

# Safe Commuting

## Creating a Kiss-And-Go Program

A Kiss-And-Go program provides a safe, organized, and efficient system for children to be dropped off in pedestrian zones at school. Parents should be encouraged to use the Kiss-And-Go lane(s) to transfer their children into the hands of curbside assistants who walk them into school. Curbside assistants greet students at vehicles and help unload items while parents remain inside their vehicles.

Kiss-And-Go lanes should have a two minute loading/unloading time limit and drivers should exit the lane quickly. If transfers take longer than two minutes, parents should park in lots or return to the end of the lane line.

## How to Create a Kiss-And-Go Program:

1. Select a Kiss-And-Go lane or lanes. Different lanes can correspond with grade levels, however multiple children can be dropped off in the same lanes if it saves time and works better for your school. Kiss-And-Go lanes should be clearly signposted.
2. Recruit curbside assistants by asking staff, older students, and parents to participate. Designate roles for Kiss-And-Go assistants.
3. Assistants should be at the Kiss-And-Go area 10 minutes before the start of drop-off and pick-up times. Consider rotating assistants between morning and afternoon shifts, and assigning assistants to a Monday/Wednesday/Friday or Tuesday/Thursday schedule.
4. Communicate Kiss-And-Go protocols with parents and students.

Use this worksheet to give your Kiss-And-Go program the best chance for success: <http://bit.ly/CDPSKaGIWS>.



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## Implementing a Pick-Up Card System

A Pick-Up Card system can help decrease the time that school staff spends identifying parents and caregivers in vehicles before releasing children. The level of supervision is lower than that of a Kiss-And-Go program since students walk to vehicles independently. Adult school staff should be responsible for releasing students to vehicles displaying a custom numbered card issued to parents by the school.

Numbered and colored identification cards should be placed in a visible location such as a window or the dashboard as vehicles enter the loading zone. Parents not in possession of an identification card must park and present identification to the school office before children can be released. If identification is confirmed, another set of cards can be issued for a fee. Therefore, office staff will be required to be onsite for the duration of school pick-up.

## How to create a Pick-Up Card System:

- Determine how many different card colors you will need based on the number of students at your school. Assign card colors by grade or create a color system that makes the most sense at your school. An 8.5 x 11 in., colored cardstock is ideal. Click for a template: <http://bit.ly/CDPSPUCST>.
- Provide each parent or caregiver with two colored and numbered cards with detailed drop-off and pick-up instructions.
- Recruit school staff to help with pick-up. Keep in mind that the recommended adult to child supervision ratio is 1:8 or less.

Use this worksheet to give your Pick-Up Card system the best chance for success: <http://bit.ly/CDPSPUCI>.

## Special Considerations for Half Day Students:

A number of your students may be on a half-day schedule. Schools that introduce Crossing Guards, a Kiss-And-Go Program, or a Pick-Up Card System, will need to create a varying schedule of shifts to accommodate.



# Active Transportation

**Active Transportation** is any self-propelled mode of transportation. This includes walking and biking. Encouraging kids to walk and bike is a great way to increase physical activity and contribute to “Support the Whole Child” goals!

## How to engage students

Individuals and classroom groups can be rewarded for using active transportation. Consider incentives like punch cards that can be exchanged for rewards upon completion. Get template from: <http://bit.ly/CDPSPCT>.

## Free and Low-Cost Rewards:

- Verbal praise and high fives
- Extra recess time and class parties
- If your system involves a contest, have the winners’ signatures on posters in visible locations or give them certificates
- Ask neighboring businesses to sponsor prizes

## Generate Excitement with School-Sponsored Themed Events:

- SEPTEMBER – Create an active transportation poster contest.
- OCTOBER – Register for Safe Routes to School’s Walk to School Day. For more information visit <http://www.walkbiketoschool.org/learn-more/about-the-events/about-walk-to-school-day/>. Also, every third full week in October is National School Bus Safety Week. For more information visit <https://www.napt.org/nsbsw>.
- NOVEMBER – Support a Turkey Walk/Trot fundraiser or a bike ride event such as a Bike Parade.
- DECEMBER – Launch a student video contest. Or, write walking and biking safety tips with chalk in visible locations such as school sidewalks or place signs near the school bike racks. Save time and print these signs that have already been created for you: <http://bit.ly/CDPSATG>.
- JANUARY – Begin a weekly Walk and Wheel Wednesday’s program. Don’t forget to reward students who participate!
- FEBRUARY – Valentine’s Day themed walk or bike ride. You can pass out healthy treats!
- MARCH – St. Patrick’s Day or Kidney Month themed walk or bike ride. Students can wear green, the awareness color for Kidney Month and for St. Patrick’s Day.
- APRIL – National Pet Month! Children can walk or bike to school with family pets which must return home.
- MAY – Register for Safe Routes to School’s Bike to School Day <http://www.walkbiketoschool.org/>. You can also put on your own Walk & Roll to School Week/Day event. Use this guide to give your Walk & Roll event the best chance for success: <http://bit.ly/CDPSWRH2G>.

Register for Safe Routes to School Bike and Walk to School Days which occur every October and May respectively. Registration is FREE – visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org). Try to register two months prior to event days so that you can promote your school’s participation.

## Get Recognition for your Participation:

Students, parents, and staff can submit articles, photos and videos of themselves having fun walking, biking, scootering, etc., to school. Submissions will be considered for the DPS Transportation Department’s Facebook page and the CommuteDPS webpage, <http://transportation.dpsk12.org/commutedps/>! Please email submissions to [commuteDPS@dpsk12.org](mailto:commuteDPS@dpsk12.org).