



Virtual



Spring 2021



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Health Promotion and Community Planning
Injury Prevention Program

Whether your students are enrolled in distance learning or in-person, we can help!



Even though schools are doing things differently this year, it is still a great idea for families to be active together!

WALKING and **BICYCLING** are some of the easiest ways to get daily physical activity.



Just like traditional Walk & Bike to School Day, encourage families to start their school day with physical activity.

Have students enrolled in distance learning?

No problem! Encourage families to take a neighborhood walk or bike ride before sitting down for distance learning.

Have students that attend in-person?

Promote walking to school, in a family unit or household, to maintain social distance.



What's different this year?



Skip the school assemblies and walking parades this year.



Instead, encourage walking and biking within family units or households.



Increase social media outreach:

- ✓ Promote on school social media pages.
- ✓ Have students share photos or artwork on social media. Encourage creativity!
- ✓ Use hashtag [#walkbiketoschool](#)



Walking & Biking with a purpose!



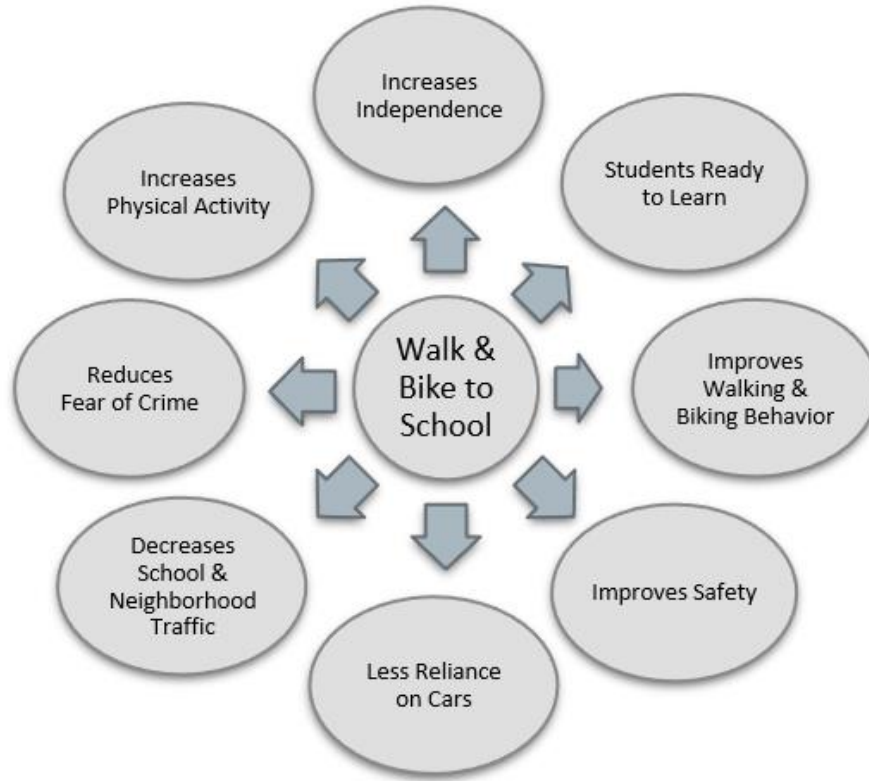
Pedestrian
& Bicycle
Safety



Physical
Activity



Benefits



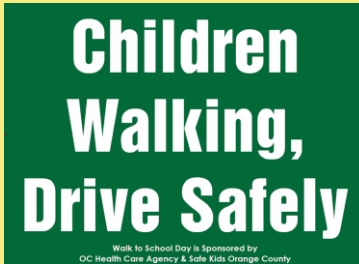
Free Toolkit!



