



**ChangeLab Solutions**



**Increasing Physical Activity:  
Shared Use &  
Safe Routes to School**



Recorded on September 22, 2015

This webinar was sponsored by the Directors of Health Promotion and Education (DHPE).

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## Today's Presenters



**Heather Lewis, JD**  
Staff Attorney



**Diane Dohm, MSCRP**  
Planner

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## Today's Guest Speaker



**Andy Davis, P.E.**  
Active Transportation Coordinator  
University of Akron

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## ChangeLab Solutions

Healthier communities for all through better laws and policies.



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## ROADMAP

- Share What's There: [Shared Use](#)
- Get Kids Active: [Safe Routes to School](#)
- Guest Speaker: Andy Davis P.E.,  
University of Akron
- Q&A

An illustration of a school building with a flagpole and the word "SCHOOL" on its facade. In front of the school is a playground with a slide and a person on a wheelchair. Several people are walking along a path in front of the school. There are trees on the left side of the scene.

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**ChangeLab Solutions**

## Share What's There: Shared Use

The logo for ChangeLab Solutions, which consists of three overlapping circles in blue, orange, and white, arranged in a triangular pattern.

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## Shared Use

An illustration of a school building with a flagpole and the word "SCHOOL" on its facade. In front of the school, a person is pushing a person in a wheelchair. There are trees on both sides of the school building.

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### SHARED USE OCCURS WHEN...

Government entities or private organizations agree to open or broaden access to facilities for community use



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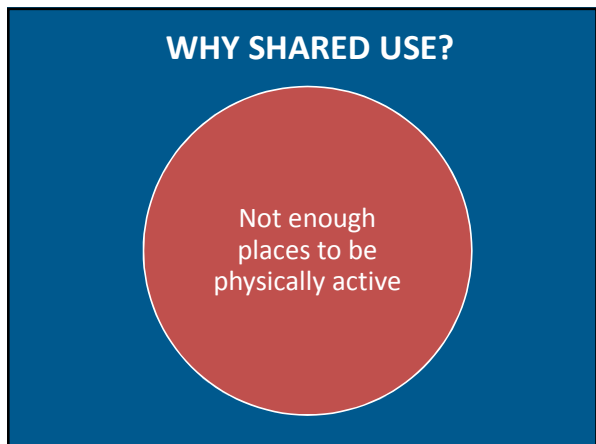
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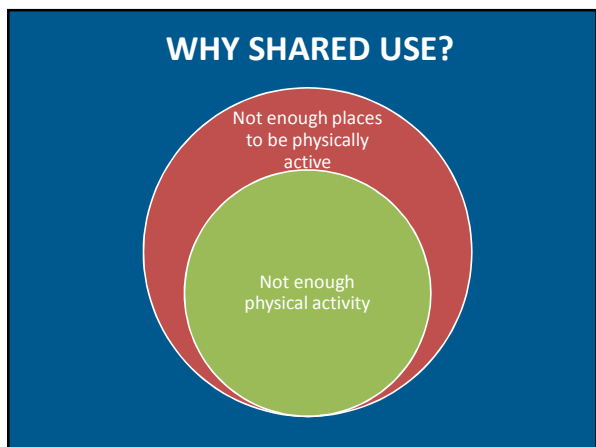
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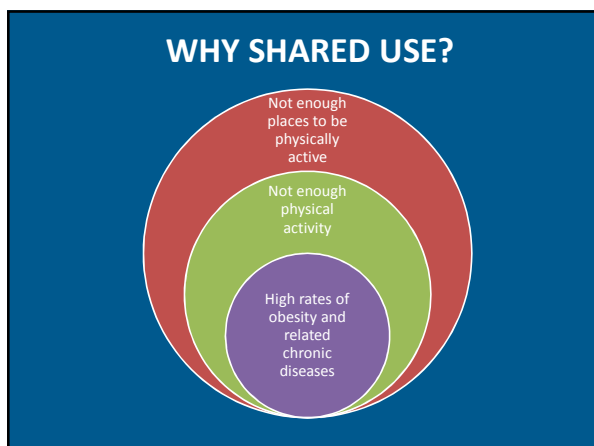
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### HOW DOES SHARED USE HAPPEN?


