.walksandiego.org.

City of Carlsbad	760-602-2730
City of Chula Vista	619-691-5026
City of Coronado	619-522-7383
City of Del Mar	858-755-3294
City of El Cajon	619-441-1653
City of Encinitas	760-943-2298
City of Escondido	760-839-4595
City of Imperial Beach	619-423-8311
City of La Mesa	619-667-1144
City of Lemon Grove	619-825-3810
City of National City	619-336-4350
City of Oceanside	760-435-4373
City of Poway	858-668-4668
City of San Diego	619-527-7500
City of Santee	619-258-4100 x 167
City of San Marcos	760-744-1050 x 3229
City of Solana Beach	858-720-2470
City of Vista	760-726-1340 x 1383

Photo: R. Van Vleck

WalkSanDiego.org
740 13th Street, Suite 502
San Diego, CA 92101
619-544-9255

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Page 15
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City of La Mesa

Safe Routes to School

Volunteer Positions

Safe Routes to School Volunteers commit a small amount of their time each week to watch over students as they walk/bike to and from school, provide pedestrian and bicycle safety tips, deter unsafe behaviors, and simply be the “**Eyes on the Street**” as students safely make their way to and from school. Various positions are available:

SRTS Crosswalk Monitor

Crosswalk Monitors promote safe driver, bicyclist and pedestrian behaviors at intersections and crosswalks near schools. They provide assistance as children and their families cross the street. Monitors may carry a stop sign and whistle to be used as needed to remind drivers of the presence of pedestrians. The Monitors support children as they develop the skills needed to cross streets safely at all times. All volunteers work closely with City staff, SRTS Parent Champion and School staff.

SRTS Community Watch:

Community Watch volunteers are assigned to specific street segments and monitor the area on foot, providing an adult presence to deter unsafe driver, bicyclist and pedestrian behaviors, provide safety tips, and watch for and report any suspicious activities. All volunteers work closely with City staff, SRTS Parent Champion and School staff.

SRTS Park Monitor

Park Monitors are positioned near local parks in walking distance to nearby schools to provide an adult presence as parents utilize “Park and Walk” locations and walk their children to school. Students may also be dropped off at the park to join a supervised Walking School Bus (WSB), a group of children walking together to school with a trusted adult leader. Depending on distance, Monitors either walk around the park or walk from the park to school and back, keeping a watch over students and families walking and biking to school. Monitors provide pedestrian safety tips and encourage students to practice safety at all times. All volunteers work closely with City staff, SRTS Parent Champion and School staff.

SRTS Art and Event Volunteer:

The Art and Event Volunteer assists students before or after school in an assigned location to create posters and signs promoting Safe Routes to School and any upcoming events. On the day of Walk to School events, the Volunteer will assist with handing out raffle tickets and promoting the La Mesa Walk-n-Roll Program. All volunteers work closely with City staff, SRTS Parent Champion and School staff.

Qualifications & Responsibilities:

- Willingness to learn and contribute to an intergenerational environment
- Commitment to working with students and promoting the La Mesa Walk-n-Roll Program
- Attend monthly meetings
- Participate in free trainings and workshops to enhance skills
- Complete City volunteer application and criminal background check/LiveScan (no fees)
- 1 year commitment preferred (2012-2013 school year)

Mandatory Training Sessions

- Crossing Guard
- How to be a Good Witness
- Pedestrian Safety Tips
- Bicycle Safety Tips
- Orientation and Mobility

Required Uniform:

- Safety Vest (provided)
- Lanyard / ID (Provided)

Benefits:

- Improved Health and Wellness
- Free trainings and workshops as a City of La Mesa Volunteer
- Opportunity to make a difference in a child's life and in your community
- Develop meaningful relationships with young people, peers, city and school staff

Reports To:

City of La Mesa, Safe Routes to School Coordinator. Works closely with school volunteers and staff.

Time Commitment:

Each shift is a minimum of 30 minutes. Commitment of at least 4 hours per month is preferred. Various days and shifts are available to fit the schedule of the volunteer.

