



Spring GoByBike

May 31 - June 6, 2021

A GUIDE FOR SCHOOLS

INTRODUCTION

Spring GoByBike celebrates cycling and students, parents, teachers, and staff alike who ride their bicycles: to and from school, on the trails, and around their communities. **GoByBike** is a program that encourages British Columbians to try using their bicycles for transportation rather than a motor vehicle.

This year, we are encouraging people to ride their bikes as much as possible from **May 31 - June 6, 2021**.

With this guide we want to share **tips, tricks, and ideas for activities** with you that will help make it a fun week of cycling and, at the same time, provide a safe environment for everyone. Participation in **Spring GoByBike** is free and registered schools and riders can win awesome prizes.

Register FREE at
www.GoByBikeBC.ca



We anticipate most community events will still be largely virtual, with online registration and reporting, and with little (or no) face to face activities. However, we recognize there may be Celebration Stations or other face to face experiences in some communities and with this guide, GoByBike BC hopes to provide practical and useful information on how to make **Spring GoByBike** a success.



Cycling is good for mental and physical well-being, especially during these uncertain times amidst a pandemic. It provides breaks in the form of outside activities and can relieve stress.

By riding their bikes, students increase their physical activity, benefit from outdoor activities and arrive fresh and energized at school by reducing traffic in and around the school's neighbourhood and their communities at the same time. Less traffic means more safety. More safety means more riders. More riders contribute towards a sustainable future.

Riding bikes is fun and it helps the environment at the same time!



SCHOOL TEAMS

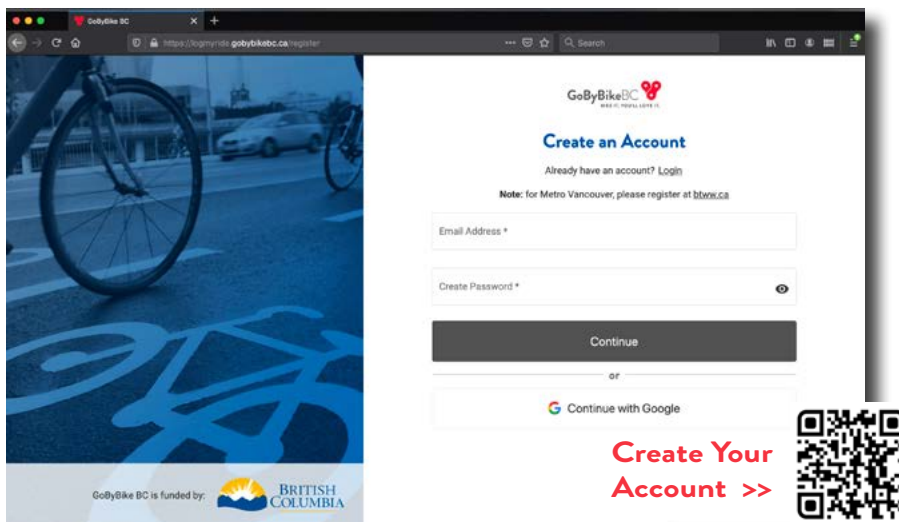
Schools, classes, or learning co-horts should create teams and participate as a team. Riding bikes with friends is more fun! And a little competition keeps the spirit alive.

Every school team needs a **Team Leader**, this can be a student, a student's parent, a teacher or other staff members.

