

MASSACHUSETTS
Safe Routes to School
MASS.GOV/SAFE-ROUTES-TO-SCHOOL

Arlington, March 2021

Promoting Sustainable Student Transportation

Safety First

MASSACHUSETTS
Safe Routes to School







Meeting Local Needs

MASSACHUSETTS Safe Routes to School

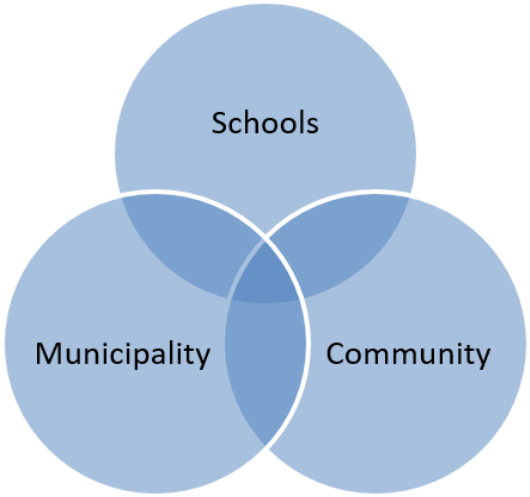
- Physical Activity
- Safety & Independence
- Traffic Congestion
- Built Environment
- Attendance and Tardiness
- Redistricting
- New Construction
- Change in School Start Times

Safety First: Six E's

MASSACHUSETTS Safe Routes to School

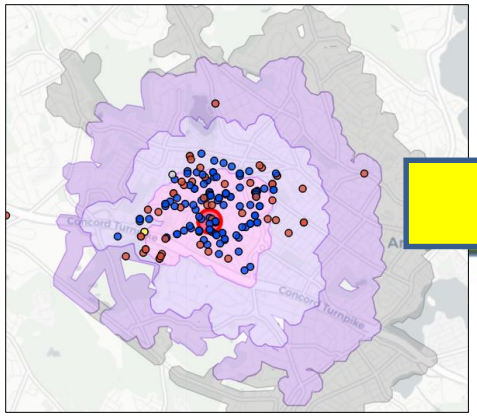
- Evaluation
- Education
- Encouragement
- Engineering
- Engagement
- Equity





Evaluation & Encouragement

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Mapping

Route Maps
Park & Walk locations

Walking School Bus
Bike Trains

Celebrate!

Walking Safety for Schools

MASSACHUSETTS Safe Routes to School

"Walking Safety for Schools," is listed on the main page of the school's website under the *Welcome to Dallin* menu:

Walking Safety for Schools

The maps provided on this page are intended to serve as a guide to help students and families identify preferred walking routes to school.

In addition to the interactive map links below, you may also download a pdf of the **All School Districts** map which contains a map for each elementary school district and includes sidewalk, crosswalk, and crossing guard locations.

INTERACTIVE MAPS

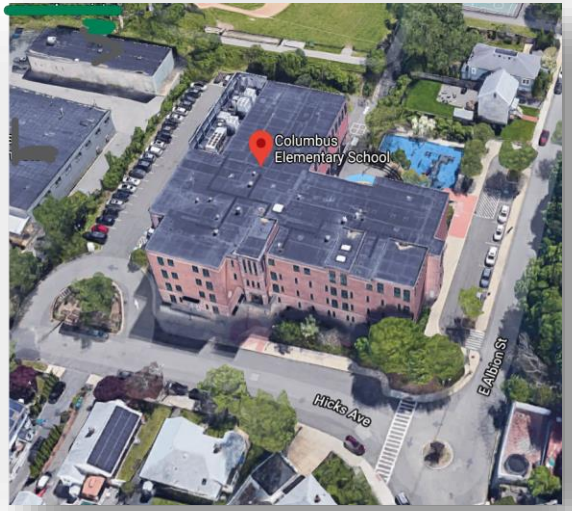
- **All School Districts**
- **Dallin Elementary School**



