



Bike 'n Hike Teacher Instructions

Before the Tracking Period:

- **Bike Smart! training from Ecology Action** (or contact Kithy Chavez at 454-4317 for free Ride/Stride biking and walking workshop through the Community Traffic Safety Coalition. This preparation is highly recommended so children have been properly trained in on-street safety before tracking period begins)
- **Students record trip mode each day for one week on white half-sheet to collect *baseline* data.** This is optional, but can provide useful data to your school. PDF on website.
- **Have students calculate distance from home to school using map or Internet.** Have students figure the best route to school and calculate the mileage for that route. Either use physical map and string to calculate mileage or online mapping program. See instructions in "Mapping Your Route" in Teacher Lesson Packet PDF on website.
- **Send out parent letter and optional survey before tracking period.** PDFs of these documents on website.

Tracking Period:

WEEK 1: All students record trips *each* day on provided Student Tracker Sheet from website.

WEEKS 2, 3 and 4:

- **Use Excel tally sheet** (from website) to total student alternative trip mileage from previous week.
- **Record total on Class Weekly Accomplishments Tally Sheet** (from website) to calculate CO₂, calories and \$ saved.
- **Update wall poster** (PDF on website).
- **All students record trips *each* day.**

WEEK 5:

- **Use Excel tally sheet** to total student alternative trip mileage from previous week.
- **Record total on WEEKLY tally sheet** to calculate CO₂, calories and \$ saved.
- **Total all class accomplishments on wall poster. *Celebrate!***

After the Tracking Period

- **Please fill out and return Teacher Evaluation. We want your feedback!!**