HOW TO REGISTER & CREATE A TEAM

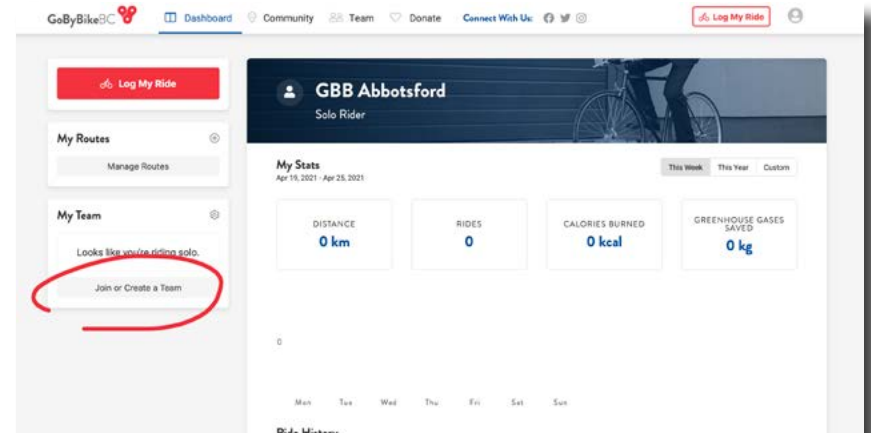
Step 1: Create an Account

We launched a [new LogMyRide registration system](#) last fall. Everyone needs to create a new account in the new LogMyRide registration system. Note: the new system does NOT work in Internet Explorer.



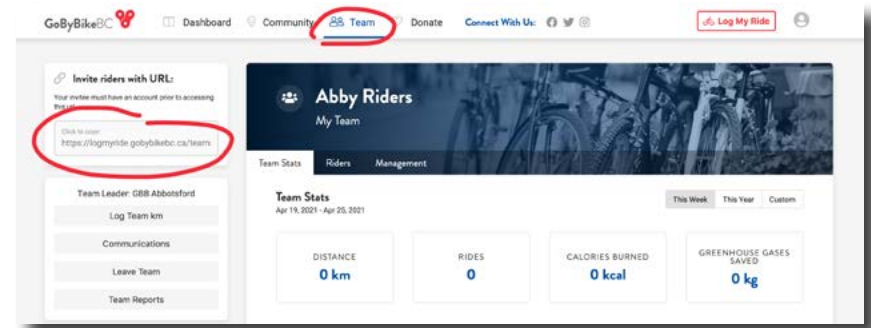
Step 2: Create Your Team

After you provided your personal information, choose to “Join or Create a Team”.



Step 3: How to Invite Riders to Join Your Team

Click on “Team” at the top, Then click to copy the “Invite Riders with URL” on the left. Email the URL to possible teammates to see if they want to join your team.

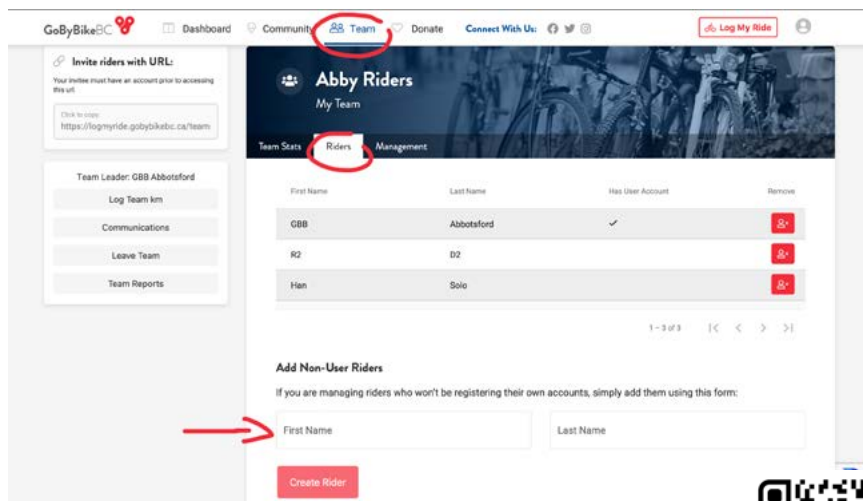


Note: people must create an account before they can join your team.

Step 4: How to ADD Riders to Your Team

IMPORTANT: If you add riders to your team, you will be responsible for logging their bike rides (kilometers) for them. If riders have a valid email address, we encourage you to invite them to join your team (see “Step 3”) so that they can choose to log their own bike rides (kilometers) OR you can log for them.

