

## Local Technical Assistance

**Don't know where to start?** One of our Local Technical Assistance Coordinators (LTACs) can help you. Because the LTACs know the ins and outs of the Virginia Safe Routes to School Program, they can help you launch your program in many ways. Here are few things that they can do to help you get started:

- ✓ Advise you on putting together a team of people to get your SRTS program off the ground.
- ✓ Support you in preparing for the future of SRTS at your school using a SRTS Program Plan.
- ✓ Troubleshoot program challenges with a hands-on approach.

### Want to learn more?

Email us at [info@virginiasrts.org](mailto:info@virginiasrts.org)  
[www.virginiadot.org/saferoutes](http://www.virginiadot.org/saferoutes)

## SRTS Resources

We've developed a set of materials to make it easier to start a SRTS program and keep it going throughout the school year and beyond.

- ✓ **Starter Kit.** This digital compilation of templates, guides, and more to help get your program up and running is ready for you on the website.
- ✓ **Toolkits for events.** Whether you're participating in Crossing Guard Appreciation Day or planning a Walk to School Day event, we offer tip sheets and templates to help, and a way to say 'thank you' to those who support your local SRTS program.
- ✓ **Learn It. Do It. Live It!** A series of tip sheets to help you with various program activities.
- ✓ **Program Plan Template.** A user friendly document to help you assess existing conditions, set goals, and plan activities that establish a on-going SRTS program.



## VIRGINIA SAFE Routes to SCHOOL

The Virginia Department of Transportation (VDOT) is committed to getting more kids walking and biking along safe routes. Our Safe Routes to School (SRTS) program has resources tailored to help your community start a SRTS program or nurture one that's already underway.

*Learn more inside!*

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## What is Safe Routes to School?

A generation ago, **90% of students** living within a mile of school grounds **walked or biked** to get to class. Today the percentage is much smaller -- just over **10% of students walking and biking** to school.

Walking and biking to school benefits both the students and the community in several ways. Students who walk and bike get **more physical activity**, have more time to **socialize with their friends**, and develop a **sense of independence and self-reliance**. Some studies have shown a correlation between increased physical activity before school and **improved academic performance**.\*

The community benefits from **reduced pollution and traffic congestion**. Safe Routes to School strategies also address both traffic safety and personal security.

Many Virginians want to get back to their roots and foster communities that are walkable and bikable. The Safe Routes to School Program is a part of this effort.

\*Martinez-Gomez, D., J. R. Ruiz, et al. (2011). "Active Commuting to School and Cognitive Performance in Adolescents: The AVENA Study." Arch Pediatr Adolesc Med 165(4): 300-305.



## What makes the Virginia SRTS Program successful?

The Virginia Safe Routes to School Program offers a comprehensive approach to building local SRTS programs, with strategies that aim to build safe streets, welcoming campuses, safe behaviors, and a supportive culture.

We also offer several types of grants to help your local program grow.



### Interested in applying for a SRTS grant?

- Contact our Local Technical Assistance Coordinators (LTACs) for help on putting together your application. You don't have to do it alone.
- Sign-up for our newsletter at [https://www.virginia.gov/programs/srts\\_join\\_our\\_email\\_list.asp](https://www.virginia.gov/programs/srts_join_our_email_list.asp) or check the website for the latest updates on the process and deadlines.

#### QuickStart Mini-Grants

Have a small activity or program in mind? Look into our  QuickStart Mini-grants for \$1,000 to get it going. Apply for a Mini-grant this spring or fall!

#### Walkabout Grants

A school Walkabout, led by the regional LTAC, is an excellent opportunity to bring together local stakeholders, to experience bicycle and pedestrian conditions at the school, and to build consensus around potential solutions. Apply on our website.

#### Program & Infrastructure Grants

Program grants can fund coordinator salaries and educational materials. Infrastructure grants are used to improve sidewalks, crosswalks, bike lanes, and safety signage. Both of these grants are offered on a 2-year cycle, and LTACs offer support for the application process.