http://www.arlington.k12.ma.us/dallin/walkingsafety.asp

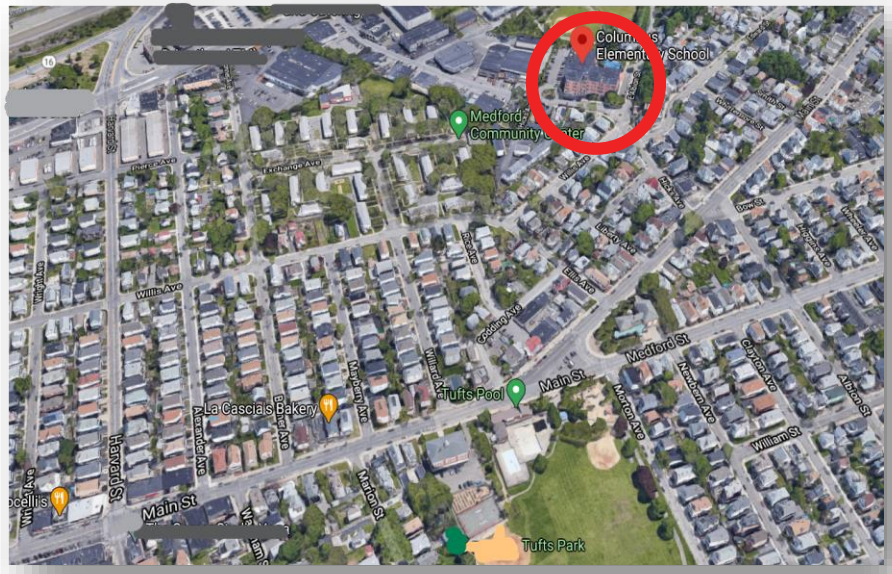
Engineering

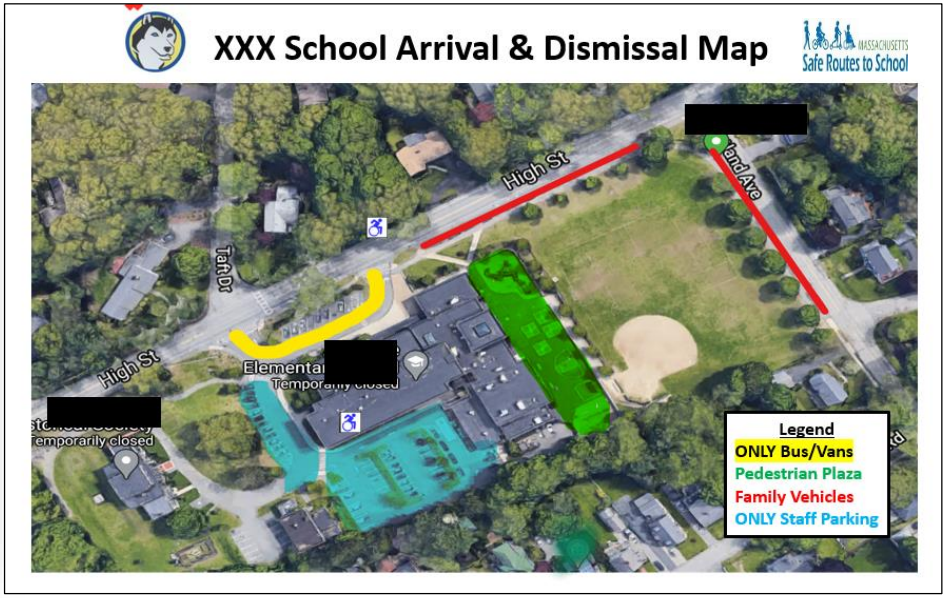
MASSACHUSETTS Safe Routes to School



- ✓ Arrival Dismissal Observation
- ✓ Arrival Dismissal Planning
- ✓ Walk Audit







Dallin Arrival and Dismissal Plan

Please be mindful of crosswalk, sidewalk, parking lot, and roadway safety.
For everyone's safety, all adults must use the school's front entrance and sign-in at the front office.