1) No Agreement or Policy



2) Informal Agreement or Policy



3) Formal Agreement or Policy



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### SCHOOL DISTRICT SHARED USE AGREEMENTS

1: Unlocking the Gates



2: Indoor & Outdoor Access



3: Nonprofit Partnerships



4: Reciprocal Access



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**Slide 19**

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**HL13** could remove  
Heather Lewis, 9/8/2015



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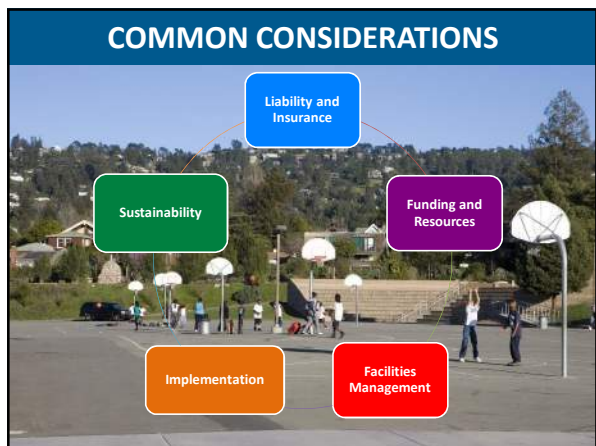
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## Liability Basics

NO LIABILITY unless...

- Someone did not act with reasonable care
- AND
- That carelessness caused an injury



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## Immunity

- No damages regardless of actions



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**ChangeLab Solutions**  
**RESOURCES: SCHOOL SHARED USE**

[www.changelabsolutions.org/shared-use](http://www.changelabsolutions.org/shared-use)

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**ChangeLab Solutions**  
**RESOURCES: BEYOND THE SCHOOLYARD**



[www.changelabsolutions.org/shared-use](http://www.changelabsolutions.org/shared-use)

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**ChangeLab Solutions**

**Get Kids Active:  
Safe Routes to School**



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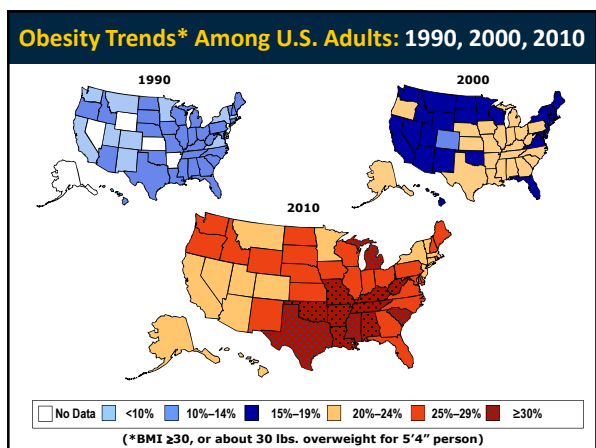
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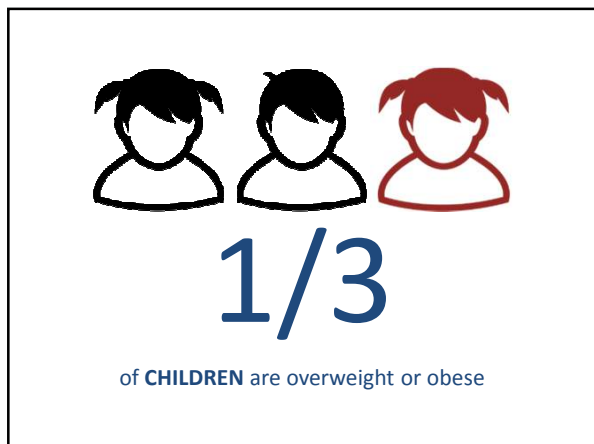
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1/3  
of CHILDREN are overweight or obese

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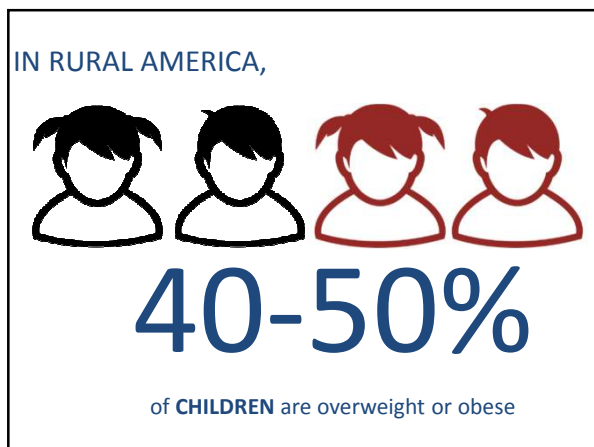
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IN RURAL AMERICA,