La Mesa Dale Elementary School - 4370 Parks Avenue

Existing Walking Program: Walk to School Day 1st Wednesday of Every Month

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
7:20am - Parks & Normal Ave intersection (CM) Name:	7:20am - Parks & Normal Ave intersection (CM) Name:	7:20am - Parks & Normal Ave intersection (CM) Name:	7:20am - Parks & Normal Ave intersection (CM) Name:	7:20am - Parks & Normal Ave intersection (CM) Name:
7:20am - Parks Ave from Sturgess to University (CW) Name:	7:20am - Parks Ave from Sturgess to University (CW) Name:	7:20am - Parks Ave from Sturgess to University (CW) Name:	7:20am - Parks Ave from Sturgess to University (CW) Name:	7:20am - Parks Ave from Sturgess to University (CW) Name:
7:20am - Highwood Park (CW) Name:	7:20am - Highwood Park (CW) Name:	7:20am - Highwood Park (CW) Name:	7:20am - Highwood Park (CW) Name:	7:20am - Highwood Park (CW) Name:
7:20am - Parking Lot at Front Entrance (PM) Name:	7:20am - Parking Lot at Front Entrance (PM) Name:	7:20am - Parking Lot at Front Entrance (PM) Name:	7:20am - Parking Lot at Front Entrance (PM) Name:	7:20am - Parking Lot at Front Entrance (PM) Name:
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
2:05pm - Parks & Normal Ave intersection (CM) Name:	12:50pm - Parks & Normal Ave intersection (CM) Name:	2:05pm - Parks & Normal Ave intersection (CM) Name:	2:05pm - Parks & Normal Ave intersection (CM) Name:	2:05pm - Parks & Normal Ave intersection (CM) Name:
2:05pm - Parks Ave from Sturgess to University (CW) Name:	12:50pm - Parks Ave from Sturgess to University (CW) Name:	2:05pm - Parks Ave from Sturgess to University (CW) Name:	2:05pm - Parks Ave from Sturgess to University (CW) Name:	2:05pm - Parks Ave from Sturgess to University (CW) Name:
2:05pm - Highwood Park (CW) Name:	12:50pm - Highwood Park (CW) Name:	2:05pm - Highwood Park (CW) Name:	2:05pm - Highwood Park (CW) Name:	2:05pm - Highwood Park (CW) Name:
2:05pm - Parking Lot at Front Entrance (PM) Name:	12:50pm - Parking Lot at Front Entrance (PM) Name:	2:05pm - Parking Lot at Front Entrance (PM) Name:	2:05pm - Parking Lot at Front Entrance (PM) Name:	2:05pm - Parking Lot at Front Entrance (PM) Name:

VOLUNTEER RECRUITMENT
OUTREACH

ORGANIZATION	RESPONSIBLE	TIMELINE		COMMENTS
Live Well Summit	HHSA / AIS	Jun-12	COMPLETE	Summit was well attended. SRTS IG program was presented and aired via simulcast to all locations. Misty was a panelist at East County location and spoke of IG program and handed out flyers.
AARP	Ellen / Nancy	Jul-12	COMPLETE	Contacted Maxine Fischer – AARP is currently unable to help with program as it does not fit into their Mission Statement
Adult Enrichment Center	Misty	Jul-12	COMPLETE	Flyers placed at AEC for informational meeting
Aging and Veterans Commission	Misty	Jul-12	COMPLETE	Presented on June 26th. Provided flyers for Aug. 2nd meeting. Invited members to join SRTS Steering Committee Meetings / Commissioner Judith Quinn would like to attend meetings. Commissioners support the program.
Congregations	Misty	Jul-12	COMPLETE	Emailed letter with flyers and volunteer information to La Mesa congregations (41) with info on Orientations
County Action Networks	AIS	Jul-12	COMPLETE	Flyers, press releases and volunteer information sent out through CAN
Current volunteers	Nancy / Misty	Jul-12	COMPLETE	Met with and surveyed current volunteers. Flyer emailed to volunteers to give to friends and neighbors
Elderhelp of San Diego	Ellen	Jul-12	COMPLETE	Info sent out through Senior Alliance Mailing List
Healthways	Nancy	Jul-12	COMPLETE	Emailed overview with flyer attached to Robin Hochstadt from Healthways for distribution
Interfaith Council	Art / Misty	Jul-12	COMPLETE	Nancy and Misty presented on July 26 th . Provided 100 flyers for each representative along with HHSA bags with pedometers, etc.
La Mesa Collaborative	Misty	Jul-12	COMPLETE	Flyer emailed to the LM Collaborative. Next LMC meeting is after our meeting. Possible present at a meeting at a later point to introduce program
La Mesa CS, Rec Center and Pool	Misty	Jul-12	COMPLETE	Flyers placed all around facilities
La Mesa IG Games	Misty	Jul-12	COMPLETE	Send letter and flyer to all past IG participants
La Mesa Parks	Misty	Jul-12	COMPLETE	Flyers put up at local park kiosks
La Mesa RSVP	Misty	Jul-12	COMPLETE	Emailed to Maxine (oversees RSVP Program); she will distribute to all RSVP volunteers / Reached out again in 2013 and flyers were distributed
LMSVSD Superintendent	Art / Yvonne / Misty	Jul-12	COMPLETE	Met with Superintendent Marshall on July 9th; he is on board with the program and would like us to present to the school board in September.
Mall Walkers	Misty	Jul-12	COMPLETE	group / FEB 2013 presented program to Saturday morning group and recruited two volunteers