- ✓ **Walkers**– Please enter through the side hardtop entrance.
- ✓ **Bikers** – Please use the bike racks located along the playground and enter through the side hardtop entrance.
- ✓ **Bussed Students** – ONLY school buses, approved vans, or those requiring handicap access may use the school's front bus area for loading and unloading students. Students enter through the school's front entrance.
- ✓ **Family Vehicles** –ONLY use the designated Florence Street area in front of Dallin Park Students then enter through the side hardtop entrance.
  - Place your vehicle in Park.
  - Do NOT exit your vehicle.
  - Do NOT idle your car engine.
  - Do NOT pass loading/unloading vehicles. Pull all the way forward to the head of the queue.
  - Students should ONLY enter or exit a car's right passenger side, never on the street side.
  - Yield to pedestrians in crosswalks and follow crossing guard instructions.
  - NO U-turns.
  - DO NOT ENTER Florence Street in front of the school between Renfrew and George Streets during posted arrival and dismissal.
  - Do NOT park within 15 feet of crosswalks and intersections.

Hybrid School Hours
8:10 AM – 1:45 PM All days except Wednesday
8:10 AM – 1:00 PM Remote Wednesdays

Arrival
8:10 AM – Bell for students to enter the school building. Students arriving after this time will be marked tardy and will need to sign-in at the front office using the front entrance.

Dismissal
1:45 PM – Students dismissed.

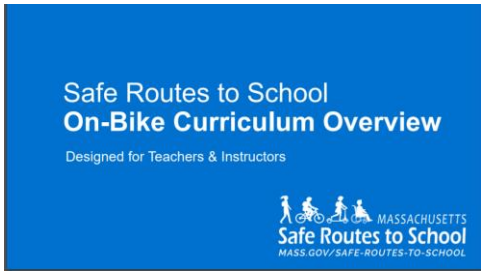
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Education

MASSACHUSETTS Safe Routes to School



- Pedestrian Safety Curriculum (grades 2-3)
  - Skills-based, DESE-approved curriculum
  - Professional Development recommended for PE and Health & Wellness faculty
  - Lessons consist of sidewalk, crosswalk, and parking lot safety and are held outdoors on school property
- Bicycle Safety Curriculum (grades 2-4-8)
  - Lessons consist of personal safety, bicycle safety, and rules of the road
  - Professional Development, SRTS videos, virtual live lessons, written materials







Parents are not **In** Traffic, Parents **Are** the Traffic

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https://www.google.com/maps/@42.41731,-71.1876102,3a,75y,39.01h,76.4t/data=!3m6!1e1!3m4!1sIJHq7QaUUfQI3CR2iegzfQ!2e0!7i13312!8i6656

Driver Awareness Flier

MASSACHUSETTS Safe Routes to School

Navigating School Zone Driving

All students deserve to get to and from school safely. It is vital for everyone to take extra care when they enter and exit the school campus. Here are simple guidelines to help you understand the basics.



✓ **Available in 10 languages**

1 Know Your School's Rules for Arrival and Dismissal

Before the school year starts, always review your school's arrival and dismissal procedure.

TIP:
Share these procedures with any caregivers, family, and friends who may pickup or dropoff your child.

Drop-Off and Pick-Up Checklist

- ✓ Drive at a walking pace
- ✓ Follow crossing guard instructions
- ✓ Ensure you are at the correct location for pick up and drop off

2 Turn Off Your Engine While Waiting

Running your car while not in motion (idling) for more than 10 seconds wastes fuel and produces emissions that contribute to poor air quality. Your child's lungs are still developing and are more sensitive to exhaust particulate pollution.