40-50%  
of CHILDREN are overweight or obese

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**STEP IT UP!**  
EVERYONE CAN HELP  
MAKE OUR COMMUNITIES  
MORE WALKABLE

**WORKSITES:**  
Implement workplace policies and programs to promote walking.

**MEDIA:**  
Spread the word about walking and creating safe and easy places to walk.

**PARKS AND RECREATIONAL AND FITNESS FACILITIES:**  
Provide access to green spaces and recreation areas.

**SCHOOLS:**  
Implement safe routes to school and other physical education programs.

**INDIVIDUALS & FAMILIES:**  
Walk with friends, family, and work colleagues.

**TRANSPORTATION, LAND USE, & COMMUNITY DESIGNERS:**  
Design safe and easy places to walk.

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**SPEED MATTERS...**

<p>HIT BY A VEHICLE TRAVELING AT: <b>20 MPH</b></p>  <p>9 out of 10 pedestrians survive</p>	<p>HIT BY A VEHICLE TRAVELING AT: <b>30 MPH</b></p>  <p>5 out of 10 pedestrians survive</p>	<p>HIT BY A VEHICLE TRAVELING AT: <b>40 MPH</b></p>  <p>Only 1 out of 10 pedestrians survives</p>
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Source: <http://visiononetwork.org/>

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**POLL**

Did YOU walk/bike to school when you were a kid?

1. Yes, unsupervised
2. Yes, supervised
3. No, lived too far away
4. No, other reasons



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# POLL

Do your kids walk/bike to school?

- 1. Yes, unsupervised
- 2. Yes, supervised
- 3. No, live too far away
- 4. No, other reasons



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## Children Walking/Biking to School

1969



48%

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## Children Walking/Biking to School

1969



48%

2009



13%

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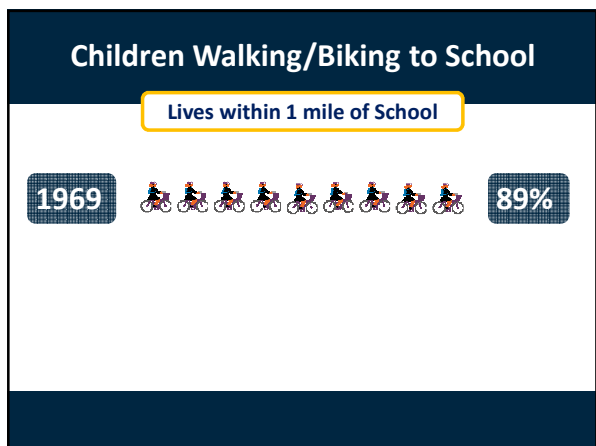
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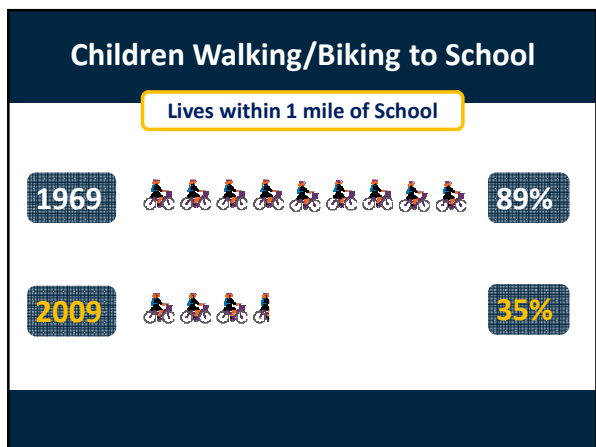
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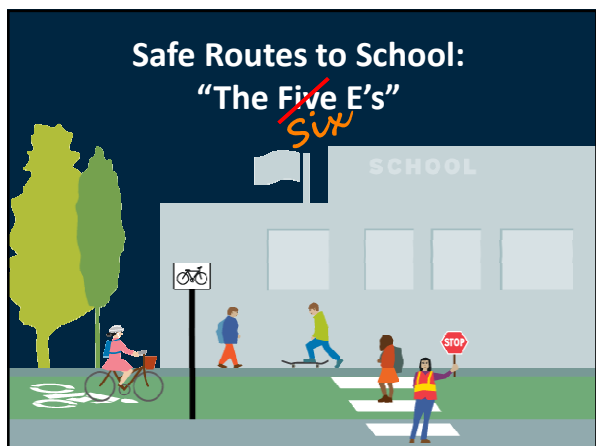
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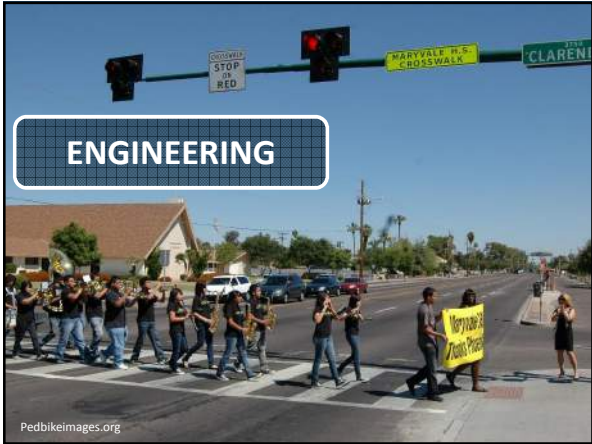
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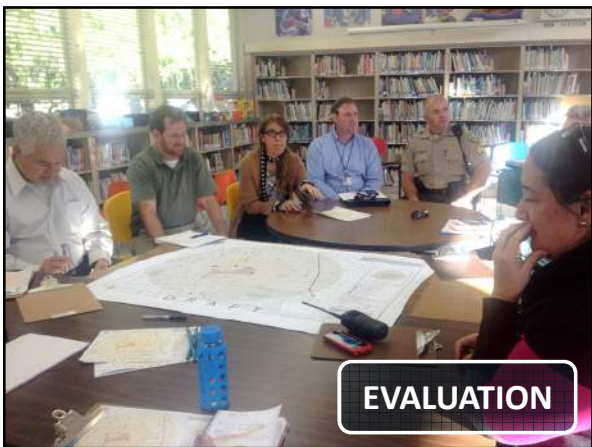
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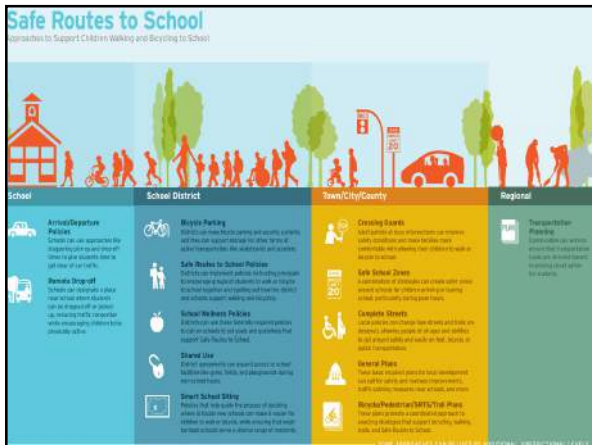
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[www.changelabsolutions.org/safe-routes/welcome](http://www.changelabsolutions.org/safe-routes/welcome)