VOLUNTEER RECRUITMENT
OUTREACH

ORGANIZATION	RESPONSIBLE	TIMELINE		COMMENTS
Notify Me – City of La Mesa	Misty	Jul-12	COMPLETE	Flyer sent with overview through Notify Me (AEC – 700+; Community Services 900+)
Retired County Newsletter	AIS	Jul-12		
RSVP - County	Nancy	Jul-12	COMPLETE	Nancy handed out flyers at RSVP luncheon
Senior Olympics	Nancy	Jul-12	COMPLETE	Emailed overview with flyer attached to Danny Propp from Senior Olympics for distribution
Silver Sneakers	Nancy	Jul-12		
US Conference of Mayors	Art	Jul-12	COMPLETE	Spoke on behalf of IG Team at the meeting
Walk & Talk	Misty	Jul-12	COMPLETE	Emailed flyer and position descriptions to Allison / No response from Allison / Contacted again in Feb 13 with no response
National Night Out	Misty	Aug-12	COMPLETE	Provided flyers to Dr. A. and the LMPD to pass out during event
LMSV School Board	Misty	Sep-12	COMPLETE	SRTS update and presentation of IG component to LMSVSD
LMSV Schools	Misty	Sep-12	COMPLETE	Recruitment flyers provided to local schools
Heartland Safety Fair	Misty	Oct-12	COMPLETE	Resource Table with flyers, applications, brochures etc.
KidsCare Fest	Misty / Kaley	Oct-12	COMPLETE	Resource Table with flyers, applications, brochures etc.
AEC Outreach	YSM	Oct-12	COMPLETE	Resource Table with flyers, brochures and applications set up for outreach on multiple dates / many interested but only a couple followed through
Athletic Parks	Misty	Oct-12	COMPLETE	Flyers put up in Kiosks
La Mesa 3rd Annual Senior Expo	Misty / YSM	Oct-12	COMPLETE	Resource Table with flyers, applications, board with pictures etc. /One app received, others interested
La Mesa Library	Misty / YSM	Oct-12	COMPLETE	OCT 2012 - Flyers left at Library / JAN/FEB 2012 Resource Table with flyers, brochures and applications on multiple dates during January and February 2013 - Many interested but none followed through.

VOLUNTEER RECRUITMENT
OUTREACH

ORGANIZATION	RESPONSIBLE	TIMELINE		COMMENTS
Waterford Terrace Retirement Community	YSM	Oct-12	COMPLETE	Resource Table with flyers, brochures and applications set up for outreach on multiple dates / many interested but zero followed through and became volunteers
National league of Cities	Art	Nov-12	COMPLETE	Spoke on behalf of IG Team at the meeting
Adult Enrichment Center / Rides 4 Neighbors Vol List	Misty	Nov-12	COMPLETE	Flyer with letter to be mailed to current volunteer list including R4N volunteers
La Mesa Kiwanis	YSM	Dec-12	COMPLETE	Due to poor weather very few showed / Presented again in Jan. Kiwanis will forward info to all members
The Springs Senior Apartments	YSM	Dec-12	COMPLETE	Oct and Dec - Resource Table with flyers, applications, board with pictures etc. / One completed app
La Mesa Town Hall Meetings	Misty	Jan-13	COMPLETE	Resource Table with flyers, applications, board with pictures etc. placed at two Town hall Meetings (Jan 15 and 17)
Cuyamaca College	Misty	Feb-13	COMPLETE	Presented to three sociology classes which need volunteer hours - gave information to post on campus as well as for studnets to take to parents and grandparents
Retired Teachers Association	Misty	Feb-13	COMPLETE	Resource Table with flyers, applications, board with pictures etc. / Recruited two volunteers
East County Family YMCA	Misty / YSM	Mar-13	COMPLETE	Resource Table with flyers, brochures and applications set up for outreach. Unfortunately Spring Event was not at the La Mesa YMCA and few people were interested due to locations
Active Older adult sportsgroups (i.e. men's softball, yoga)	YSM	Apr-13		YSM will reach out to athletics groups
Grossmont Continuing Ed activity classes	Misty	Apr-13		Take flyers to Continuing Ed locations
Retired Nursing Association		Apr-13		
Volunteer Match				List flyer and positions avail with Volunteer match

The program is based on these principles:

Education provides students, parents, school staff and the community with important skills and information to be safe pedestrians and bicyclists.

Encouragement through local **Safe Routes to School** champions who promote, encourage and coordinate **Walk 'n' Roll** activities such as Walk to School events and contests.

Enforcement increases awareness and reduces the frequency of traffic safety problems through extra patrols, education and the *I Drive 25* campaign.