To add riders to your team click “Team” at the top. Then click “Riders” in the secondary menu. Scroll down to see where you can add “Non-User Riders” to your team. “Non-User Riders” means that there is no user account associated with the rider. Typically Non-User Riders are only added when they don’t have a valid email address.



[https://gobybikebc.ca/resources/create-a-team/ >>](https://gobybikebc.ca/resources/create-a-team/)



BUILD YOUR TEAM, ENCOURAGE PEOPLE TO JOIN YOU

Telling others about **Spring GoByBike** and that you have registered is key to getting everyone excited to be part of the fun! **Promote your participation!**

Print **GoByBike posters** or create your own as part of curriculum activities and display them in your classroom, or, all over your school. This will create a lot of excitement.

Send out **newsletters** to parents, teachers, staff, and students alike; and introduce your GoByBike Team Leaders and their teams. Add **webinars**, (digital) **workshops** and **special activities or challenges** to your school calendar.

Use GoBybike BC newsletter and social media templates to help you get inspired and spread the word (see **appendix**).

Use **Social Media** to connect (with) people, share stories and photos, and encourage others to engage and share their photos and stories.

#bike2school
#gobybikewithfriends



SHARE TIPS & TRICKS

Fall and winter months might have deterred people from using their bicycles. With the right tips and tricks about how to get bicycles out of hibernation, cycling can continue to be safe and enjoyable in the spring:

1. Perform the “**A-B-C-Check**: check your bicycle’s **AIR** (tire and tube condition as well), the **BRAKES** (still grippy and don’t squeak?), and the **CHAIN** (too loose? too tight? rusty?)
2. **Plan your route** before your ride, make sure to have an alternative route mapped out as well. Help others plan their routes. Maybe you ride (parts of) a **route together**.
3. **Layers** – dress in layers and/or pack extra layers to help you stay warm and dry.
4. Got Lights? Use **daytime running lights**. They help you to be seen.
5. Ask your **local bike shop** for best practices and have your bike checked over. They love riding bikes and are happy to help.
6. Check out **GoByBike BC Society’s YouTube Channel** for more tips & tricks.

Point your phone camera here
to go to GoByBike BC Society’s
YouTube Channel >>



CREATE “RIDING BUBBLES”

Biking with friends is fun and it helps students **build confidence**. Ask your friends and people in your neighbourhood if they’d like to bike to school with you; or GoByBike after school or on the weekends.

Parents or teachers can consider organizing “**riding bubbles**” where at least one parent/teacher rides along with the **same group** of children to and from school.

Parents or Team Leaders can organize **weekend rides** or participation in **community activities** like treasure hunts or community exploration rides (see section “**Creating Excitement & Awareness**” for more ideas below).

#ridingwithfriendsismorefun 



KEEP TRACK

Use the [Tracking Poster](#) (see **appendix**) to track trips that students choose to GoByBike. Establish it as a morning ritual when the students arrive. Collect weekend ride numbers. Adding their KM's, ticking the box, or putting the sticker on the poster is often a highlight. **Celebrate it.**

At the end of **Spring GoByBike**, team leaders tally results and **enter them online**. If you need help please contact terri-lynn@GoByBikeBC.ca.

Make sure to enter your results and your team will be entered into the draw to win one of **many great prizes**.

CREATING EXCITEMENT AND AWARENESS



Riding bikes with friends is more fun!

Create and plan **curricular or extra-curricular activities** such as scavenger or treasure hunts or community exploration routes which focus on **engagement and participation** and celebrate all contributions in a positive way.

What about ...

... a **Poster Competition**. Design your own **Spring GoByBike** poster for **World Bicycle Day** (Thursday, June 3) showing why cycling is good for mental well-being and the environment.