1. Turn off your car when you're waiting in the pick-up and drop-off area.
2. It is more fuel efficient to simply restart your car when you are ready to move.

IT'S THE LAW.
A car cannot idle for more than 5 minutes unless it is being serviced or is being used to deliver or accept goods where engine assisted power is necessary. If you break this law, you can be fined $100 for the first offense and up to $500 for subsequent offenses.

Mass. General Laws, chapter 90 sec. 16A

3 Drive Safely: Scan the Street for Wheels and Feet and Obey the Hands-Free Law

Pedestrians and cyclists are the most vulnerable roadway users. When driving, slow down, make eye contact, and give them priority.

Massachusetts law prohibits operators of motor vehicles from using any electronic device, including mobile telephones, unless the device is used in hands-free mode.

The "hands-free" law is effective as of February 23, 2020.



Mass.General Laws, chapter 90 sec. 13B

INFORMATION
Please visit Mass.Gov/Handsfree

4 Obey Massachusetts' School Bus Laws

If a school bus or a van has its lights flashing and a stop sign extended, you must stop. It does not matter on which side of the road you are traveling. Remain stopped until the lights stop flashing or the stop sign folds back. Then move slowly and continue to look for children.

A first violation of this law can cause a license suspension and a $250 fine.

Mass. General Laws, chapter 40 sec. 14.

A Closer Look: School Buses and School Pupil Transport Vehicles

Yellow school buses have flashing red lights and stop signs that fold out from the driver's side. Student transport vehicles, like vans, station wagons, or family sedans, have flashing red lights and "SCHOOL BUS" signs on top. Vehicle drivers use these warning signals when letting students on and off.

5 Try Out A Car-Free Trip

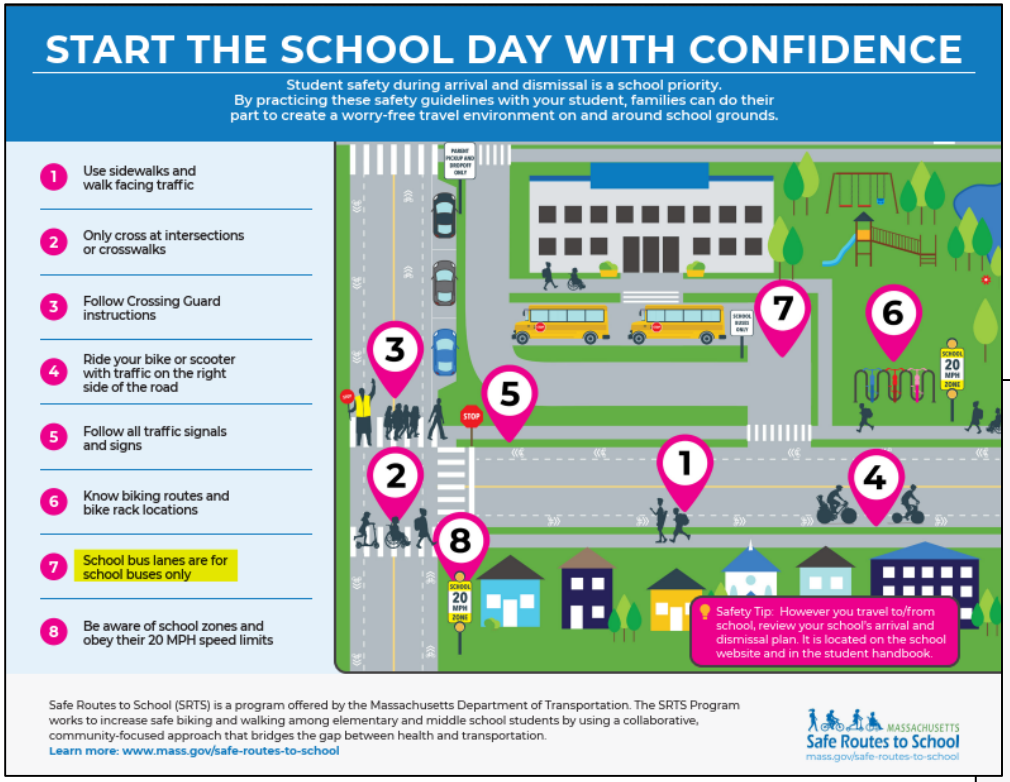
If your home is within a close range (1/2 to one mile) of the school, opt for an active way of getting to school by walking or biking.