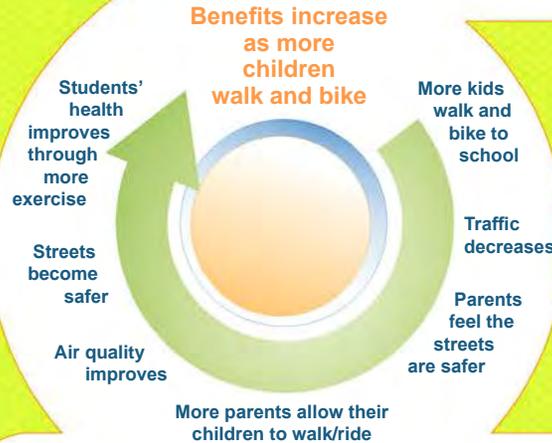
Engineering focuses on solutions for improvements near schools such as reducing speeds and installing more visible crosswalks.

Evaluation measures progress with surveys and student travel tallies throughout the project.

For more information, contact:
Misty Thompson **619.667.1319**
srts@ci.la-mesa.ca.us

Why do we need safe routes?

Our neighborhoods thrive when there are fewer cars on the road and more children are biking and walking to school.



Together we can make a difference in La Mesa.
Take your first step today!



For more information, contact:

Misty Thompson
City of La Mesa
4975 Memorial Drive
La Mesa, CA 91942
619.667.1319
www.cityoflamesa.com/SRTS
srts@ci.la-mesa.ca.us

Kaley Lyons
WalkSanDiego
740 13th Street, Suite 502
San Diego, CA 92101
619.544.WALK (9255)
www.walksandiego.org
klyons@walksandiego.org

La Mesa Safe Routes



La Mesa's **Walk 'n' Roll** program brings community members together to make our neighborhoods safer for students to walk and bike to school.



Take your first step today!



Walk 'n' Roll Program Goals:

- Improve health and safety
- Decrease traffic congestion and pollution around schools
- Enhance walking and biking routes
- Make walking fun!



Here Is What You Can Do!

Take your first step today.

- Encourage your kids to walk or bike to school.
- Help out at Safe Routes to School events at your child's school.
- Become a Safe Routes to School volunteer at a school in your neighborhood.

All ages welcome. Various volunteer positions available.



La Mesa is especially looking to its older adult neighbors to be the eyes on the street when children are walking and biking to and from school.

Flexible days. Make a difference in just one hour per week!

7:30-8:30am or
2:00-3:00pm

Stay fit and enjoy the health benefits of walking as part of this volunteer opportunity.

Contribute to the safety of your community.



Eight schools in La Mesa currently have daily, weekly or monthly walking/biking programs:

Lemon Avenue
Maryland Avenue
Northmont
La Mesa Middle

La Mesa Dale
Murray Manor
Rolando
Parkway Middle

Active Adult Volunteers Needed For the 2013-14 School Year

Make a difference with as little as 1 or 2 hours per week!

Flexibility:

You choose the days and times you volunteer.

Safety:

Make your neighborhood safer by being the **Eyes on the Street** as students walk/bike to or from school.

Community:

Be an integral part of your community; interact with school officials, parents and neighbors, and participate in trainings and recognition events.

Stay Fit:

Exercise, such as walking as part of this volunteer opportunity, has great health benefits for you and the kids!



Incentives Available

For more information, contact:

Misty Thompson 619.667.1319 srts@ci.la-mesa.ca.us



Improve Your Health While Creating a Safer La Mesa!

Volunteer with Safe Routes to School

Be the "Eyes on the Street" as students walk to or from school

JOIN US

For an informational meeting
about volunteer opportunities
for older adults.

- ◆ *Park Monitor*
- ◆ *Community Watch*
- ◆ *Crosswalk Monitor*
- ◆ *Art and Event Volunteer*



YOU choose the days and times
you volunteer! Shifts available in the
morning and afternoons
Monday - Friday



INTERGENERATIONAL PROGRAM

Speakers from:

City of La Mesa
Aging & Independence Services
Health and Human Services Agency
La Mesa Police Department
WalkSanDiego

*Just a few hours a week
can change a child's life and yours!*

Thursday, August 2, 2012

9:00 - 10:30 am

La Mesa Community Center

4975 Memorial Drive, La Mesa CA 91942

Orientation, Training and Excellent Support Services provided.



