

# GO BY BIKE WEEK for SCHOOLS

GUIDE

SEPT 23RD TO  
OCT 6TH, 2024



GoByBikeBC  
BIKE IT. YOU'LL LOVE IT.



BRITISH  
COLUMBIA

Supported by the Province of British Columbia



# 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 active participation, where students, parents, and teachers can discover the joy of riding their bikes, scooters, or their preferred form of active transportation.

From Sept 23rd to Oct 6th, 2024, 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.

**This Fall, two schools will win \$1,000 to support active transportation!**

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

# Admin & Teacher Incentives



Two BC schools will each WIN \$1,000 to fund active transportation initiatives at their school!



RACKS & STORAGE



SAFETY EDUCATION



EQUIPMENT



ENCOURAGEMENT ACTIVITIES

LogMyRide to Enter

Register on LogMyRide, create a School Team (with students, parents, or staff), and log individual or group rides to win! [Click HERE](#) to sign up for free.

**GOBYBIKEWEEKS**  
for **SCHOOLS**

SEP 23–OCT 6, 2024

**GoByBikeBC**  
BIKE IT. YOU'LL LOVE IT.

**Help your school WIN \$1,000**

- 1 CHOOSE**  
Choose to GoByBike or another form of active transportation.
- 2 LOG**  
Track and report all your trips Sep 23-Oct 6. Every trip counts!
- 3 WIN**  
The more trips you log, the more chances your school has to win \$1000, and the more chances you have to win prizes too!

Two BC schools will WIN \$1,000 to support active transportation!

RACKS & STORAGE SAFETY EDUCATION EQUIPMENT ENCOURAGEMENT ACTIVITIES

**FREE REGISTRATION**  
**GOBYBIKEBC.CA**

Register, log, and enter to win here ▶



# Ready to get started?!

**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 sign up for free.

## 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**

Go to  
<https://logmyride.gobybikebc.ca/>  
to register, create a team, and log  
bike rides.

TAKE our free course

OR

TEACH 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](#)

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.

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.

## Bicycle Part: Names and Functions

Cables

Chain

Frame

Front Brake

Gear Shifter

Handlebars

Pedals

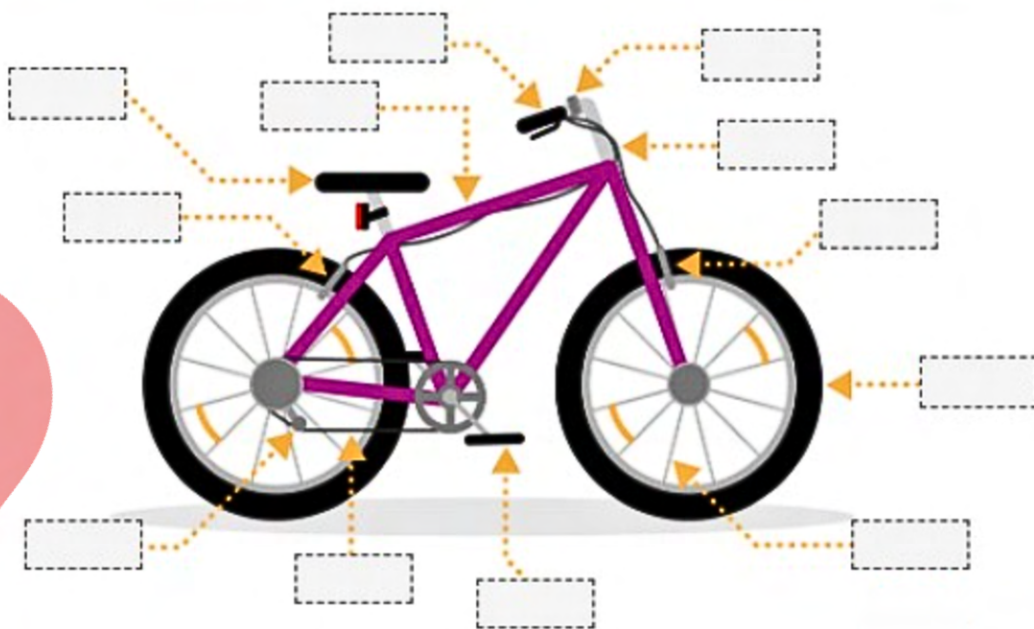
Rear Brake

Rear Derailleur

Saddle

Spokes

Tire



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!

**GO BY BIKE WEEKS**  
**for SCHOOLS**

**PARTICIPATION TRACKER**

SCHOOL NAME: \_\_\_\_\_ TEAM NAME: \_\_\_\_\_

DISTANCE (KM) EACH DAY

NAME OF PARTICIPANT	SEPTEMBER							OCTOBER						TOTAL KM'S	POINTS EARNED
	23	24	25	26	27	28	29	30	1	2	3	4	5		
01															
02															
03															
04															
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DAILY TOTALS \_\_\_\_\_

GoByBikeBC  
BRITISH COLUMBIA  
FREE REGISTRATION  
GOBYBIKEBC.CA  
LOG YOUR TRIPS TO HELP YOUR SCHOOL WIN \$1,000 TOWARDS ACTIVE TRANSPORTATION!  
TOTAL OF KILOMETERS

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

# 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 share 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 share on social media 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

eNewsletters, emails, letters, and social media posts addressed to parents are great ways to rally GoByBike Week Teams and Team Leaders. Provide as much information as the school community might need about activities, prizes, etc. Insert links to your school's resources, photos of past GoByBike Weeks, or testimonials/quotes if applicable. Ask parents to commit to participating to model healthy, environmentally friendly lifestyles!

## Sample Newsletter

**Subject Line:** Help our school win \$1000 by participating in GoByBike Week September 23rd to October 6th!

**Email Text:** This Fall, schools across the province will participate in GoByBike Week for a chance to win \$1000 towards active transportation! You can help our school win \$1000 by encouraging your child/children to bike or roll to school (scooters, skateboards, etc. count too). Active transportation enables students to spend more time outside, increases their daily exercise, helps them arrive energized and ready to learn at school, and helps them see how their actions can impact climate change. Increased active transportation to/from school helps reduce traffic around the school and less traffic makes a safer environment. Participation is free, fun, and great for everyone!

# 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/>

Free download or order print copies



## 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/>



## PROVINCIAL SPONSORS



## GoByBike BC Society

[www.GoByBikeBC.ca](http://www.GoByBikeBC.ca)

[info@gobybikebc.ca](mailto: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 way.

**DONATE  
HERE >>**



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