Consider these options with other families at your school.

- Start a **Walking School Bus** or a **Bike Train** (work with your local SRTS Outreach Coordinator to learn more)
- Coordinate a **Park and Walk** location with the school to reduce the amount of traffic on school grounds.
- If you must drive, try **carpooling**.

DID YOU KNOW?
You are not IN traffic you ARE traffic. Try a car-free trip to reduce congestion during pickup and dropoff.

Arrival & Dismissal Guide



START THE SCHOOL DAY WITH CONFIDENCE

Student safety during arrival and dismissal is a school priority.
By practicing these safety guidelines with your student, families can do their part to create a worry-free travel environment on and around school grounds.

1. Use sidewalks and walk facing traffic
2. Only cross at intersections or crosswalks
3. Follow Crossing Guard instructions
4. Ride your bike or scooter with traffic on the right side of the road
5. Follow all traffic signals and signs
6. Know biking routes and bike rack locations
7. School bus lanes are for school buses only
8. Be aware of school zones and obey their 20 MPH speed limits

Safety Tip: However you travel to/from school, review your school's arrival and dismissal plan. It is located on the school website and in the student handbook.

Safe Routes to School (SRTS) is a program offered by the Massachusetts Department of Transportation. The SRTS Program works to increase safe biking and walking among elementary and middle school students by using a collaborative, community-focused approach that bridges the gap between health and transportation.
Learn more: www.mass.gov/safe-routes-to-school

MASSACHUSETTS Safe Routes to School
mass.gov/safe-routes-to-school



NEW SEASON. NEW ROUTINE.

Why not try something new? Consider walking, biking, and rolling to and from school with your student.

- Lowers stress levels and adds exercise to your routine
- Improves student concentration for better academic performance[1]
- Helps the environment by reducing traffic congestion around schools
- Reduces tardiness and improves school attendance[1]
- Builds community & social connections

GET TO SCHOOL SAFELY WITH THESE ACTIVITIES

Walking School Bus and Bike Trains: Walk, bike, and roll to school along a fixed route and invite other students to join you along the way.

Park, Walk, & Roll: If you don't live within walking or biking distance of the school, designate a Park, Walk, & Roll location, and allow your student to walk, bike, or roll the remaining way to school.

Walking Wednesdays and Flagship Events: Celebrate arriving and departing school with a no-cost or low-cost themed event.

Visit the Safe Routes Encouragement page for more ideas and to view our Walking School Bus and Bike Train Guide: www.mass.gov/info-details/safe-routes-to-school-encouragement

SIDEWALK 101

Be visible: Dress to be seen and always make eye contact with drivers.

Be aware of your surroundings: Look for cars in all directions and never assume the right of way.

Be courteous: Share the sidewalk and allow others to pass.

Be safe: Use sidewalks where available. If not available, be cautious of surroundings and walk facing traffic. Only cross streets at intersections and crosswalks.

Be alert: Unplug from distractions and avoid using phones and other devices.

READY TO ROLL

If your student plans to bike or roll to school, know your responsibilities:

Wear a helmet (legally required for ages 16 and under).
Mass. General Laws, chapter 85 sec. 11B1/2

Install bike lights (required after dusk; white in front and red in rear).
Mass. General Laws, chapter 85 sec. 11B

Obey all traffic laws and regulations.
Mass. General Laws, chapter 85 sec. 11B

Ride bikes predictably and use hand signals to alert drivers of stops and turns.