VOLUNTEER APPLICATION

City of La Mesa
 Community Services/Human Services Division
 8450 La Mesa Boulevard - La Mesa, CA 91942
 (619) 464-0505

(FOR OFFICE USE ONLY)

Date Sent: _____
 Fingerprinted: _____
 Assignment: _____

USE TYPEWRITER OR PRINT IN INK

NAME: _____
(LAST NAME) (FIRST NAME) (MIDDLE NAME)

ADDRESS: _____ **PHONE:** _____
(NUMBER & STREET)

(CITY) (STATE) (ZIP CODE) (PRINT)

PREVIOUS ADDRESS: _____ **BUSINESS OR CELL PHONE:** _____
(IF LESS THAN 5 YEARS AT ABOVE ADDRESS)

EMERGENCY CONTACT NAME: _____ **RELATIONSHIP** _____

PHONE #1: _____ **PHONE #2** _____

YES	NO	PLEASE EXPLAIN ALL "YES" ANSWERS IN THE SPACE PROVIDED BELOW:
		1. Are you now, or have you ever been, employed by the City of La Mesa?
		2. Are you related to any current employee, elected or appointed official of La Mesa?
		3. Do you speak and understand a second language, or possess other special skills or training which would enhance your qualifications for this position?
		4. Have you ever been CONVICTED of a felony or misdemeanor? (You should consider any charges other than minor traffic violations. Drunk driving, reckless driving, hit and run driving, and failure to appear convictions are NOT "minor" traffic violations.)

CIRCLE HIGHEST GRADE COMPLETED	NAME / LOCATION OF SCHOOL		GRADUATE?		
1 2 3 4 5 6 7 8 9 10 11 12			YES	NO	GED
COLLEGE/ BUSINESS/TRADE SCHOOL ATTENDED	DEGREE	MAJOR SUBJECT	SEMESTER UNITS		

SPECIAL LICENSES OR CERTIFICATES: _____

All volunteers are required to be fingerprinted on or before the first day of work. The fingerprints are sent to the Department of Justice to obtain records of any and all convictions and/or arrest pending adjudication. Certain convictions or arrests may preclude a volunteer from being accepted for assignments with the City of La Mesa.

LIST AT LEAST ONE (1) PERSON NOT RELATED TO YOU WHO CAN BE CONTACTED AS A REFERENCE.

NAME: _____ PHONE NUMBER: _____ RELATIONSHIP: _____

NAME: _____ PHONE NUMBER: _____ RELATIONSHIP: _____

1. Why do you want to volunteer for the City of La Mesa?

2. Describe previous paid or volunteer experience which would assist you in a volunteer assignment.

3. List your areas of interest. (for example; clerical, Community Service, Public Works, RSVP, etc.)

4. List your days and hours of availability.

Please list any additional information you wish to include concerning your qualifications or interests relating to the assignment for which you are volunteering.

AFFIDAVIT - READ VERY CAREFULLY AND SIGN BELOW.

I declare under penalty of perjury that all answers and statements in this application are true and complete to the best of my knowledge and belief. I understand that untruthfulness or misleading answers are cause for rejection of this application or dismissal as a City volunteer. I certify that I meet the specified requirements for this position. I understand that my acceptance as a volunteer with the City of La Mesa is be contingent upon the results of a background check, which includes fingerprinting on or before the first day of volunteer work and may also include a D.M.V. check. As a volunteer for the City of La Mesa, I understand that I may be exposed to sensitive or confidential information or assigned to work with vulnerable persons. Any disclosure of confidential information or violation of personal rights could result in civil or criminal liability for the City of La Mesa. I understand that the results of any of the foregoing may be grounds for disqualification. I further understand that laws related to this application may be subject to change. I certify that I have not altered the language or format of this form.

SIGNATURE: _____

DATE: _____



Photo Release

I hereby give my permission for my child/children/self _____ to be photographed for a program of the City of La Mesa. I grant full permission for use of the photographed subject's picture in any related media to include, but not limited to illustrations, bulletins, exhibitions, videotapes, reprints, reproductions, publications, advertisements, and any promotional or educational materials in any medium now known or later developed, including the Internet, without compensation.

The City may:

1. Photograph me and record my voice and likeness for the purpose of the production mentioned above, whether by film, videotape, magnetic tape, digitally or otherwise;
2. Make copies of the photographs and recordings so made;
3. Use my name and likeness for the purposes of education, promotion or advertising of the sale or trading in the photographs, recordings and any copies so made.

