

Rye YMCA

Safe Routes to School



An initiative from the Rye YMCA and our Activate America partners

Rye YMCA SRTS Programs



- SRTS Workshops
- SRTS Committees
- Boston Post Road Diet
- Walk To School Days/Weeks
 - Safety Pledge
 - Walking School Bus
 - Golden Sneaker Award
 - Video PSA Contest
 - Crosswalks Safety Campaign

Rye YMCA – SRTS Workshops

Cross section of community leaders

- City officials
- School staff
- Law enforcement
- County DOT reps



Rye YMCA - SRTS The Boston Post Road Diet

The Rye Sound Shore Review

Rye's Award-Winning Weekly Newspaper

Vol. 8/Number 20

www.hometown.com

May 16, 2008

[US1] diet starting to take shape

Council green lights progress; North Street to Rye Golf poses challenge

By CHRISTIAN BALCONE

If you happen to have traveled along Route 1 recently you might have driven down a road filled with change.

The city as promised has held true to their word and implemented the first portion of the Boston Post Road (BPR) diet for the Parsons Street to Old Post Road (North Street) section near the MS/HS. The work was put into place following the April 2 council meeting and is now only two weeks away from finalization, merely awaiting completion of the crosswalk installation, pedestrian island and sidewalk access ramps at the intersection of Old Post Road (OPR).

In conjunction with that work, the Rye City Council at their May 7 meeting received a presentation by City Planner Christina Miller and project manager Peter Riselli of John Collins Engineers of the latest design version of the road diet for the second and third portions of BPR. At the January 16 council meeting, the roadwork was divided into three sections with the section pertaining to the MS/HS deemed top priority due to safety concerns leading to this expedited process.

The other two portions were divided amongst the Rye Golf Club to the southern end of the Manareneck border as the second portion and OPR (North Street) to the Rye Golf Club as the third portion. The goal, as summer nears, is to get out to bid soon in order to coordinate the rest of the diet work with the BPR paving project. The plan is for both projects to come before the council at their June 11 meeting.

The second portion, which will move forward, will consist of two 11-foot lanes, four-foot shoulders with flush medians. In addition will be the installation of eight or nine no parking signs, which are currently absent on the thoroughfare. According to Riselli, US 1, continued on page 15

"This will be a safer road to cross anywhere on it even without specifying a crosswalk."

- City Planner Christina Miller



Workers are in the midst of completing a sidewalk access ramp to accompany a series of upgrades to the MS/HS portion of Boston Post Road. Photo: Christian Falcone

Without the YMCA, this project may not have happened.....

It was at the Y's workshop that the idea of a "diet" was first discussed as a solution to this longstanding traffic safety problem."

*Christian Miller
City Planner, Rye*

Boston Post Road after the Diet



Boston Post Road after the Diet





**SRTS Walk to School Week
Rye, NY**



Parents' Safe Driving Pledge

I promise to:

- Never speed through residential streets and school zones
- Never talk or text on a hand-held phone while driving
- Always wear a seat belt and make sure passengers also buckle up
- Stop for pedestrians and bikers in crosswalks
- Never pass a vehicle stopped for a crossing pedestrian
- Never run stop signs or red lights
- Never pass a stopped school bus with flashing red lights
- Never park in or block a crosswalk
- Always drop children at curbside, never from a double-parked car
- Never leave the car idling for more than 3 minutes (state law)

Students' Safety Pledge

I promise to:

- Always follow traffic signals or the directions of a crossing guard
- Always cross the street in a crosswalk; make sure the driver can see you, has time to stop
- Always look left, right, and left again before crossing the street
- Never dart out between parked cars
- Always wear my seat belt when riding in a car
- Always exit the car from the curb side
- Always wear a bike helmet when riding my bike
- Always ride my bike in the same direction as the car traffic
- Always use hand signals when turning on my bike
- Never cross a street while on the phone, texting, or wearing headphones



SRTS - Walking School Buses





SRTS Rye Neck

Golden Sneaker Award





Rye YMCA – SRTS Video Contest Winners





Rye YMCA - SRTS Committee meet to stuff envelopes for crosswalks safety campaign mailing

January 2009

Dear Rye Middle and High School Parents:

The Safe Routes to School Committee of Rye is pleased to provide the enclosed information regarding crosswalks safety as well as a parent/student safety pledge. We encourage you to share this information with your children as a way to begin discussion about driver/pedestrian responsibility around our schools' campuses. Given the recent addition of crosswalks to the Middle/High school campus, we also thought the enclosed car decal would help promote awareness about exercising caution near crosswalks.

By way of background, the SRTS Committee was formed in January 2007 as part of the Rye YMCA's Activate America initiative. The committee's goal is to educate and encourage safer driving and walking to school as a way to promote fitness -- as well as decrease traffic congestion and air pollution. Recognizing that walking safely is a community wide issue, the committee is comprised of representatives from the city, school administration, law enforcement and the community.

The committee focuses on five components called the Five E's: engineering, education, encouragement, enforcement and evaluation. A successful safety effort incorporates all five, with this mailing representing an education/encouragement program. An example of an engineering initiative would be the recently implemented Boston Post Road Diet. In addition to enforcement issues, we are currently working to develop evaluation measures to determine the impact of our programs on changing attitudes and long term behavior as they relate to walking/driving.