Use sidewalks as needed unless prohibited by local laws.
Mass. General Laws, chapter 85 sec. 11B

View a complete summary of Massachusetts' bike laws: www.massbike.org/laws

FAMILY VEHICLE SAFETY

Give priority to pedestrians and cyclists.

Drive at a walking pace as you approach the school.

Follow Crossing Guard instructions.

Only load/unload in designated drop-off and pick-up areas.

Turn off your engine while waiting and place the vehicle in park ("P").

Students should only enter/exit on a vehicle's right passenger side.

Do not queue on public roadways.

Read MassDOT Safe Routes to School's ***Navigating School Zone Driving*** for more information: https://www.mass.gov/info-details/safe-routes-to-school-education#driver-education-

[1] https://www.ajpmonline.org/article/S0749-3797(08)00005-6/fulltext

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mass.gov/safe-routes-to-school

✓ **Available in 10 Languages**

massDOT Massachusetts Department of Transportation

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Encouragement

MASSACHUSETTS Safe Routes to School

- Flagship Walk/Bike/Roll Events
- Theme Days
- Walking School Buses
- Park and Walk
- Communication
- Task Force Formation



March 2021

MASSACHUSETTS Safe Routes to School

Lawn Sign Contest - *new date* due April 16th

- Theme: Be Safe & Be Seen

Crossing Guard Appreciation – due March 24th

- Thank You cards
- Nominations

2019 Winning Designs



2020 Winning Designs





Engagement

MASSACHUSETTS Safe Routes to School

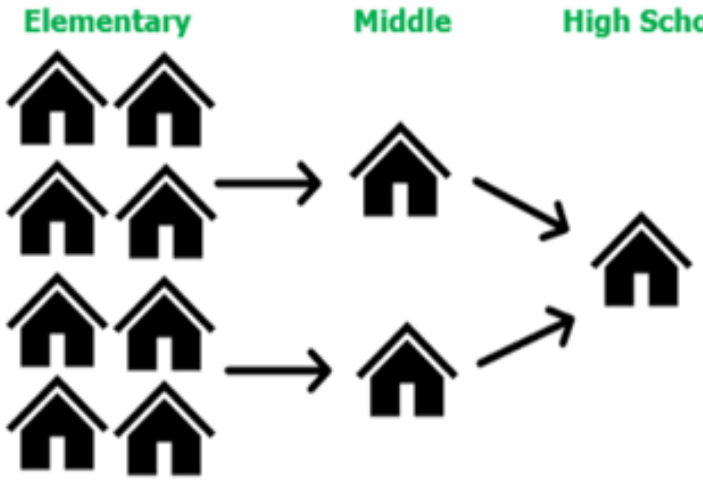
- Arrival & Dismissal Planning
- Crossing Guards
- Police & School Resource Officers
- Communication



Equity

MASSACHUSETTS Safe Routes to School

- Policies – Wellness amendments & School Transportation& Mitigation
- Multiple language offerings
- Include students of all abilities
- Include schools that are not walkable



Safe School Travel during COVID

SAFE SCHOOL TRAVEL DURING COVID-19

A return to the physical classroom during the COVID-19 pandemic may yield an increase in vehicle traffic for your school and/or an increase in walking, biking, and rolling. There are many decisions to navigate as you assemble your arrival and dismissal plans. **Massachusetts Department of Transportation's (MassDOT) Safe Routes to School (SRTS) Program can support you with important services that can bolster your plans.**



SAFE ROUTES TO SCHOOL ARRIVAL/DISMISSAL SERVICES	Task Force Formation	Arrival/ Dismissal Guidance	Evaluation Tools	Education Tools	Walk, Bike, and Roll Programs	Crossing Guard Resources
Creating an efficient planning procedure for safe arrival and dismissal	✓	✓	✓			
Improving safety in anticipation of increased family vehicle traffic	✓	✓	✓	✓		✓
Accommodating all forms of transportation during arrival and dismissal	✓	✓	✓		✓	✓
Reducing the amount of family vehicle traffic on campus	✓	✓	✓		✓	
Offering educators safe options to complete active transportation and safety training	✓			✓		✓

* All services can be done in-person or virtually, depending on the current circumstances.