Signature of Parent or Guardian

Date

Print Name

VOLUNTEER NAME: _____ **Last, First** _____

Month: March 2013

NAME	SCHOOL	DATE	TIME IN	TIME OUT	HOURS	INITIAL	COMMENTS
Last, First	School Name	3/1/13	7:45 AM	8:45 AM	1		
Last, First	School Name	3/4/13	7:45 AM	8:45 AM	1		
Last, First	School Name	3/6/13	7:45 AM	8:45 AM	1		
Last, First	School Name	3/8/13	7:45 AM	8:45 AM	1		
Last, First	School Name	3/11/13	7:45 AM	8:45 AM	1		
Last, First	School Name	3/13/13	7:30 AM	9:15 AM	1.5		Spring Walk
Last, First	School Name	3/15/13	7:45 AM	8:45 AM	1		
Last, First	School Name	3/18/13	7:45 AM	8:45 AM	1		
Last, First	School Name	3/20/13	7:45 AM	8:45 AM	1		
Last, First	School Name	3/22/13	7:45 AM	8:45 AM	1		
TOTAL HOURS					10.5		

I certify that I served on the above dates and times as a volunteer with the City of La Mesa Safe Routes to School Program, and furthermore I qualify for the recognition awards provided by the County of San Diego Aging & Independence Services which requires volunteers receiving recognition awards to be age 55+.

Volunteer Signature: _____

Supervisor Signature: _____

Misty L. Thompson, Safe Routes to School Administrative Coordinator

**LA MESA WALK-N-ROLL
INTERGENERATIONAL VOLUNTEER PROGRAM
BUDGET**

		Responsible Party	Units/Hrs	Rate	Total
1	<i>Staffing</i>				
1.1	City of La Mesa Staff	City of La Mesa	.50 FTE		\$25,000.00
2	<i>Project Equipment</i>				
2.1	Safety Vests for Volunteers	City of La Mesa	15	\$10.00	\$150.00
2.1	Hand Held Stop Signs	City of La Mesa	5	\$18.00	\$90.00
2.1	Whistles	City of La Mesa	15	\$1.89	\$28.35
2.1	Volunteer IDs	City of La Mesa	15	\$4.18	\$62.70
3	<i>Venue/Facility Fee</i>				
3.1	Rental fees for meeting room	City of La Mesa	20	\$50.00	\$1,000.00
4	<i>Transportation</i>				
4.1	Mileage	City of La Mesa	200	\$0.55	\$110.00
5	<i>Advertising/Marketing</i>				
5.1	Copies / Posters / Brochures	City of La Mesa			\$500.00
5.2	Postage	City of La Mesa			\$200.00
6	<i>Other</i>				
6.1	Specialized Trainings	WalkSanDiego	12	\$90.00	\$1,080.00
6.1	Office Supplies	City of La Mesa			\$200.00
6.1	Incentives	City of La Mesa			\$1,500.00
TOTALS (\$)					\$29,921.05



January 15, 2013

Contact Name
Business
Address
City, State Zip

Dear:

The City of La Mesa Safe Routes to School Program is looking for community partners and sponsors to support the *La Mesa Walk 'n' Roll Safe Routes* Intergenerational Initiative. We are recruiting active older adults (50+) interested in volunteering for the remainder of the 2012-2013 school year. The intergenerational program is a partnership between the City of La Mesa, the County of San Diego Health and Human Services Agency, the La Mesa-Spring Valley School District and WalkSanDiego designed to provide an adult presence as students walk or bike to and from school with the added benefit of physical activity for volunteers while they serve their community.

We are in the process of recruiting up to 50 additional Walk 'n' Roll volunteers to commit time each week to monitor school neighborhoods, provide pedestrian and bicycle safety tips, deter unsafe behaviors, and simply be the "eyes on the street" as students walk or bike to and from school.

There are several ways your company can get involved to help support the growth of the program:

- Donate gift cards
- Sponsor a volunteer orientation meeting
- Sponsor a volunteer recognition event
- Display placemats
- Encourage employees to donate their time and volunteer

Attached is our partnership package that outlines how to get involved. Please note that any and all donations are **tax-deductible** through our partnership with La Mesa Park and Recreation Foundation. For your convenience, you will find our Tax ID number included in the following partnership packet materials. We hope you will consider supporting our initiative in building a stronger community with our older adults and students of La Mesa.

Sincerely,

Misty L. Thompson
Safe Routes to School Coordinator

Become a Sponsor or Community Partner!

Support the La Mesa Walk 'n' Roll Safe Routes to School Program

The La Mesa Walk 'n' Roll Safe Routes Community Partnership Program was developed to support the Safe Routes to School Intergenerational Initiative. The intergenerational program is a partnership between the City of La Mesa, the County of San Diego Health and Human Services Agency, the La Mesa-Spring Valley School District and WalkSanDiego designed to provide an adult presence as students walk or bike to and from school, with the added benefit of physical activity for volunteers while they serve their community. Volunteers monitor school neighborhoods, provide pedestrian and bicycle safety tips, deter unsafe behaviors, and simply act as the “eyes on the street” as students walk or bike to and from school.

