

GOBYBIKE WEEK

SCHOOL GUIDE

OCTOBER 16-29, 2023

Get ready to celebrate healthy and sustainable transportation with the **GoByBike Week School Guide!**

This guide is your key to organizing a fun and educational week of cycling, where students, parents, and teachers can discover the joy of riding their bicycle or e-bike.

From October 16-29, 2023, we're celebrating Fall GoByBike Weeks and encouraging British Columbians to get out of their cars and onto their bikes. By participating, you'll not only promote physical activity, reduce carbon emissions, and build school spirit, but you'll also have a chance to win some awesome prizes!

In this guide, you'll find tips, tricks, and ideas for activities that educate and engage students. By promoting cycling and sustainable transportation, we can help children develop lifelong healthy habits, while also creating a positive impact on the environment. Plus, by reducing traffic in and around the school's neighbourhood and communities, students can arrive at school feeling fresh, energized, and ready to learn.

[Click here to Register for Free!](#)

**NOT SURE HOW?
CLICK [HERE](#) FOR
A STEP-BY-STEP
TUTORIAL**

1) CREATE A TEAM

Register on LogMyRide, create a School Team (with students, parents, or staff), and log individual or group rides to win prizes! Click [here](#) to Register!

2) SPREAD THE WORD

Hang our free posters around the school, create a social media post to invite families to join the school team, and create eNewsletters to motivate the school community to join in the fun!

3) EDUCATE AND INSPIRE

Check out our free online safe cycling courses for you and your students, including GetStreetwise and Learn2Ride

4) PLAN TO BIKE

Get out there and start logging those KMs! Plan group rides, host themed school events, and inspire kids to explore the outdoors with their families.

**TIP: RIDING BUBBLES
CONSIDER HAVING ONE
PARENT/TEACHER RIDE
ALONG WITH A GROUP
OF STUDENTS TO AND
FROM SCHOOL**

TAKE our free course

StreetWise Cycling Online is a 1-2 hour interactive course designed to help beginner riders (adult and youth ages 12+) gain the knowledge and skills needed to start their cycling journeys with confidence.

This self-paced course covers:

- Essential and helpful gear
- Pre-ride ABC Quick Checks
- Route planning
- Rights and responsibilities as a person biking
- Riding on the road and navigating intersections
- Other helpful resources, and more!



[ACCESS HERE](#)

TEACH our free course

Learn2Ride Online is a 1 hour interactive course designed to help youth (ages 9-12) years learn about basic cycling safety.

This game-based course covers:

- Parts of the Bicycle
- ABC Quick Check
- Locking a Bicycle
- Helmet and Safety Gear
- ABCs of Bike Safety: Awareness, Behaviour, and Communication



[ACCESS HERE](#)

Learn2Ride Online is hosted on the popular education platform, Moodle. The course has been developed in collaboration with TransLink and the Ministry of Transportation and Infrastructure and is offered free of cost to public schools and residents of BC.

It can be completed at home or at school, at any time, from any computer or device with an internet connection. However, we recommend accessing the course through a Chrome or Safari browser on a computer or tablet. While the course is available through smartphone browsers, some activities may be harder to complete on smaller screens.

Learn2Ride



The content is straightforward and interactive providing a self-guided resource for young cyclists; a “Spot the Differences” game teaching bike safety gear, and a Memory Game for road signs.



Sections can be completed over a few sessions and the students’ progress will be tracked when logging back in each time. By completing each section students earn “badges” which can be printed out.



To complement the Learn2Ride Online course consider organizing bike rodeos where students can learn and apply safe cycling techniques and bike handling skills, 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.

TIPS AND TRICKS

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 other’s plan their routes. Maybe you ride (parts of) a route together.

3

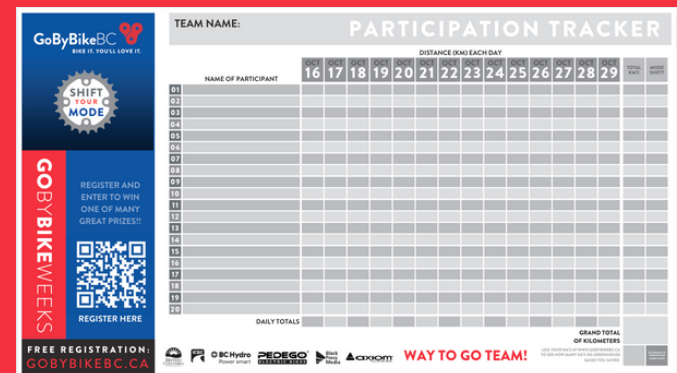
Be visible! Dress in bright colours and/or pack extra layers to be prepared for weather changes. Use daytime running lights on your bike - they help you to be seen.

4

Use the Tracking Poster 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!

At the end of GoByBike Week, team leaders can tally results and log them online. The new Multi-Rider Mode makes this super easy. Log rides to be entered into the draw to win one of many great prizes!

No time to use LogMyRide for your School Team? Just send a photo of your completed Participation Tracker(s) to support@gobybike.ca and we will log it for you! Click [HERE](#) to download your Participation Tracker(s).