WHAT TO SHARE WITH PARENTS/GUARDIANS ABOUT SAFE SCHOOL TRAVEL

Remind parents/guardians of these important safety tips:

1. Wear a face covering when traveling.
2. Maintain social distance and use sidewalk etiquette.
3. Check that students can still hear and see properly when wearing personal protective equipment such as helmets, masks, and other gear.

We can help you start planning right away by reviewing your existing arrival/dismissal plan. Start by emailing your school's SRTS Coordinator.

CLICK HERE TO GET STARTED

*This informational guide is intended to help school districts and elementary/middle schools prepare for safe arrival and dismissal during the COVID-19 pandemic. For additional public health and planning resources, we advise that you follow local, state, and federal guidelines.

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WAYS WE CAN HELP

Because no two schools are the same, each school requires a tailored transportation plan reflective of the needs of their student population, with consideration given to geography, travel patterns, access, and equity. The MassDOT SRTS Program brings 15 years of solution-driven services to support partner schools and positively impact active student transportation.

TASK FORCE FORMATION

A SRTS taskforce can **streamline student transportation planning** and help troubleshoot school and parent concerns by enlisting the expertise of school district, municipal, and parent stakeholders. Hosted by an individual school or at a district level, a SRTS taskforce can assist with engineering, communication/ encouragement, education, regulatory and informational signage, and policy.

ARRIVAL/DISMISSAL GUIDANCE

A clear and well-communicated arrival/dismissal plan that includes all forms of student transportation is key for ensuring that safety rules apply to everyone. The Program will **create or review existing arrival/dismissal procedures** and suggest changes to encourage preferred forms of student transportation, ensure the use of proper signage, and mitigate any modal conflicts. The Program can also guide **communication strategies** for sharing these procedures with parents/ guardians and school staff.

EVALUATION TOOLS

Schools may experience an increase in family vehicle traffic, which poses a safety risk for everyone on and around the school campus. Traffic concerns can be mitigated by examining infrastructure and encouraging active transportation options. The Program offers **parent travel surveys** to collect data about student travel modes; walking and biking **route mapping** to identify safe walking school bus, bike train, and park and walk/roll locations; and neighborhood **walk/bike audits** to assess infrastructure conditions.

EDUCATION TOOLS

MassDOT anticipates less opportunities to offer in-person programming over the next year. However, the Program provides many sustainable and flexible options to start or maintain a **safety training program**. Professional development sessions for Health & Wellness faculty in concert with the adoption of pedestrian and bicycle curriculum support ongoing safety education. **Remote learning materials** for instructors and students allow for instruction through a combination of virtual training sessions, videos, lesson plans, and printed materials. The SRTS website also includes parent driver education resources, and bicycle/pedestrian-themed curriculum (sixth grade) for STEM, ELA, and Social Studies.

WALK, BIKE, AND ROLL PROGRAMS

A strong active transportation program can help lessen family vehicle traffic. The Program encourages schools to celebrate Massachusetts' three annual **flagship events**: iWalk; Winter Walk; and Massachusetts Walk, Bike, and Roll to School Day. The Program can assist with the formation of organized walking and biking groups and provide resources such as the **Walking School Bus and Bike Train Guides** and a **Walking School Bus Kit.**

CROSSING GUARD RESOURCES

Anticipated changes to student transportation modes due to COVID-19 will require the guidance and support of neighborhood Crossing Guards. SRTS **Crossing Guard training** resources provide consistent education across the Commonwealth. Materials can be adopted as a stand-alone training model or as a supplement to existing training.