There are several ways your company can get involved to help support the growth of the program:

- **Donate gift cards – “Rewards Incentive Partner” _____ \$100**
Everyone appreciates a little token of appreciation for their efforts. We have found that giving small tokens of thanks goes a long way with our volunteers.
 - Your donation will help provide gift cards in \$5, \$10 and \$25 increments to be used to thank our volunteers for their hard work.
 - Receive logo recognition on placemats, posters and volunteer information flyer.

- **Sponsor a volunteer orientation meeting – “Community Partner” _____ \$500**
Orientation meetings are a crucial component to engaging and educating volunteers. As part of your partnership, help us host a meeting to kick-start new volunteers.
 - A portion of your donation will help host a volunteer orientation with 15 to 25 new volunteers. Volunteers will enjoy complimentary healthy snacks and beverages while they learn about their next steps to joining the Walk 'n' Roll volunteer team. The meeting will close out with a fun raffle and orientation kit to get volunteers on their way.
 - In addition, your donation will help support the sustainability of the program by covering hard costs for outreach materials, assist with new volunteer recruiting efforts and help provide reward incentives for the volunteers.
 - Receive logo recognition on the event flyer and day of the event with banner recognition and distribution of information regarding your business product and or services.

- **Sponsor a volunteer recognition event – “Corporate Partner” _____ \$1,000**
Recognition events give us the opportunity to bring all of our partners and volunteers together to celebrate program milestones, give thanks and provide further education and development engagement. As a part of your partnership, help us host a volunteer recognition event.
 - Provide a donation to host a recognition event with the entire volunteer team. Volunteers will enjoy complimentary healthy snacks and beverages, mingle with their peers and receive recognition for their hard work.

- In addition, your donation will help support the sustainability of the program by covering hard costs for outreach materials, provide reward incentives for the volunteers and add value to volunteer orientation meetings by helping to fund a workshop and/or speaker on a topic relevant to health and fitness of older adults.
 - Receive logo recognition on event invitation, name recognition in press materials and on-site recognition during the event with banner recognition, table top display, speaking opportunity and face-to-face interaction.
- **Display placemats** (applicable for restaurants) _____ **\$Priceless**
 La Mesa students will put their art talents to work to help promote the campaign. Multiple designs will be created and incorporated into placemat artwork to let the community know about the program and volunteer opportunities.
 - Provide space to place Walk-n-Roll placemats at each table and window space for a Walk 'n' Roll poster
 - *Receive logo recognition on placemats and posters.*
**Deadline to be included is February 15, 2013*
- **Encourage employees to donate their time and volunteer** _____ **\$Priceless**
 Share our volunteer recruitment flyer with your employees and encourage them to share with their family and friends. Although we are recruiting older active adults, we always have room for adults 18+.

Partnership Confirmation

Partner Contact Information		
Company Name:		
Point of Contact:	Title:	
Phone Number:	E-mail:	
Address:		
City:	State:	Zip Code:
Website:		
Partnership Level		
Please select which partnership level you would like to participate in:		
Value Level:		
\$100 <input type="checkbox"/> Gift cards	Details: (Qty, increments, etc.) _____	
\$500 <input type="checkbox"/> Orientation event	_____	
\$1,000 <input type="checkbox"/> Recognition Event		
Priceless <input type="checkbox"/> Display placemats		
Priceless <input type="checkbox"/> Encourage employees to participate		
Terms of Use		
We would like your permission to use your company's name and logo for promotional purposes:		
Yes * <input type="checkbox"/>		
No <input type="checkbox"/>		
<i>* If checked yes, it is the partners responsibility to submit the correct logo and logo guidelines prior to deadline.</i>		
Signatures		
I accept and agree to the above donation commitment.		
Partner Signature:	Date:	
Please email or fax this form to:		

Misty Thompson

La Mesa Park and Recreation Foundation | 4975 Memorial Drive, La Mesa, CA 91942-3885

Phone: (619) 667-1319 | Fax: (619) 464-3761 | Tax ID 33-0856480

E-Mail: srts@ci.la-mesa.ca.us

**Safe Routes to School Intergenerational Volunteer Program
Training Contacts**

Training Topic	Organization	Phone Number	Email
Pedestrian and Bicycle Safety	La Mesa Police Department	619-667-7558	jestill@ci.la-mesa.ca.us
	WalkSanDiego	619-544-9255	Istender@walksandiego.org
	San Diego County Bicycle Coalition	858-487-6063	execdir@sdcbc.org
How to Be a Good Witness	La Mesa Police Department	619-667-7558	jestill@ci.la-mesa.ca.us
Health and Wellness	San Diego County Aging & Independence Services	858-505-6399	Nancy.Garcia@sdcounty.ca.gov
	WalkSanDiego	619-544-9255	Istender@walksandiego.org
Orientation and Mobility	San Diego County Aging & Independence Services	858-505-6399	Nancy.Garcia@sdcounty.ca.gov
	WalkSanDiego	619-544-9255	Istender@walksandiego.org

