

# KIDSWALK-TO-SCHOOL TOOLS

Use the following KidsWalk-to-School Tools to help you implement your walk-to-school program. You may photocopy these tools and alter them to meet the needs of your community.

## Tool A: KidsWalk-to-School Introduction Letter

Dear Neighbors,

Our neighborhood is beginning a KidsWalk-to-School Program to increase the number of children who walk to and from school. The goals of the KidsWalk-to-School program include the following:

- To get children and adults more physically active by walking to and from school.
- To make it safer for children and adults to walk in the neighborhood.
- To reduce traffic in our neighborhood and around the school.
- To prevent crime by getting more people outside keeping an eye on the neighborhood.
- To help neighbors get to know one another better.

Please join your neighbors at an informal meeting to discuss and plan ways to make this program a success.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

If you have any questions, please contact:

\_\_\_\_\_  
(Name)

\_\_\_\_\_  
(Telephone)

## Tool B: Walk-to-School Survey

Dear Neighborhood Parents,

As you may know, members of our community are planning a KidsWalk-to-School program for \_\_\_\_\_ to encourage children to walk to school in groups under the  
(school name)

supervision of responsible adults.

We need to have some information that will help tailor the program to meet the needs of each family and address any concerns you may have about the program. Please complete the attached survey, which addresses the following issues:

- The number of children you have attending this school and their ages so that we can arrange to have enough volunteers to walk with the group of children to and from school;
- How your child/children currently get to and from school;
- What concerns you have about them walking to school;
- What changes in the neighborhood would make you more likely to allow your child/children to walk to school; and
- Would you and/or your child/children be interested in participating in the program.

Thank you for participating in this survey.

Sincerely,

Please return the attached survey to:

---

(Name)

---

(Street)

(City)

(State)

(Zip Code)

---

(Telephone)

# Walk-to-School Survey

Parent Survey (to be completed by parent or guardian)

**1. How many children do you have attending this school?** (check only one)

<input type="checkbox"/> 1	<input type="checkbox"/> 3	<input type="checkbox"/> 5
<input type="checkbox"/> 2	<input type="checkbox"/> 4	<input type="checkbox"/> 6

**2. What are their ages?** \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**3. In an average school week, how many days does your child/children use the following modes of transportation to get to and from school?** (Write the number of times your child/children travel to and from school; if different for each of your children, indicate the number of times and the age of the child that travels each way.) For example, (3 (8 yr old) 2 (10 yr old) Walk home from school).

**TIMES PER WEEK**

**TIMES PER WEEK**

<input type="checkbox"/> Walk to school	<input type="checkbox"/> Walk home from school
<input type="checkbox"/> Bicycle to school	<input type="checkbox"/> Bicycle home from school
<input type="checkbox"/> Ride the school bus to school	<input type="checkbox"/> Ride the school bus home from school
<input type="checkbox"/> Ride in a car to school	<input type="checkbox"/> Ride in a car home from school
<input type="checkbox"/> Ride in a carpool to school	<input type="checkbox"/> Ride in a carpool home from school
<input type="checkbox"/> Ride the public bus or train to school	<input type="checkbox"/> Ride the public bus or train home from school
Other (explain) _____	Other (explain) _____

**4. What concerns do you have about your child/children walking to or from school?**

(Please place the appropriate number in each box according to the following scale)

**1 = Concerns me greatly      2 = Concerns me somewhat**  
**3 = Concerns me a little      4 = Not a concern**

Crime (stranger danger, gangs, bullying).

Traffic — too much traffic in neighborhood.

Traffic — too much traffic at school.

Speed — cars drive too fast through the neighborhood.

No (or inadequate) sidewalks/bikeways on the route to school.

Distance — school is too far away.

Time — not enough time.

Child/children's after-school schedule.

Convenience — it is easier to drop off child/children on the way to work.

\_\_\_\_ Child/children would be walking/bicycling alone to school.

\_\_\_\_ Child/Children do not want to/like to walk or bicycle to school.

Other (please explain) \_\_\_\_\_

5. **If your child/children *do not* already walk or bicycle to school, what would make you more likely to allow your child/children to walk or bicycle?** (check all that apply)  
**If your child/children *do* already walk or bicycle to school, what changes would make you more comfortable as your child/children walk or bicycle?** (check all that apply)

\_\_\_\_ Crime watch.

\_\_\_\_ Less traffic.

\_\_\_\_ Sidewalks/ bikeways/ crosswalks.

\_\_\_\_ Another child to walk/ride with your child/children.

\_\_\_\_ An adult to walk/ride with your child/children.