GoByBike for Schools

May 31 – June 6, 2021

Team Leaders,
register your team at
www.GoByBikeBC.ca

EVERY BIKE RIDE COUNTS!

Participants on the team can also track their own participation at www.GoByBikeBC.ca to enter to win prizes.

NEW! link to STRAVA

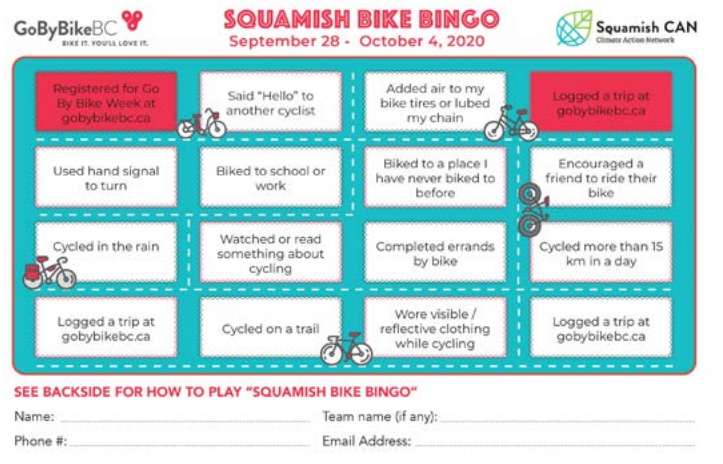
TEAM NAME: _____



Distance biked (km); or sticker; or indicate student biked each day he/she biked to school.
Note: Assume 4.2km for students who don't know the distance.

Name of Student	June 2021					TOTAL
	June 2	June 3	June 4	June 5	June 6	
Example of student who doesn't know distance cycled	★	✓	😊			12.6 km
1						
2						
3						
4						
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7						
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...“Bike Bingo”.

Create your own bingo card design with activities focussing on GoByBike. Here is an example from **Squamish** (Fall GoByBike 2020).



GoByBikeBC  **SQUAMISH BIKE BINGO**
September 28 - October 4, 2020  **Squamish CAN**
Climate Action Network

Registered for Go By Bike Week at gobybikebc.ca	Said "Hello" to another cyclist	Added air to my bike tires or lubed my chain	Logged a trip at gobybikebc.ca
Used hand signal to turn	Biked to school or work	Biked to a place I have never biked to before	Encouraged a friend to ride their bike
Cycled in the rain	Watched or read something about cycling	Completed errands by bike	Cycled more than 15 km in a day
Logged a trip at gobybikebc.ca	Cycled on a trail	Wore visible / reflective clothing while cycling	Logged a trip at gobybikebc.ca

SEE BACKSIDE FOR HOW TO PLAY "SQUAMISH BIKE BINGO"

Name: _____ Team name (if any): _____
Phone #: _____ Email Address: _____



THE NEXT GOBYBIKE EVENT IS
Sept 28 – Oct 4, 2020

Any time you ride your bike, you can log those trips and **WIN PRIZES!**
Find out more at:
gobybikebc.ca   **GoByBikeBC** 

HOW TO PLAY "SQUAMISH BIKE BINGO" - IT'S EASY:

- 1) Fill out your name, team name (if applicable) and contact info
- 2) Check the two **mandatory squares in red**
- 3) Check as many other squares as you can
- 4) Take a photo of your SQUAMISH BIKE BINGO card and send it to BikeToWorkWeekSquamish@gmail.com **before October 10**

BENEFITS OF PLAYING "SQUAMISH BIKE BINGO"

Have fun, get fit, stay healthy, lower your stress, enjoy the outdoors, lower your greenhouse gas emissions, and enter our draw to **win prizes** donated by **NESTERS MARKET and LOCAL BIKE SHOPS** (make sure to send in your bingo card before the **October 10** to enter the draw.)



...a Scavenger Hunt or Discovery Rides.