The poster is titled "PARTICIPATION TRACKER" and includes a "TEAM NAME:" field. It features a grid for tracking rides by date (16-29) and distance (KM). The grid has columns for "NAME OF PARTICIPANT" and "DISTANCE (KM) EACH DAY". The poster also includes a QR code for registration and a "GO BY BIKE WEEKS" logo. At the bottom, it says "FREE REGISTRATION: GOBYBIKEBC.CA" and "WAY TO GO TEAM!".

OPTIONAL INSPIRATION IDEAS



SCAVENGER HUNT

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

Cranbrook, BC, put up numbered signs around the city for Fall GoByBike and asked people to find them and snap a photo at the location (photo above).

Campbell River, BC, created loops around town for people to discover their community via bike, asking them to wear a green shirt for the ride and to take photos at certain points along the route.

Vernon, BC, partnered with the local library for a "Bike Story Time", in which a family-friendly story is posted onto multiple signs, and people bike around the city to find the signs to read the complete story.

DIY POSTER CONTEST

Have your students design their own Spring GoByBike poster showing why cycling is good for mental well-being and the environment!



GOBYBIKE BINGO

Create your own bingo card with activities focusing on safe cycling and GoByBike Week. Above is an example from Squamish, BC. (Fall GoByBike 2020).



Appendix: eNewsletter Template

eNewsletter, Emails and Letters to Parents are a great opportunity to rally Teams & 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 activities/workshops/bike parking options/contests/prizes/ etc. Insert pictures or testimonials and links to online resources. Ask parents/the community to commit to riding their bikes.

Sample Newsletter

Subject Line: [School Name] is celebrating Fall GoByBikeWeek!

Email Text: Together with many other schools in British Columbia, from October 16-29, 2023, [School Name] is celebrating Fall GoByBikeWeeks 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 as well as on the weekends. Rolling around on smaller wheels like scooters and rollerblades counts, too! 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! Mark your calendars and GoByBike!

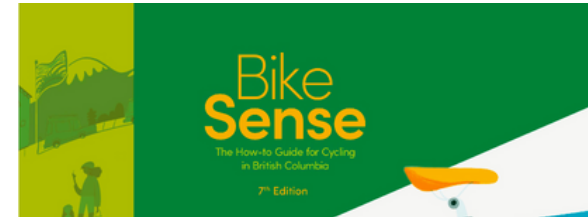


Appendix: Useful Links and Additional Resources

Bike Sense: The How-To Guide for Cycling in BC

<https://bccycling.ca/bikesense-index>

Free download or order print copies



Learn2Ride Online

<https://gobybikebc.ca/cycling-education/learn2ride-online/>

Free download or order print copies



StreetWise Cycling Online

<https://gobybikebc.ca/cycling-education/streetwise-online/>

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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-10



CAN-BIKE courses throughout BC

<https://canbikecanada.ca/>



Appendix: Promotional Materials

[Click here to download all the resources shown below.](#)



**E-BIKE
GIVEAWAY**
OCTOBER 16 - 29

HOW TO ENTER

01

CHOOSE

Choose to GoByBike instead of by motor vehicle.

02

LOG

Log your bike rides on LogMyRide and select Mode Shift to report your transportation rides.

03

WIN

The more Mode Shift rides you log, the more you are entered for a chance to win an e-Bike!

FREE REGISTRATION:
GOBYBIKEBC.CA



GoByBikeBC
BIKE IT. YOU'LL LOVE IT.



GOBYBIKEWEEKS

REGISTER AND
ENTER TO WIN
ONE OF MANY
GREAT PRIZES!!



REGISTER HERE

FREE REGISTRATION:
GOBYBIKEBC.CA

TEAM NAME:

PARTICIPATION TRACKER

	DISTANCE (KM) EACH DAY														TOTAL KM	MODE SHIFT
	OCT 16	OCT 17	OCT 18	OCT 19	OCT 20	OCT 21	OCT 22	OCT 23	OCT 24	OCT 25	OCT 26	OCT 27	OCT 28	OCT 29		
01																
02																
03																
04																
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15																
16																
17																
18																
19																
20																
DAILY TOTALS																
GRAND TOTAL OF KILOMETERS																

WAY TO GO TEAM!

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and you could win a new e-bike.



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GETSTREETWISE
REGISTER ONLINE, FREE.
GoByBikeBC

FREE 1-2 hour online cycling course.

Access anytime, anywhere with WiFi connection.

Learn about gear, safety, route planning, and more!



GOBYBIKEWEEKS

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GOBYBIKEBC.CA



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Appendix: Social Media Templates

[Click here to download all the resources shown below.](#)



OCTOBER 16-29

Shift your Mode during **GoByBike Weeks** and you could win a new e-bike.

Sponsored by Pedego Electric Bikes

GOBYBIKEBC.CA

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GOBYBIKEBC.CA

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GOBYBIKEBC.CA

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GOBYBIKEBC.CA

SHIFT YOUR MODE

"Initially, I had a lot of hesitation because I hadn't ridden a bike since I was a child. I had some fear about riding with traffic and uncertainty around my safety. I found my inner strength and courage and haven't looked back. It was the best decision I made because every time I ride, I feel like a kid again! I feel healthier, happier, and overall, my state of mind is calmer."

Kristine Arlott, Abbotsford

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www.GoByBikeBC.ca

info@gobybikebc.ca



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, \$10 goes a long ways.

**DONATE
HERE >>**