Other (please explain) \_\_\_\_\_

6. **Do you have any comments or suggestions about how this neighborhood should carry out the KidsWalk-to-School program?**

7. **Would you allow your child/children to participate in a walk-to-school program in our neighborhood?** (Circle only one)

YES

NO

Unsure

8. **Would you be interested in volunteering to help plan the KidsWalk-to-School program in our neighborhood?** (Circle only one)

YES

NO

Undecided

If yes, what days/times of the week would be convenient for you to meet to plan the KidsWalk-to-School Program? \_\_\_\_\_

9. **Would you be interested in walking with a group of children one or more times a week?**

YES

NO

Undecided

10. **Would you be interested in having your home identified as a “safe house”/checkpoint for emergencies that children may experience while walking to and from school?**

YES

NO

Undecided

Optional (please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

## Tool C: Walkable Routes to School Survey

Directions: Take a walk through your neighborhood and see how safe and easy it is to be a pedestrian. Place an "X" next to any items that you found to be a problem on the route to and from school and record the location of the problem after the item. Use this form to

- Identify the safest route to and from school
- Identify and prioritize problems in your neighborhood that need to be made more safe.

Route Taken: \_\_\_\_\_

### 1. Sidewalks

#### Location

- There are no sidewalks. (Skip to Number 2) \_\_\_\_\_
- There are sidewalks, but they are not continuous. \_\_\_\_\_
- Sidewalks are broken or cracked, making them unsafe or difficult to walk on. \_\_\_\_\_
- Sidewalks are blocked with poles, signs, shrubbery, dumpsters, etc. \_\_\_\_\_
- Sidewalks are too close to fast-moving traffic. \_\_\_\_\_
- There is not enough room for two people to walk side-by-side. \_\_\_\_\_
- Sidewalks do not have ramps (curb cuts) for wheelchairs, strollers, and wagons. \_\_\_\_\_
- Cars or trucks are blocking the sidewalk. \_\_\_\_\_
- Other. (please specify) \_\_\_\_\_

Overall rating of sidewalks:  Excellent  Good  Fair  Poor

### 2. Street Crossings

#### Location

- Road is too wide to cross safely. \_\_\_\_\_
- Need traffic signals. \_\_\_\_\_
- Traffic signals make pedestrians wait too long before crossing. \_\_\_\_\_
- Need pedestrian crossing signals/audible signals. \_\_\_\_\_
- Pedestrian crossing signals are not long enough for pedestrians to reach the other side of the street. \_\_\_\_\_
- Need marked pedestrian crosswalks. \_\_\_\_\_
- Parked cars on the street or utility poles are blocking the view of traffic. \_\_\_\_\_
- Trees or plants are blocking the view of traffic. \_\_\_\_\_
- Other. (please specify) \_\_\_\_\_

Overall rating of street crossings:  Excellent  Good  Fair  Poor

**3. Traffic and Driver Behavior**

**Location**

- Drivers do not stop at stop signs.
- Drivers do not obey traffic signals.
- Drivers seem to be going too fast.
- Drivers do not yield to pedestrians.
- Drivers do not look before backing out of driveways.
- Other. (please specify) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Overall rating of traffic and driver behavior:  Excellent  Good  Fair  Poor

**4. Safety**

**Location**

- Do not feel safe because of the amount of traffic.
- Do not feel safe because of the behavior of drivers.
- Streets do not have enough lighting for walking in the dark.
- People are loitering along the route.
- Unleashed dogs are along the route.
- Vacant buildings and run-down property are along the route.
- Other. (please specify) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Overall rating of safety:  Excellent  Good  Fair  Poor

**5. Appeal**

**Location**

- Locations need more grass, flowers, trees, etc.
- There is trash on the path.
- Other. (please specify) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Overall rating of appeal:  Excellent  Good  Fair  Poor

**6. Overall Rating of School Route Walkability**

- Excellent: Walking to school is easy, pleasant, and safe.
- Good: There are a few problems with walking to school, but children can do it safely.
- Fair: Walking is difficult; safety is a concern on many of the routes to school.
- Poor: The routes to school are unsafe for children to walk.

What would you like to change about the walk to school?

## Tool D: Parental Consent Form

### Parental Informed Consent Form for Participation in the KidsWalk-to-School Program.

#### Purpose and Explanation of the Program

The KidsWalk-to-School program is designed to get communities to work together to get children to school actively and safely. Children who participate in the program walk to and from school in groups led by adult volunteers.

