

**Safe Routes to Schools
Fall 2008 Final Accomplishment Report
Colorado Springs Project**

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1. Accomplishments compared to the original project objectives:
2. Were all activities of the project as scheduled? Include dates and milestones when studies were completed; equipment acquired, installed and operated.
3. Any unanticipated proceedings that affected the project?
4. Funding and costs for completion of the project in relationship to original estimates.
5. Third party performance if applicable. A copy of any consultant reports should be included with the final report.
6. Other pertinent supporting data, such as publication copies, evaluation results, training reports, training materials, and statistical data.

<i>Objective</i>	<i>Date Accomplished</i>	<i>Planned Date</i>	<i>Target Date and/or Program Disparity</i>	<i>Detail on Accomplishments</i>
Enlist 4 middle schools	9/12/08	9/5/08	Enlisted 3 middle schools. Mountain Vista Principal did not respond to correspondence or voice messages.	9/9/08 – Met with North Principal 9/10/08 – Met with Jenkins teachers 9/12/08 – Met with Challenger Principal and teachers Discussed SRTS project, set assembly dates, distributed a “Commitment List” and discussed timeline calendars.
Measure student’s knowledge, attitudes, and beliefs concerning (1) bike safety; (2) pedestrian safety; (3) nutrition; (4) general safety knowledge using pre-tests.	9/25/08	9/5/08	Challenger MS teacher failed to give pre-test prior to presentation. *See 6 th grade pre/post test result chart.	Prior to presentation, 6 th grade students were given a pre-test to determine knowledge, attitudes and beliefs concerning (1) bike safety; (2) pedestrian safety; (3) nutrition; (4) general safety knowledge.

Objective	Date Accomplished	Planned Date	Target Date and/or Program Disparity	Detail on Accomplishments
Increase students' knowledge, attitudes, and beliefs concerning (1) bike safety; (2) pedestrian safety; (3) nutrition; (4) general safety knowledge.	9/25/08	9/12/08	School scheduling conflicts delayed presentations.	PowerPoint developed for 6 th grade presentations. 9/15/08 – Presentation at Jenkins MS 9/16/08 – Presentation at Challenger MS 9/24 & 9/25/08 – Presentations at North MS
Increase 6 th grade students' attitudes and beliefs that physical activity is important and increase participation in physical activity.	10/16/08	10/10/08	Unable to pick up mileage tracking forms from Challenger MS until 10/16/08 -students were out of school 10/6/08 thru 10/10/08 at science camp.	Students were given a post-test to measure change in attitudes and beliefs concerning (1) bike safety; (2) pedestrian safety; (3) nutrition; (4) general safety knowledge. <i>*See 6th grade pre/post test result chart.</i> Students were given a mileage tracking form to record their walking and biking miles for a two-week period. As incentives, students were given a pedometer, blinking light, a chance to win a \$20 Target gift card and an opportunity to win the bike, helmet and bike lock offered as the grand prize for the individual who recorded the most mileage. Challenger MS walked and biked a total of 1,067 miles in a two-week period. Jenkins MS walked and biked a total of 5,071 miles in a two-week period. North MS walked and biked a total of 719 miles in a two-week period. <i>*See award certificates for grand-prize winners.</i>

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Collect information from parents on how 6 th grade students get to and from school.	10/10/08	10/10/08	Disappointing return on parent surveys from 2 of the 3 middle schools. <i>*See parent survey graph.</i>	A \$20 Target gift card was offered at each school as an incentive for students returning the parent survey. Challenger MS returned 26% of the parent surveys handed out. Jenkins MS returned 65% of the parent surveys handed out. North MS returned 16% of the parent surveys handed out. Each middle school was given a SRTS DVD – enough for each 6 th grade student - a total of 696.
Install one bike rack at each of the 3 participating schools.	Spring 2009	10/23/08	City of Colorado Springs Traffic Engineering is responsible for this task. Due to heavy demand, there is a delay in receiving the bike racks. As bike racks will arrive during the winter months, installation is not projected until Spring of 2009.	All of the middle school Principals have been contacted and given the name and contact information for the responsible party from City Traffic Engineering. Likewise, the responsible party from City Traffic Engineering has been given the name and contact information for each participating middle school. The schools understand that installation will take place in Spring 2009.

Overall program notes:

□ Positives:

- The schools were very responsive to the Safe Routes to Schools program as indicated in the final program/teacher evaluation.
- The program was well received by the students who seemed very interested in the content of the presentation.
- Each of the student winners were complimented by the school staff who mentioned they were very deserving of the awards.
- The student body seemed genuinely happy and supportive of each of the winners.
- Mindy from CS West Bikes was very enjoyable to work with and interacted very well with the students as she took time to properly fit the bike and helmet for each winner.
- The information collected from the parent surveys was very informative.
- Pre and post-tests revealed that when given prior to the presentation, students' knowledge, attitudes and beliefs increased in most areas.
- SRTS staff was able to identify a dangerous intersection and will contact city traffic engineering to inquire about correcting the issue at this crossing. **See photo of dangerous intersection located at Dublin and Rangewood.

□ Barriers:

- The inexpensive pedometers were inaccurate and broke easily.
- Students quickly found that by shaking the pedometers they could add steps rather easily.
- Students found it difficult to calculate steps into miles. SRTS staff did all calculating for each of the schools.
- There was not a good way to evaluate whether the SRTS DVD made it to the students' homes, was viewed or was an effective learning tool.
- Difficult to have surveys and tracking forms returned even with incentives.

□ Recommendations:

- Have students track hours spent exercising rather than steps.
- Send incentive items (such as blinking lights) home at the end of the day to avoid students misbehaving in class.
- Prepare a SRTS "kit" that contains everything needed to run the SRTS program (i.e. parent surveys, pre/post-test, activity tracking forms, incentives, timelines, instruction sheet/program guideline for teachers) to be given to teachers at the initial meeting. This will help eliminate multiple trips to schools by SRTS staff.