- Introduction: Safe Routes to School
- Role of School Districts in Student Health
- About Safe Routes To School
- How to Work With School Boards
- General Resources
- Instructions
- Getting Started
- The Policies
- Beginner
  - Support for Active Transportation
  - Support for Safe Routes to School
  - Roles of Districts, Schools, Parents/Guardians, and Students
  - Minimizing Driving
  - Following the Law
  - District Task Force
  - School Teams
  - Traffic Safety Education
  - Walking School Buses and Bicycle Trains
  - Walk to School Day and Other Promotional Activities
  - Enforcement
  - Incorporation into Student and Parent Handbooks
  - Incorporation into School Wellness Policy
- Intermediate
- Advanced

**"Beginner" Policies**

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**School Wellness Policies**

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**ChangeLab Solutions**

**SAFE ROUTES TO SCHOOL RESOURCES**

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

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**ChangeLab Solutions**  
**FACT SHEETS**

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

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**ChangeLab Solutions**

**Guest Speaker:  
Andy Davis, P.E.**

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Support your local Safe Routes to School program and Active Transportation plan.

**Safe Routes to School (SRTS)**  
Increasing Physical Activity

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### SRTS & Physical Activity

- Introduction to SRTS & Akron Public Schools Districtwide Program
- Principles in SRTS
- Partnerships in SRTS
- Community Examples




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### Safe Routes to School (SRTS)

- Federal program to encourage and enable students to walk or bike to school
  - Addresses Childhood Obesity
  - Addresses barriers to walking or biking that are both physical and social
- Ohio has been doing a few of the Large District programs that are being done in the country
  - More quickly and economically address needs of population rather than the typical 3-4 schools per application
  - Addresses needs of cities with an urban core and its unique concerns
- Akron has one of five large district SRTS programs in Ohio