Children in \_\_\_\_\_ will be \_\_\_\_\_ on  
(Name of Neighborhood) (walking/bicycling)

\_\_\_\_\_ at \_\_\_\_\_.  
(State route or name(s) of streets) (times of day in morning and afternoon)

#### Program Objectives

The goals of the KidsWalk-to-School program include the following:

- Increase daily physical activity for children and adults in the neighborhood.
- Increase safety for pedestrians in the neighborhood.
- Reduce traffic in and around the neighborhood and school.
- Decrease crime when more people are outside keeping an eye on their neighborhood.
- Increase community cohesion by helping neighbors get to know one another.

#### Potential Risks

KidsWalk-to-School is intended to reduce the risk of injury to children as they travel to and from school through the use of adult supervision. However, there are risks associated with child pedestrians. These specific risks include injury as a result of motor vehicle crashes, a fall, overexertion, or carelessness.

#### Voluntary Consent

I certify that I have read this consent form or it has been read to me and that I understand the program and its risks. A copy of this consent form will be given to me. By signing this consent form, I agree to allow my child to participate in this program.

Child's Name: \_\_\_\_\_

Signature of Child's Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

If I have any questions about the program, I may contact

\_\_\_\_\_  
(Name)

\_\_\_\_\_  
(Telephone)

## Tool E: Press Release

**For:** \_\_\_\_\_ KidsWalk-to-School Program  
(Name of Neighborhood)

**From:** \_\_\_\_\_  
(Name and telephone number of neighborhood contact)

**For Release:** \_\_\_\_\_  
(Date to appear in press)

### KidsWalk-To-School KICKOFF EVENT

Students living in \_\_\_\_\_ and attending \_\_\_\_\_ will be  
(name of neighborhood) (name of school)  
kicking off their KidsWalk-to-School program on \_\_\_\_\_.  
(date)

\_\_\_\_\_  
(list members of the community — school principal, mayor, police officers)

will walk with the children along the safe route to school they have identified.  
KidsWalk-to-School is a community approach to make walking to and from school a safe, active, and enjoyable part of a child's day. The program encourages children to walk in groups accompanied by adults and relies on community efforts to bring about neighborhood change that makes walking an enjoyable part of everyone's lives.

If you are interested in beginning a program in your neighborhood, contact  
\_\_\_\_\_ at \_\_\_\_\_  
(name) (telephone number or E-mail)

# # #

## Tool F: KidsWalk-to-School Participant Evaluation

Directions: Complete the following form as it relates to the KidsWalk-to-School Program in your neighborhood.

Are you a KidsWalk-to-School Volunteer? (circle)

YES NO

If yes, explain:

### Information (check all that apply)

#### 1. How did you find out about the KidsWalk-to-School program?

\_\_\_ Flier/poster

\_\_\_ Letter

\_\_\_ Telephone call

\_\_\_ Word of mouth

\_\_\_ Neighborhood meeting

\_\_\_ Other

Comments or suggestions:

#### 2. How would you describe the information you have received about the KidsWalk-to-School program?

\_\_\_ Useful                      \_\_\_ Not enough

\_\_\_ Not useful                \_\_\_ Right amount

\_\_\_ Too much

Comments or suggestions:

#### 3. How would you describe the neighborhood KidsWalk-to-School meetings?

\_\_\_ Organized                      \_\_\_ Useful                      \_\_\_ Informative

\_\_\_ Disorganized                \_\_\_ Not useful                \_\_\_ Not informative

Comments or suggestions:

**Program** (Write the number that best corresponds to your response.)

Strongly  
disagree  
1

Disagree  
2

Agree  
3

Strongly  
agree  
4

Do not know or  
not applicable  
5

- \_\_\_\_\_ 4. Adequate precautions were taken to ensure the children's safety as they walk to and from school.
- \_\_\_\_\_ 5. I believe that my child/children are safe on the way to and from school.
- \_\_\_\_\_ 6. I believe that my child/children have become more skilled pedestrians.
- \_\_\_\_\_ 7. I am pleased with the volunteers who walk my child/children to school.
- \_\_\_\_\_ 8. I think my child/children are getting more physical activity as a result of participating in KidsWalk-to-School.
- \_\_\_\_\_ 9. My child/children enjoy walking to and from school with the KidsWalk-to-School group.
- \_\_\_\_\_ 10. I believe that the program has helped my family get to know our neighbors better.

### Questions and Comments

11. Would you like the KidsWalk-to-School program to continue next term? (circle one)

YES

NO (please explain)

12. What did you like about the KidsWalk-to-School program this term?

13. What should be changed in next term's KidsWalk-to-School program?

14. How would you rate the KidsWalk-to-School program? (circle one)

Excellent

Good

No opinion

Poor

Very poor

Additional comments and suggestions:

Your name and telephone number (optional): \_\_\_\_\_

Please return this form to:

\_\_\_\_\_  
(Name)

\_\_\_\_\_  
(Street, City, State, Zip Code)