There are a lot of different options how to design and organize themed rides.

Cranbrook, for example, put up **numbered signs around the city** for Fall GoByBike which people had to find and take a photo of themselves with the sign (photo top left previous page).

Campbell River created **loops around town** for people to **discover their community by bike** asking them to wear a green shirt for the ride and to take photos at certain points along the route (photo on right).

For Spring GoByBike, **Vernon** is planning to partner with the **local library** for a "**Bike Story Time**:" a family friendly story is printed out on multiple signs, and people bike around the city to find the signs to read the story.



#unitedbicycling 

BIKE REELS STUDENT VIDEO CONTEST

CALLING ALL STUDENTS! Shoot a short video (60-90 seconds) about why you like riding your bike and how it has helped you during this pandemic. Up for grabs is a \$100 VISA gift card for the grand prize and \$50 VISA gift cards for each level (Pre-School, Kindergarten – Grade 4, Grade 5 – 8, Grade 9 – 12). Submission deadline is June 6, 2021.



**BIKE REELS
STUDENT VIDEO CONTEST!**

**SUBMISSION DEADLINE
JUNE 6 • 2021**

POSSIBLE VIDEO IDEAS

- Has bike riding helped you at all during the COVID-19 pandemic? Do you have any advice for people who want to bike during the COVID-19 pandemic?
- Why do you like to ride your bike? Where do you ride your bike? How do you stay safe when you ride your bike?
- How is GoByBike good for the environment? How is bike riding good for you?

We welcome all video submissions that celebrate biking, feel free to get creative!

QUESTIONS?
Email terri-lynn@gobybikebc.ca

CONTEST GUIDELINES

- Age: Students must be 18 and under.
- Length: 60-90 seconds.
- Content: Videos should encourage safe cycling.

Please abide by all provincial health guidelines to help prevent the spread of COVID-19.

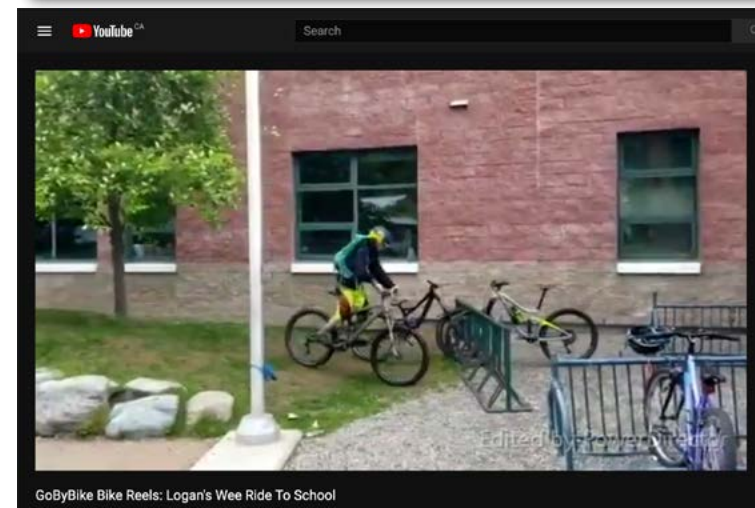
PRIZES: \$100 VISA GIFT CARD
for the Grand Prize; and a \$50 Visa Gift Card for the best video submitted for each level:

- Pre-school
- Kindergarten to Grade 4
- Grade 5 to Grade 8
- Grade 9 to Grade 12

Link to submit video:
<https://forms.gle/uNURkKpsT2rtsZKz6>

GoByBikeBC
BIKE IT. YOU'LL LOVE IT.

#bikereels 



[Check out past winner videos on our YouTube channel >>](#)



PROVIDING A SAFE ENVIRONMENT

Consider organizing [webinars](#), small group [workshops](#), or “riding co-hort [bike rodeos](#)” where students can learn safe cycling techniques, practicing physical distancing, obeying traffic signs, and the laws of road use.



