

Bike-Walk Alliance of New Hampshire

Bike-Walk Alliance is New Hampshire's statewide bicycling and walking advocacy organization. We work at many levels and in many ways to make bicycling and walking safer and more available for everyone throughout the state. We often partner with agencies, such as the New Hampshire Department of Transportation, to develop and implement programs that meet our shared goals.

For more information on what we do, go to www.bwanh.org or our Facebook page.

New Hampshire Department of Transportation

NHDOT has a mission to encourage and enable children to safely walk and ride bicycles between home and school.

Community leaders recognize that getting kids outside and active is one way to counteract a sedentary lifestyle, and enable them to learn better while at school. In recent decades, the use of motor vehicles for transporting kids and from school has increased dramatically. Getting stuck in school-zone traffic jams tends to raise blood pressure instead of the heart rate. It's not healthy for kids or drivers, wastes time, contributes to an epidemic of childhood health problems, including obesity, adds to traffic congestion, burns expensive fuel, and pollutes the air we breathe.



**Youth
Biking & Walking
Safety
Presentations**



Bring a Bike-Walk Safety Presentation to Your School!

Since 2016, the Bike-Walk Alliance has brought biking and walking safety presentations to **over 13,000** New Hampshire students.

This program is **FREE** to schools and brings a certified bike-walk safety instructor to your school to perform a 45-minute assembly-style presentation. Kids are seated and the instructor uses a bike, and other equipment, such as a helmet, lights, and clothing, for demonstration.

Both biking and walking safety issues are discussed. Students are encouraged to ask questions and tell their stories. The program targets third through eighth graders.

Safety Concepts

A variety of safety concepts and behaviors are taught, including visibility, traffic awareness, laws, which side of the road to use, the importance of wearing a helmet, hand signals, crossing streets, and more.

Students leave with a greater awareness of how to keep themselves and others safe while biking or walking.



What Students Said

Amanda: "I learned a lot of new things like the ABC Quick Check, hand signals, and a lot more. Thank you for talking to us."

Sam: "Thank you for teaching me about safety because I never would have thought of doing the ABC Quick Check, so thanks again."

Elizabeth: Thank you for telling us about bike safety. It was fun and now I'm going to teach my Mom and Dad what you said."

Hannah: "That assembly was awesome! I never knew most of the stuff about helmets but now I do."

What Teachers Said

Ashland Elementary: "Nice presentation. Kids were engaged and had fun while learning. Nicely done!"

North Londonderry Elementary: "Excellent presentation!"

Webster Elementary: "The 4th grade students challenged each other to a bike ride after the presentation to practice the safety rules they learned."

Schedule Your Sessions Now

Contact us at info@bwanh.org to schedule one or more sessions at your school. We will reach out to discuss further details, such as class size, grade levels, dates and timeslots. We look forward to hearing from you!