6 FT. VINYL BANNER (FOR NEW PARTICIPANTS)



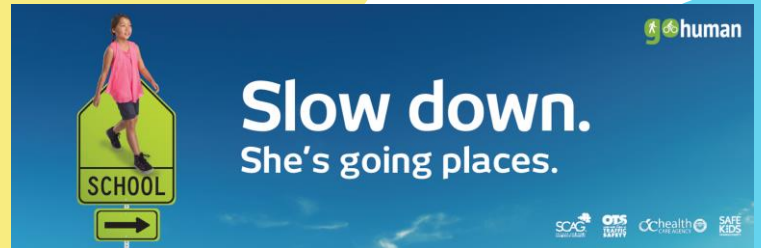
"I WALKED TO SCHOOL TODAY" STICKERS



YARD / SCHOOL FENCE SIGNS



"STAY ALERT. DON'T GET HURT." SILICONE BRACELETS



VINYL BANNER OR YARD SIGNS

Digital Tool Kit

- ✓ Digital activity sheets
- ✓ Digital certificate of participation
- ✓ Promotional templates including social media posts
- ✓ Stickers, bracelets, and bingo sheets available upon request
IDEA: Distribute these items at “Grab N Go” lunch pick up.

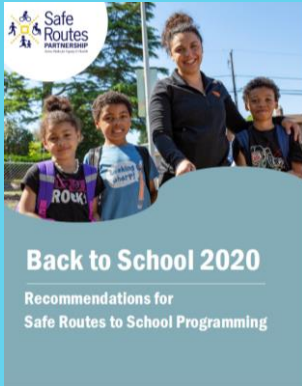


1. Register & Plan

Register:

www.surveymonkey.com/r/CW6F376

Planning an event is easy! Download:



Safe Routes Partnership Back to School 2020
Recommendations for Safe Routes to School Programming

2. Promote your event

- Social media **#walkbiketoschool**
- Local media
- Flyers, newsletters, or electronic notifications
- Templates: www.ochealthinfo.org/w2s



Don't forget to hang your banners and signs around your school!

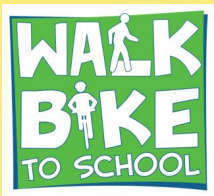
During

3. Day of your event

- Have fun!
- Reward students!
- Take lots of pictures!
- Use hashtag **#walkbiketoschool** on social media



#walkbiketoschool



After

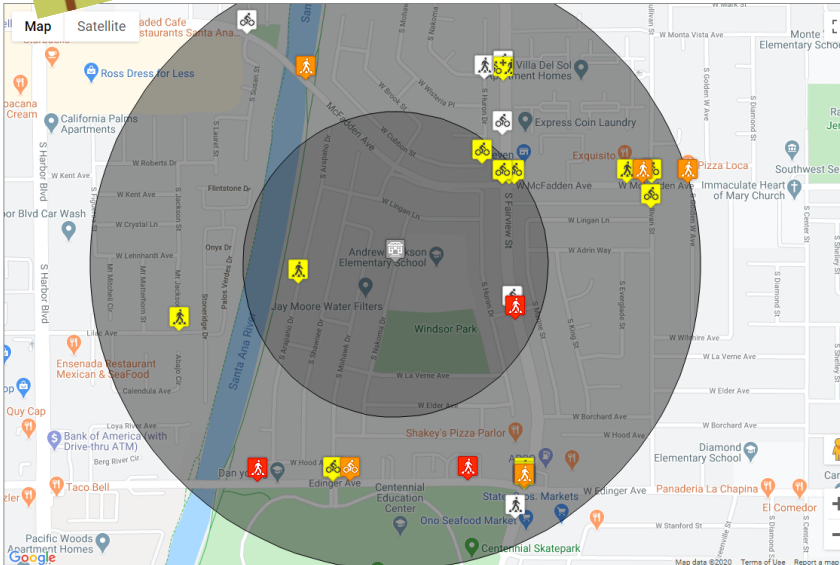
4. After your event

This is just the beginning to walking all year round!

- Share your successes!
WBTS D Coordinator Survey due two weeks after your event

Safe Routes to School programming options:

- Virtual Walking & Biking Clubs
- Walkability Audit
- Virtual Safety Assembly



Need help planning your virtual event?



We can help!

Maria Minaglia, MPH

Injury Prevention Program

Health Promotion and Community Planning Division

Orange County Health Care Agency

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WBTSD Resources:

www.ochealthinfo.com/w2s

**Register your school for
WBTSD:**

www.surveymonkey.com/r/CW6F376