A bike rodeo can be comprised of many stations (such as helmet fit, bike check, snail race), or as simple as a single obstacle course with a few pylons. Webinars can be recorded and provide for a great online resource.

Many schools engage older students to run the stations and model safe cycling skills; while other schools reach out to community organizations to help organize stations, such as local police, bike shops, or cycling associations/groups.

Contact your [community's GoByBike organizer or coordinator](#); they are a great source of information and *may* offer riding and skills courses. ICBC has **FREE** K-7 Lesson Plans that can be ordered, and ICBC's Bike Smarts for Children is **FREE** to download. You can find further information and classroom material online (links can be found in the [appendix](#)).



PROJECT 529 BIKE REGISTRY



Project 529 Garage makes it harder for thieves to steal your bike. If your bike is registered with Project 529, it's easier for police to get your bicycle back to you. Check with your local community police or your local bike shop for details.

<https://project529.com/garage>



APPENDIX

Posters

Point your camera at the QR code to download the posters and either print them out or email them. You may also try contacting your Local Community Coordinator to see if you can get some printed posters.

GoByBike Week

British Columbia
May 31 - June 6, 2021

FREE REGISTRATION AT
GoByBikeBC.ca
to enter to win one of many great prizes including \$100 Visa Gift Cards, and an Exodus Travels Cycling Adventure in Croatia.

REGISTER HERE!

GoByBike BC FOR FUN, FOR EXERCISE,
FOR TRANSPORTATION, FOR THE ENVIRONMENT ...

GoByBike

MAY 31 TO JUNE 6 • 2021

FREE REGISTRATION AT
GoByBikeBC.ca

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GoByBike BC FOR FUN, FOR EXERCISE,
FOR TRANSPORTATION, FOR THE ENVIRONMENT ...

GoByBike

May 31 - June 6, 2021

GoByBikeBC BIKE IT. YOU'LL LOVE IT.

REGISTER HERE!

Ride your bike at least once to

ENTER TO WIN

Great prizes like:

- \$100 VISA GIFT CARDS
- BIKE SHOP GIFT CARDS
- SUGOI GIFT CARDS
- AND MORE ...

LOG ALL BIKE RIDES!
All bike rides count, including rides for recreation, fun, and exercise. To enter the prize draw:

1. Register at www.GoByBikeBC.ca
 - If you are new to the NEW system click "Create an Account".
 - If you already have an account in the NEW system, click "Login".
2. Login to your account at www.GoByBikeBC.ca and enter every bike ride during May 3 - June 6.

NEW! Link to STRAVA to easily log every bike ride and enter to win at the same time!

REGISTER HERE!

Point your phone camera here to go to **GoByBike BC Society's website** for posters and other resources >>



GoByBike for Schools

May 31 – June 6, 2021



REGISTER HERE!

Team Leaders,
register your team at
www.GoByBikeBC.ca

Team Leader reports the team's participation after
GoByBike Week at www.GoByBikeBC.ca

EVERY BIKE RIDE COUNTS!

Participants on the team can also track their own participation
at www.GoByBikeBC.ca to enter to win prizes.

NEW: link to STRAVA



TEAM NAME:

Distance biked (km); or sticker; or indicate student
biked each day he/she biked to school.

Note: Assume 4.2km for students who don't know the distance.

Name of Student	MAY 31 M	JUNE 1 T	JUNE 2 W	JUNE 3 T	JUNE 4 F	TOTAL
Example of student who doesn't know distance cycled.	★		✓	😊		12.6 km
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Point your phone
camera here to go
to GoByBike BC
Society's website for
posters and other
resources >>



Sample Newsletter*

Subject Line: *[School Name]* is celebrating Spring GoByBike

Email Text: Together with many other communities in British Columbia, from May 31 to June 6, 2021, *[School Name]* is celebrating Spring GoByBike and encourages students and their families as well as teachers and staff members to ride their bicycles whenever they can: to and from school, or before and after school (especially when schooling from home) as well as on the weekends.

