The goal of the Youth Bicycle Education and Safety Training (BEST) Program is to increase bicycle ridership and bicycle safety among children and their families.

1. The Youth BEST Program is a 4-5-hour course administered at schools over five days and targets students in the 4th to 7th grades

2. The curriculum addresses the benefits of riding a bicycle, rules of the road, helmet fitting, and bicycle safety checks as well as building confidence

3. There is no cost for this program and Bike Utah provides a trained instructor, bicycles, helmets, and all necessary equipment for the duration of the program, so all schools and students can participate regardless of financial ability

4. The program is capable of moving around the state so it can be administered at schools in all corners of Utah

In year two of the program . . .(140,624),(510,915)

3,127 students (13% of the number of 10-year-olds in Utah) at 38 schools and community organizations have completed the program

58% increase in bicycle safety knowledge and 82% of students learned the necessary on-bike riding skills

45% increase in bicycling and a 9% increase in walking at participating schools

71% increase in parents reporting that their child is interested in bicycling or walking to school

More detailed information and outcomes regarding increased student knowledge, parent survey feedback, bike/walk school statistics, and school bike/walk audits are located on subsequent pages
PROGRAM HIGHLIGHTS

Educating kids across Utah about bicycle safety
PC: John Barkiple | SLUG Magazine

Helping kids to become more confident bicyclists
PC: Monique Beeley | Discover Utah Kids

Showing kids how much fun bicycling can be
PC: Monique Beeley | Discover Utah Kids

QUOTES FROM OUR STUDENTS

"I used to be addicted to video games, but now I think I'm addicted to riding bikes."
~ Javier

"Forget going to Disneyland, I can just go ride my bike at the park!"
~ Tankarah

"That was SO much fun!" (repeated 20 times in 5 minutes)
~ Lola

"Bikes make our communities better because everyone is outside and able to get places"
~ Kendra

"I'm going to ride my bike until I'm 100 years old!"
~ Josh

Feedback from just one of the thousands of students (left).
Students hugging their bikes after we finished another successful week (right).
**Student Quizzes**

Pre- and post-program quizzes are completed by all participants in order to assess the effectiveness of the program. This assessment looks at understanding safe bicycling concepts.

- **54.45%** - Average pre-program quiz score
- **85.90%** - Average post-program quiz score
- **+57.73%** - Percent change in quiz score

**Parent Surveys**

Parent surveys include questions addressing barriers to bicycling, willingness to let their student bike to and from school, and their student’s interest in bicycling.

- **87** - Number of respondents

**Grade level of student participating:**

- 2.3% - 4th Grade
- 85.1% - 5th Grade
- 11.5% - 6th Grade
- 1.1% - 7th Grade

**How far does your child live from school?**

- 14.9% - Less than 1/4 mile
- 20.7% - 1/4 to 1/2 mile
- 16.1% - 1/2 to 1 mile
- 25.3% - 1 to 2 miles
- 21.8% - more than 2 miles
- 1.1% - Don’t know

**Does your student EVER walk or bike to school?**

- 64.4% - Yes
- 35.6% - No

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**Schools and Programs Where the Youth BEST Program was Administered**

- Copper Hills - Magna
- Uintah Middle School - Vernal
- Salt Lake Arts Academy - Salt Lake City
- Buffalo Point Elementary - Syracuse
- Backman Elementary - Salt Lake City
- North Summit Middle School - Coalville
- Truman Elementary - West Valley City
- Robert Frost Elementary - West Valley City
- Odyssey Elementary - Ogden
- Morgan Elementary - Morgan
- Valley Academy - Hurricane
- Santa Clara Elementary - Santa Clara
- Coral Canyon Elementary - Washington
- Horizon Elementary - Washington
- Taylorsville Elementary - Taylorsville
- Park Elementary School - Spanish Fork
- Manti Elementary - Manti
- East Elementary - Roosevelt
- Mountain View Elementary - Salt Lake City
- Wasatch Elementary - Salt Lake City
- Birch Creek Elementary - Smithfield
- Granger Elementary - West Valley City
- CCID - Providence
- Whitesides Elementary - Layton
- Kay’s Creek Elementary - Kaysville
- Garland Elementary - Garland
- Bonneville Elementary - Orem
- Shadow Valley Elementary - Ogden
- Edith Bowen Lab School - Logan
- McPolin Elementary - Park City
- YWCA Community Family Center - Ogden
- Oquirrh Hill Summer Program - Kearns
- South Salt Lake Summer Program - South Salt Lake
- Guadalupe School Summer Program - Salt Lake City
- Sugar House Boys & Girls Club - Salt Lake City
- Youth City (Liberty Park) - Salt Lake City
- Youth City (Fairmont Park) - Salt Lake City
DETAILED OUTCOMES AND DATA

Parent Surveys (continued)
Prior to the in-school bicycle education course, has your student asked to walk or bike to school in the last year?
71.3% - Yes
28.7% - No

After the in-school bicycle education course, has your student shown any increased interest in walking or biking?
71.3% - Yes
28.7% - No

As a result of your student's participation in the bicycle education course, have you or any other members of your household been more interested in bicycling or walking?
57.5% - Yes
42.5% - No

Teacher Counts
Teachers complete the Safe Routes to School Students Arrival and Departure Tally Sheet before and after the program.

Before and after the program, average number of students:
1.88 to 2.67 - Bicycling to school
1.91 to 2.81 - Bicycling from school
4.65 to 4.58 - Walking to school
5.61 to 6.58 - Walking from school

School Bike/Walk Audits
Audits are completed by a member of the administration, a teacher, or parent. The audits allow us to understand the current situation at schools and how we can better support bicycling and walking. This data also shows that many schools are not actively working to promote bicycling and walking.

Does your school or district have a designated person responsible for bicycling and walking initiatives?
10.3% - Yes
48.3% - No
41.4% - I don't know

Does your school or district have a committee that works to create safe routes to school and encourages bicycling and walking?
31.0% - Yes
34.5% - No
34.5% - I don't know

Does your school have a Student Neighborhood Access Program (SNAP) Map?
34.5% - Yes
31.0% - No
34.5% - I don't know

Is your school's SNAP Map readily available for all students?
42.5% - Yes
57.9% - No
OUR PLANS

The Youth BEST Program is continuing in the 2018-2019 academic year and we are already more than 30% booked with new and returning schools. Here are some of our plans as we look forward to expanding the program and its impact.

Growing the Reach of the Youth BEST Program

In years one and two of the program, we exceeded our goal of reaching 3,000 students across Utah annually. In year three, we are working to scale to 6,000 participants per year (that’s 1 in 4 students at grade level in Utah). We also plan to continue reaching a higher percentage of rural and Title I schools (those with high numbers or high percentages of children from low-income families).

Expanding Our Impact at Schools

In addition to educating and encouraging youth about bicycling and bicycle safety, the largest barrier to getting more people of all ages bicycling is the presence of interconnected infrastructure. Bike Utah is working on two initiatives (the Wasatch Bike Plan and the 1,000 Miles Campaign) to get more communities planning for and building infrastructure that encourages people of all ages and abilities to bike and walk.

THANK YOU TO OUR 2017-2018 SPONSORS

Utah Department of Transportation - Safe Routes to School Program
Wasatch Front Regional Council
Mountainland Association of Governments
Utah Department of Public Safety
Utah Department of Health - EPICC Program
Sorenson Legacy Foundation
Salt Lake County Bicycle Advisory Committee