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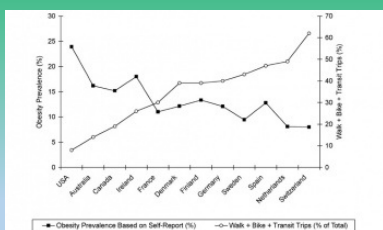
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### SRTS - Active Transportation and Obesity




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### Safe Routes to School (SRTS)



- Kids may not be getting the recommended amount of Physical Activity (60 min/day)
- Study of an Inner City Middle School
  - Most reported they were not getting the time
  - School limits on time and facilities
  - Home neighborhood conditions
  - Sports & access to supervised activity

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### Akron Public Schools Districtwide SRTS

- 40 Schools (K-8 grades) & 10,000 students
  - Most of schools are neighborhood schools but include an open enrollment policy
- Completed our School Travel Plan (STP) at end of 2014
  - 14% of students walk or bike (National Average is 13%)
  - Identified over \$7 million in needed improvements and programming
- Ohio Dept. of Transportation awards
  - \$60,000 for non-infrastructure (SRTS Coordinator)
  - \$400,000 for infrastructure
- Seeking other partners & funding sources to meet needs
  - Plan4Health Grant is one of the parts
- 2015-2016 First year of Implementation of STP



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### Principles of SRTS

- Holistic – 6 E's
- Address the barriers to walking or biking to school
- Programs (Changing Culture)
- The Built Environment (What's good for kids is good for everyone)
- Economic Impact (Small investments with Big returns)
- Academic Impact (Increase attendance & Energy for Learning)
- Start Programs Now

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### Principles of SRTS - Holistic

- 6 E's – Encouragement, Education, Engineering, Enforcement, Evaluation, & Equity
- Need all of them, not just a "sidewalk" fund
- Framework requires diverse team – was unique experience for persons involved. SRTS was our first step into Interprofessional Collaboration.
- Equity – grassroots level may be new for some on team, especially transportation professionals. Needs to be more explicit.

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### Principles of SRTS - Barriers



- Akron is addressing a Culture Change – we grew around auto industry
- #1 Concern of Parents is perceived or real crime
- #2 Concern is Traffic Volumes and Distances
- Surprising barrier was lack of Snow Removal
- Our Akron Public School District has been quite cooperative, but ultimately everyone is busy – teachers, staff, & parents
- Parental Engagement is an ongoing issue in a mostly urban & mobile district

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### Principles of SRTS - Programs

- Walking School Bus #1 Program – addresses Parental concerns for supervision; may also help attendance issues
- "The Big Dig" – consciousness raising event for Snow Removal – working with City on policies & how-to for main routes
- Monthly Walk-to-School Days; Walking Contests
- Communications – working through existing networks at each school & providing info for announcements and parent newsletters



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### Principles of SRTS – The Built Environment



- What is good for the kids is good for everyone (8 80/ Universal Design)
- Akron's roads were built for 300,000 people; our current population is 198,000 – we have many opportunities for "Road Diets"
- Improved Crossings a high priority – higher visibility markings & signs; countdown ped signals, Rapid Flash Beacons, HAWK Beacons
- The Built Environment encourages walking & biking & all Human Powered Movement

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### Principles of SRTS – Economic Impact

- Generally Bicycle and Pedestrian Improvements are lower cost but have higher return for economic value.
- Restriping one of our arterials – Business owners like the slowing down of traffic to attract people to their business
- More people out walking – walkers tend to spend more money
- We believe an attractive environment will attract people to live and engage in their neighborhoods; ultimately will attract others to view living in the City as a desirable lifestyle



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### Principles of SRTS – Academic Impact

- SRTS Walking School Buses can be one means of improving attendance – recent discussion with family liaison from a CLC.
- Want to study Academic Impact of a morning walk or ride to school as a means of raising energy and alertness, as well as calming effect on students – all contributing to preparation for learning
  - "Letting the cat out"
  - "The morning run"



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### Principles of SRTS – Start Now!