By riding their bikes, students will spend time outside and get exercise, breathe fresh air, arrive energized at school, and reduce traffic in and around the school's neighbourhood at the same time. Less traffic means more safety for cyclists. More safety means more fun. More fun means natural behavioural change towards a sustainable future. Riding bikes is fun and helps the environment at the same time!

We are also organizing *[a discovery ride / treasure hunt / etc]* on *[date/time]* as well as *[School Name]* is hosting *[a webinar about XY]* on *[date/time]*.

Mark Your Calendars & GoByBike!
[Your Name]

Sample Letter / Email to Parents*

Subject Line: We are celebrating Spring GoByBike

Letter / Email Text: We are excited to announce that our school is celebrating Spring GoByBike from May 31 to to June 6, and students and their families, teachers and staff throughout BC are encouraged to ride their bicycles whenever they can: to and from school, or before and after school (especially when schooling from home) as well as on the weekends.

By riding their bikes, students will spend time outside and get exercise, breathe fresh air, arrive energized at school, and reduce traffic in and around the school's neighbourhood at the same time. Less traffic means more safety for cyclists. More safety means more fun. More fun means natural behavioural change towards a sustainable future. Riding bikes is fun and helps the environment at the same time!

We are also organizing *[a discovery ride / treasure hunt / etc]* on *[date/time]* as well as *[School Name]* is hosting *[a webinar about XY]* on *[date/time]*. Covid-19 measures are in place to keep everybody safe.

Mark Your Calendars & GoByBike!
[Your Name]

*Note

eNewsletter, Emails and Letters to Parents are a great **opportunity** to rally Teams and Team Leaders as well as to call for volunteers or collecting/sharing ideas, inquiries, or any other related info.

Provide as much **information** as the community / school patrons / parents might need about Covid-precautions / activities / workshops / webinars / bike parking options / contests / prizes / etc.

Insert **pictures or testimonials and links** to online resources or online communities. Ask parents / the community to commit to riding their bikes.



SOCIAL MEDIA

A lot of social interaction has shifted to being virtual in a digital environment. There are a lot of social media **platforms** with similar opportunities to provide a community feeling. **Cross-posting** of the same content is quite common and might reach a bigger audience through different

channels. Individual posts might have to be adjusted depending on the channel through which they will be published. You don't have to entertain every platform, pick one or two and stay engaged.

Instagram, for example, is all about pictures and hashtags, like a photo album. **Twitter** keeps it short with a limited amount of characters, comparable to news headlines. And **Facebook** is all about engagement via liking, sharing and commenting (hashtags are not so much a thing).

Try to attach **pictures** of happy, engaging, fun activities, teams, or riders part of a “riding bubble” and/or maintaining proper physical distancing (avoid photos of crowds or crowded places). And don't forget to **tag GoByBike BC Society** for easy sharing and the feeling of belonging to a **community**.

**#gobybike #gobybikebc #unitedbycycling
#springgobybike #gobybikeweek
#bike2school #btsw
#justbikeit #bikeweek
#getoutside #britishcolumbia #bc #cyclebc
#cycle #cleancommute #bikelife
#gobybikewithfriends #enjoytheride #cyclist
#outsideisfree #burnfatnotfuel
#flattenthecurvenotthetire**

Sample Social Media Posts / Content



Facebook

Together with other schools all over British Columbia we are celebrating cycling and making our community a healthier and happier place! We've registered for [Spring GoByBike 2021](#), the countdown is on! Are YOU ready? Is your TEAM ready? Now is the time to rally all your team members and get ready to pedal some KM between May 31 and June 6! This spring ANY trip counts: around the block, pump track laps, to and from school, to take a break from your screens, to de-stress, to have fun, to....! Being part of a team does not mean you have to physically ride together; being part of a team makes it fun and easier to log even more trips! You can find more info about how to create a team on GoByBikeBC.ca. #gobybikebc

