



GO BY BIKE WEEK
for
SCHOOLS

GoByBikeBC 
BIKE IT. YOU'LL LOVE IT.

 BRITISH
COLUMBIA

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

This guide is your go-to resource for organizing a fun and educational week packed with active, hands-on participation. It's a chance for students, parents, and teachers to explore the excitement of biking, scootering, or any form of active transportation they enjoy!

We're celebrating GoByBike Week and encouraging everyone in British Columbia to swap their car for a bike! By joining in, you'll boost physical activity, reduce carbon emissions, build school spirit, and—who knows—maybe even win some amazing prizes!

Inside this guide, you'll find tons of creative ideas, helpful tips, and activity suggestions to engage and inspire students. Promoting cycling and sustainable transportation helps kids form healthy, lifelong habits while making a positive impact on the environment. Plus, with fewer cars around the school, students will arrive feeling energized, focused, and ready to take on the day!

And don't forget—two lucky 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.

Winners Selected

All Schools with ONE logged ride will be entered into a random draw. Two schools will be selected at to receive a \$1,000 cheque!

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: Create a Bike Bus!
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

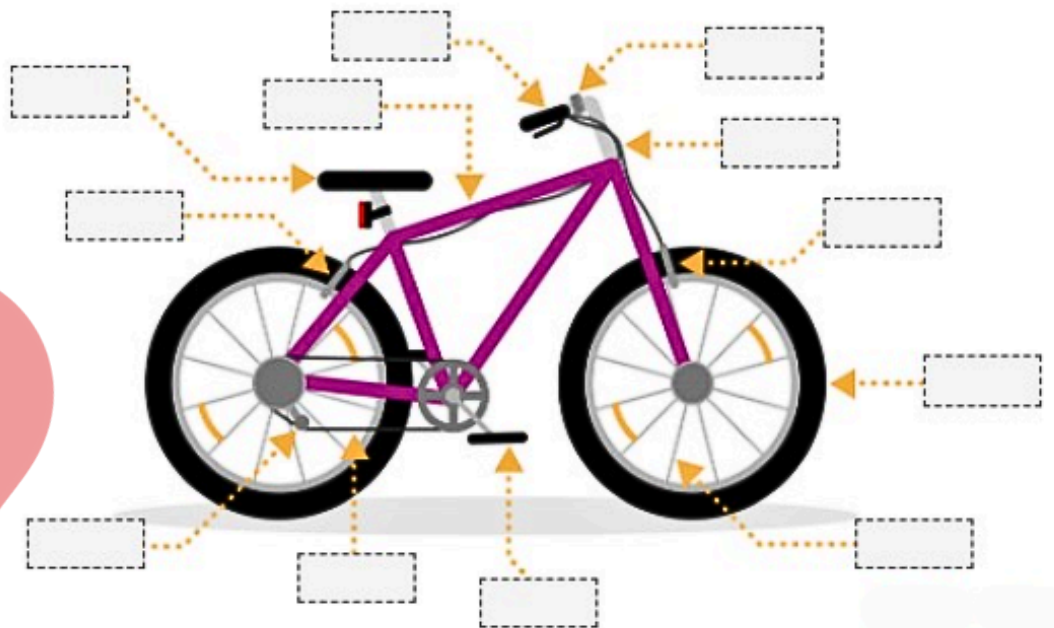
Rear Brake

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

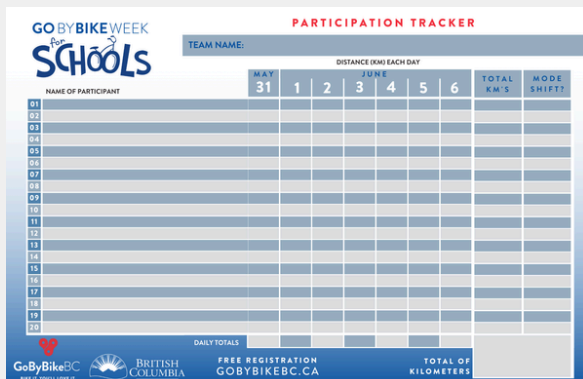
Plan your route before your ride, make sure to have an alternative route mapped out as well. Help other’s plan their routes. Maybe you ride (parts of) a route together.

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!



GOBYBIKEWEEK
SCHOOLS

PARTICIPATION TRACKER

TEAM NAME: _____

DISTANCE (KM) EACH DAY

NAME OF PARTICIPANT	MAY	JUNE						TOTAL KM'S	MODE SHIFT?
	31	1	2	3	4	5	6		
01									
02									
03									
04									
05									
06									
07									
08									
09									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
DAILY TOTALS									
TOTAL OF KILOMETERS									

GoByBikeBC
BRITISH COLUMBIA
FREE REGISTRATION
GOBYBIKEBC.CA

No time to use LogMyRide for your School Team? Just send a photo of your completed Participation Tracker(s) to 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!

Email Text: 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

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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LINKEDIN.COM/COMPANY/77148063/