- Begin programs & projects as you develop your School Travel Plan
- Pilot projects provide very useful data on how this works
- APS – our first WSB & Road Diets; tested new crossing equipment
- International Walk to School Day & National Bike to School Day
- All helps for funding applications after you complete STP and are ready to apply for funding



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### Partnerships in SRTS

- Bringing Diverse Team Together
- Health & Transportation
- Community Engagement
- Many sources
- Sponsorship



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### Partnerships in SRTS – Diverse Team

- One of the best benefits was bringing together a multidisciplinary team to help prepare the STP & support implementation.
- ODOT provided initial funding and some consulting support for large district program.
- City of Akron, Akron Public Schools, The University of Akron
- Summit County Public Health
- Akron Children's Hospital – Safe Kids Summit County – School Nurse Program
- American Planning Association

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### Partnerships in SRTS – Health & Transportation

- First time the two came together to learn from one another
- Addressing barriers to the built environment
- Understanding Social Determinants of Health & Population Health – taking Equity to a deeper level of understanding
- Injury Prevention
- Shared Studies & Data
  - ACH Geospatial Study for Childhood Injury Prevention
  - School Nurse tracking injury
  - Pedestrian and Bicycle Crash Statistics



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### Partnerships in SRTS – Community Engagement

- Akron Public Schools – Family Liaisons & Parent Teacher Organization
- Akron Police & Crossing Guards
- Each School has unique resources – Churches, Businesses, Programs that already have lines of communication
- Akron Metropolitan Housing Association (AMHA) – both to provide transport service and to get volunteers to help with WSB
- AAA – Public Announcements & Safety Patrol Program



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### Partnerships in SRTS – Many Sources

- ODOT intends their money to be seed money to get program and projects off the ground – it will not cover the \$7 Million total
- Many of infrastructure projects can be done in normal course of maintenance (resurfacing) and capital projects with other funds
- Reaching out to other foundations such as Goodyear, Akron Community Foundation, GAR, Knight Foundation
- Summit County Public Health & APA/APHA Plan4Health
- Very Large Projects as Opportunities
  - Combined Sewer Overflow Removal Program (\$1 Billion over 15 years)
  - Deconstruction of the Akron Innerbelt (SR 59) & Repurposing

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## Community Examples

Safe Routes to School

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## Community Examples – Copley Road

- Opportunistic Road Diet
- No Community Engagement
- ODOT was Resurfacing



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## Community Examples – Copley Road

- Reduced vehicular crashes
- Avg. Speed reduced 5 mph
- Schools liked safety
- Businesses like slowing traffic
- Some issues with busses
- Continuing Part 2 this year



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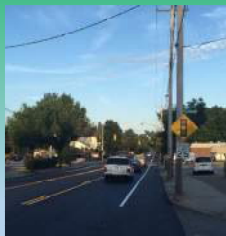
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### Community Examples – Albrecht Ave.



- Part of resurfacing program this year
- Get line items into CIP Budget
- Direct result of having STP in place

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### Community Examples – Better Block

- Use of duct tape & finger paint to provide temporary markings for a weekend to test out
- Combined with Open Streets
- Very useful tool for community engagement
- Positive response following at public meetings
- N. Main Bridge2Bridge Project



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### Community Examples – HIT Forums

- Health in Transportation Community Forums
- Worked with Councilpersons to hold forums (30-60 persons each)
- Reach out to community regarding "Active Transportation" and its relationships to Health
- One combined with partners from Akron Zoo and the Ohio & Erie Canalways Association to present proposed trail connectors

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### Community Examples – Pilot Projects

- Findley Walking School Bus
- Findley “The Big Dig”
- Walk to School Days
  - Father’s Walk
  - International Walk to School Day (Oct 7)
- How We Roll Bicycle Events
- King Remote Drop Off
- University of Akron & King CLC Ped Scramble
- Portage Path & Betty Jane CLC RRFB



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### SRTS & Physical Activity

- By removing barriers and providing education and encouragement we hope to see “mode shift” among students increasing walking & biking and helping them attain the daily recommended physical activity
- We want to explore added benefits such as:
  - Attendance and Engagement in Learning
  - Neighborhood impact (quality of life; economic)
  - Safety improvements – reduction in crashes and injury
- Safe Routes to School is a springboard for an overall Akron Active Transportation / Active Living Initiative

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### SRTS & Physical Activity

**Andy Davis, MEd, PE**  
Active Transportation Coordinator  
School of Sport Science & Wellness Education  
[ajd60@uakron.edu](mailto:ajd60@uakron.edu)



OHIO'S POLYTECHNIC UNIVERSITY

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**ChangeLab Solutions**

*Thank you!*

[ddohm@changelabsolutions.org](mailto:ddohm@changelabsolutions.org)  
[hlewis@changelabsolutions.org](mailto:hlewis@changelabsolutions.org)



Join us in the national public health conversation!  
Twitter: [@ChangeLabWorks](https://twitter.com/ChangeLabWorks)  
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