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Arlington

MASSACHUSETTS Safe Routes to School

- ✓ 2000 Pilot for federal Safe Routes to School program
- ✓ Most schools participate in two annual flagship events
- ✓ Good infrastructure & crossing guard use
- ✓ Complete Streets Policy
- ✓ 2019 Stratton and 2008 Dallin SRTS Infrastructure grants
- ✓ Dallin & Thompson School arrival dismissal reports and planning





Arlington

MASSACHUSETTS Safe Routes to School

- ✓ April 2020 Parent Travel Surveys
  - Arlington students walk/bike to school: Average 52%
- ✓ Dallin & Thompson Family Vehicles**: Average 60-131 cars

School*	Participation Rate	Walking/Biking Overall	Car Trips Overall	Highest Walking Mode Participation	Highest Car Mode Participation
Bishop*	9%	27%	55%	AM	PM
Brackett	15%	67%	32%	AM	PM
Dallin	10%	50%	50%	AM	PM
Gibbs*	6%	35%	15%	PM	AM
Hardy	28%	73%	27%	AM	PM
Ottoson Middle*	5%	51%	18%	PM	AM
Pierce	7%	53%	38%	AM	PM
Stratton	22%	53%	46%	AM	PM
Thompson	8%	65%	35%	PM	AM
RANGE	5-28%	27-73%	15-55%	6/9 schools AM	6/9 schools PM

* Schools that use buses or other means of transport

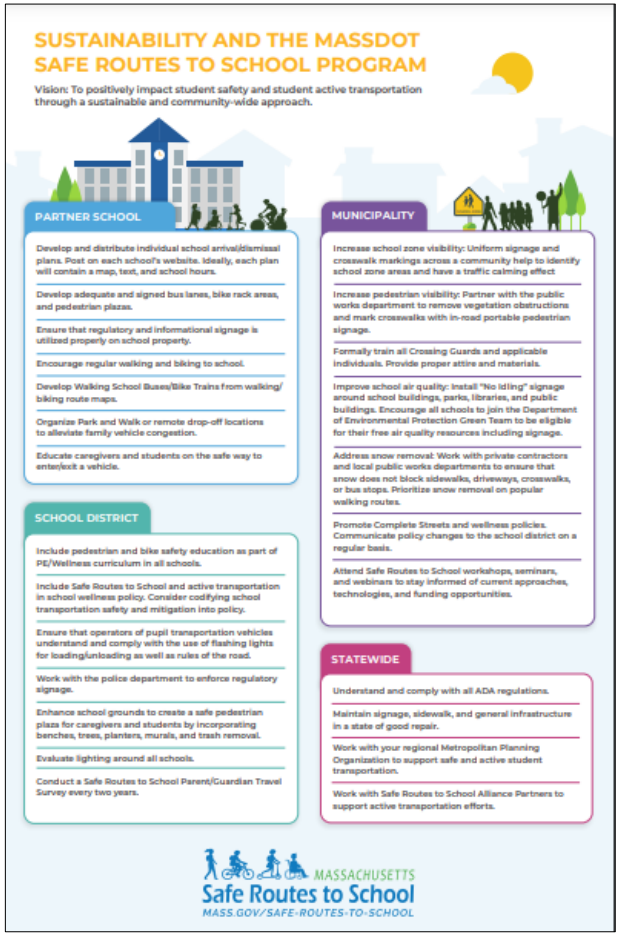
**Hybrid school model where one-third students attend in-person

Arlington: Next Steps

MASSACHUSETTS Safe Routes to School

Work to make Arlington's program more sustainable

- Form a Safe Routes Task Force
- Conduct Pedestrian & Bicycle professional development & adopt curriculum
- Adopt Wellness Policy amendments
- Further work towards engaging more families to walk and bike to school, possibly with a FY22 back-to-school campaign



Celebrating Student Commuters

MASSACHUSETTS Safe Routes to School