[Spring GoByBike 2021](#) - now that's a wrap! We had # OF RIDERS and # OF TRIPS were made. Our school / team saved xxxx kilograms of greenhouse gases in just one week! Looking forward to the fall - mark your calendars (Sep 27 - Oct 10, 2021) and keep on riding. #gobybikebc



Twitter

We've registered our team for #springgobybike and we are ready to roll from May 31 - June 6! All bike rides count! Join our team! #gobybikebc #unitedbycycling

We've registered # OF TEAMS/RIDERS and done # OF TRIPS so far - how is everybody else doing with X days to go? #springgobybike #bike2school #gobybikebc



Instagram



Space is getting limited at [School Name]/our bike rack! Can you spot your team members' bikes? Tag them in the comments! #gobybike #gobybikebc #springgobybike #unitedbycycling #bike2school #_____ #_____

#springgobybike

RESOURCES

ICBC's Road Safety for Educators

<https://www.icbc.com/road-safety/teaching/Pages/For-educators.aspx>

Age appropriate road safety resources

Grade level: K-8

Bike Sense Manual

<http://www.bikesense.bc.ca/bikesense-manual>

Free download or order print copies

BC Injury Research and Prevention Unit

<https://www.injuryresearch.bc.ca/education/thinkfirst-bc/>

School Presentations - Reasons to Protect your Brain

Grade level K-6

Helmet Fit:

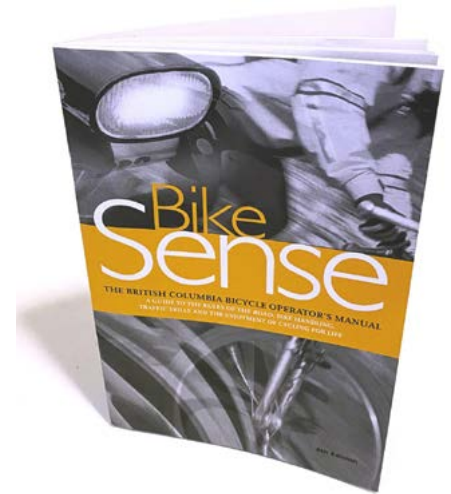
https://www.injuryresearch.bc.ca/docs/3_20061211_153027ICBC3.pdf

Cycling BC iRide - School Programs

<https://iride.cyclingbc.net/>

CAN-BIKE Courses throughout BC

<http://canbikecanada.ca>



#CyclingEducation 

GOBYBIKE BC & COVID-19

Our priority is for the enjoyment, health, and safety of anyone participating in **Spring GoByBike May 31 - June 6, 2021**. Please follow the Covid-19 Provincial Health Officer guidelines and protocols as well as any local municipal guidelines in your community.

We anticipate most community programs will be largely virtual, with little or no face to face activities. However we recognize there may be Celebration Stations or other face to face activities in some communities.

The gathering together of people indoors or outdoors for the purpose of attending an event can promote the transmission of SARS-CoV-2 and increase the number of people who develop COVID-19; GoByBike BC Society does not assume responsibility for individuals who may become infected through participating in Spring GoByBike 2021 activities.

GoByBike BC is communicating our expectations to all local organizers (coordinators) of GoByBike programs in their regions.

Ride on and stay well.

[#unitedbycycling](#)
[#flattenthecurvenotthetire](#)



Provincial Sponsors



GoByBike BC Society

www.GoByBikeBC.ca

Provincial Program Manager
Terri-Lynn Gifford

terri-lynn@gobybikebc.ca

Phone: 604-859-9095



GoByBike BC Society is a non-profit organization that strives to encourage people to GoByBike. Your donations help us spread the word! If you'd like to donate, **DONATE HERE >>** \$10 goes a long ways.

www.gobybikebc.ca/donate/

