



# Walk, Ride, and Roll to School education services

## Encourage students to take active transportation to school with a FREE class or event!

Biking, walking, skating, skateboarding, or riding a scooter to school helps promote physical activity and healthier lifestyles for students. Walk, Ride, and Roll to School classes and events are designed to teach students skills and safety to build confidence and encourage participation.

### Elementary Safety Assembly

This 40-minute assembly will be tailored for either grades K-3 or 4-5/6, and will cover the basics of walking and biking safely. Assembly highlights may include a helmet fitting demonstration and interactive intersection crossing demonstration.

### Middle/High School Bike Workshop

This 40-minute small group presentation will cover biking laws, bike-handling tips, bike maintenance, sustainability, and health. An optional live demonstration will show participants how to fix a flat tire, take wheels off, and adjust a bike for proper fit.

### Bike Rodeo

This bike skills event will be taught on a school playground or parking lot, and provides an opportunity for kids or teens to develop skills to become more confident bike riders. Bike rodeos typically include two one-hour sessions for K-3 and 4-5/6.

### Encouragement Ride

This fun after school or weekend bike ride will offer kids and parents an opportunity to ride with an instructor safely around the school neighborhood. This ride teaches useful urban riding techniques and skills for route planning. An introduction to bike trains may be provided. A maximum number of 50 students/parents allowed to maintain a low instructor to student ratio.

### Bike Maintenance Quick Check

Instructors certified by the League of American Bicyclists will demonstrate the basics of checking a bike for safe riding, including the tire air and brakes. After the demonstration, students may bring their own bike for a quick check and minor bike adjustment. This one-hour event is held at your school or school district, and **can be combined with a workshop, rodeo, or ride.**

### Balancing and Skateboarding Safety

This one-hour skateboard safety and balancing class develops fundamental skills and helps beginners learn to skate. The class focuses on balance and position, proper technique and mechanics, as well as specific tips for skateboarding safety. The class is taught by iCommute partner Ocean Beach Surf and Skate's staff of professional skateboarders and experienced instructors. The maximum number of participants for this class is 50 students.

*\*San Diego County schools and school districts from K - 12 are eligible to register. Classes will be offered on a first-come, first-served basis with a preference to schools that did not receive funding through our Mini-Grant Program.*

**For more information or to register for a class, visit:**

[iCommuteSD.com/school](https://iCommuteSD.com/school)