VOLUNTEER CHECK LIST

NAME: _____ DATE: _____

TASK		COMMENTS
Application	<input type="checkbox"/>	_____
Intro Video	<input type="checkbox"/>	_____
Describe Program	<input type="checkbox"/>	_____
Decide on School	<input type="checkbox"/>	_____
Days/Hours	<input type="checkbox"/>	_____
Paperwork (flyers, ped safety tips, 5Es)	<input type="checkbox"/>	_____
Pay / timesheets / gift cards	<input type="checkbox"/>	_____
Live Scan Form	<input type="checkbox"/>	_____
Send to PD for Live Scan	<input type="checkbox"/>	_____
Clearance	<input type="checkbox"/>	_____
Set up mtg with School (PC/Principal)	<input type="checkbox"/>	_____
Meet at school / Give vest, lanyard, etc.	<input type="checkbox"/>	_____
Intro during Peace Circle	<input type="checkbox"/>	_____
Update Contact info	<input type="checkbox"/>	_____
Send updated contact info to A&I	<input type="checkbox"/>	_____
One week follow up	<input type="checkbox"/>	_____
Ongoing Communication	<input type="checkbox"/>	_____



AGENDA

August 2, 2012 – 9:00am – 10:30 am

9:00 a.m.

Misty Thompson, Safe Routes to School Coordinator, City of La Mesa,
Welcome and Program Introduction

Mark Arapostathis, Rolando Elementary Teacher and City of La Mesa Councilmember
School Information

Ellen Schmeding, Assistant Deputy Director, Aging & Independence Services (AIS)
AIS Overview and Importance of Intergenerational Programs

Katie Judd, Health Promotion Specialist II, Health and Human Services Agency (HHSa)
HHSa Introduction and 3-4-50 Concept

INTERACTIVE STRETCH BREAK – 5 minutes

Ray Chemes, Former SRTS Volunteer at La Mesa Dale
Ed Clavell, Former SRTS Volunteer at Northmont Elementary
Volunteer Perspective

10:00 a.m.

Officer Enrique Nunez, Community Service Officer, La Mesa Police Department
Neighborhood Safety & Importance of Volunteering

Kaley Lyons, Project Assistant, WalkSanDiego
Interactive Game – Jeopardy
Walkability / Upcoming Trainings / Past Successes

Misty Thompson
Position Descriptions and Volunteer Process
We Need You to Join Us!

NEXT STEPS:

Complete Volunteer Application
La Mesa Police Department – Live Scan

Orientation, Training and Volunteer Badges
Wednesday, August 22nd from 10 – 11:30 a.m.





La Mesa Safe Routes to School Volunteer Survey

1. Why do you volunteer?

2. How did you hear about the Safe Routes to School Volunteer Opportunity?

3. What do you enjoy most about the Safe Routes to School volunteer program?

4. What would you change about the program?

5. How important is receiving a stipend in order for you to volunteer with the program?

- a. Very b. Somewhat c. Not at all, I would have volunteered anyway

What kind of improvements or incentives would motivate you to continue to volunteer?

6. Has the program had a positive impact on your health (i.e., physical, social, emotional)? Please explain.

7. Would you recommend volunteering with the Safe Routes to School program to your family / friends? Please explain why or why not.

8. Would you be interested in being part of our focus group to help build the Safe Routes to School volunteer program?

9. What are your suggestions for making the program more appealing for other volunteers?

What avenues would you suggest for reaching others like yourself who would be interested in volunteering with our program?

10. Any other comments or suggestions?



SRTS Volunteer Evaluation

Please help the La Mesa Safe Routes program become even better by answering a few short questions.

Name: _____

School: _____

- | | | | |
|--|----|-------|-----|
| 1. The orientation and training meetings are useful to me. | No | Maybe | Yes |
| | 1 | 2 3 4 | 5 |
| 2. The materials and resources offered by the Program are useful to me. | No | Maybe | Yes |
| | 1 | 2 3 4 | 5 |
| 3. I have everything I need to be successful as a volunteer in the Safe Routes Program. | No | Maybe | Yes |
| | 1 | 2 3 4 | 5 |
| 4. I have noticed more students walking or biking than when I first started volunteering. | No | Maybe | Yes |
| | 1 | 2 3 4 | 5 |
| 5. I have noticed more students following the rules for safe walking and biking.
<i>Examples: crossing only in crosswalks and wearing a bicycle helmet.</i> | No | Maybe | Yes |
| | 1 | 2 3 4 | 5 |

6. Please provide any other comments, ideas, and feedback from your volunteer experience.