We hope you find the enclosed information helpful. For more information or if you would like to join the committee, please contact Helen Gates, SRTS Committee Chair, at 967-6363, ext. 101 or by email at:

helengates@ryeymca.org

Thank you.

The SRTS Committee of Rye





Rye YMCA – SRTS Crosswalks Car Decal

Crosswalk Safety: Myth vs. Reality for Tweens and Teens

How safe is your middle school student when crossing a busy street as a pedestrian or cyclist? We parents need to teach more than the basic rules of STOP, LOOK and LISTEN. Our community encourages children to walk to school as much as possible – and we want them to arrive safely. Please review these procedures with your children and follow the rules yourself – you are the best role model for your children.

Myth: Pedestrians always have the right of way.

Reality: No, not always. Legally, pedestrians have the right-of-way within a crosswalk if there is no traffic light. If there is a traffic light, whoever has the green light - pedestrian or car- has the right of way. Pedestrians are also expected to exercise “due care” for their own safety, and are NOT permitted to suddenly obstruct the path of a moving vehicle that is close enough to be a hazard.

Myth: You are safe in a crosswalk.

Reality: Painted lines do not protect you from harm, even if you have the legal right of way. This is extremely important at crosswalks where there is no traffic signal or stop sign. If you are not crossing at a marked crosswalk, pedestrians do not have the right of way and must yield to vehicles. Your best protection is your own attention!

Myth: A green light or walk signal means “GO”

Reality: A green light or walk signal indicates that it is your turn to cross, but first make sure that the intersection is clear -- and watch for red light runners! Also, make sure that any right-turning cars will yield to you. Cyclists should dismount and walk across if they wish to cross a busy intersection.

Myth: If you see the driver, the driver sees you.

Reality: The driver may not see you in time to stop. To be safe, make eye contact with any driver whose path will cross yours, and proceed only when certain the car will stop. If there is a median, make separate decisions about crossing each direction of traffic.

Additional Safety Tips:

- Always walk on the sidewalk; if there is no sidewalk, walk facing traffic
- Bicycles ride in the same direction as cars
- Cross only at corners: avoid the dangerous practice of “jaywalking” or crossing between parked cars
- Continue to look Left, Right, and Left again as you cross, it’s easy to miss an oncoming car
- When you are near the street, don’t push, shove, or chase your friends
- Watch out for cars and trucks at every driveway and intersection as you walk.



Let's give them something to walk about

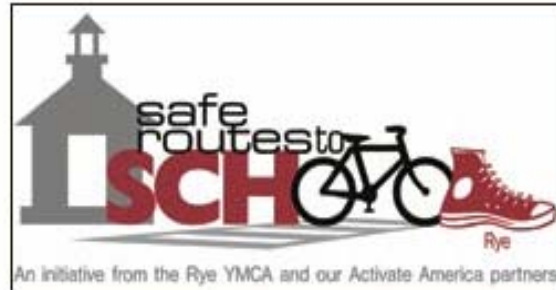
By KIM POTTER



On May 18, the Rye school community celebrated International Walk-to-School Week. Helen Gates, of Activate America,

provided banners to each elementary school in Rye which participated in the event, boosting the number of students who took to the streets for at least one week this spring. The mission has a two-fold benefit: decreasing the number of vehicles on the road thereby easing traffic and pollution, as well as increasing exercise.

A recent article in *The New York Times* states, "Now an expanding body of research shows that exercise can improve the performance of the brain by boosting memory and cognitive processing speed. Exercise can, in fact, create a stronger, faster brain."



Walking to school in the morning is a great way to increase what is absorbed throughout the school day.

At Milton School, Walk-to-School days are promoted on the monthly calendars and through PTO reminders. Students there frequently gather in groups and walk together. The "walking bus" is a concept widely promoted to increase the number of students safely walking together to school in an organized manner. Midland took advantage of International Walk-to-School Week by offering a raffle prize of a gift card. The gift card was purchased through a program

that is part of a school fundraiser; the school benefited as well as the winning student.

At Osborn School, a weeklong raffle was held. Considered a success during Earth Week, students requested another chance at prizes. Students who arrived at school under their own power, whether by foot,

bike or scooter, were put into a daily raffle. Each day five student names were drawn and announced. The winning students could go to the Health Office and chose their rewards from a box of prizes largely donated by the Westchester County Department of Health FitKids program.

Evidently, for the thrill of a pedometer or backpack, a child will jump out of bed early and walk to school.

So many students enjoyed the program that they are still asking for another week of walking, and a chance to win more fabulous prizes!

Safe Routes to School has made a tremendous impact on facilitating students to walk to school. New crosswalks, and safer traffic patterns have been created. Recently Safe Routes to School sponsored a video contest for the students promoting walking. In addition to the programs held in the schools, the YMCA, Activate America, Safe Routes to Schools, and the City of Rye Trailways Committee and the Traffic and Transportation Committee are all continuing to study ways our children can safely walk within Rye.



Rye YMCA – SRTS Current/Next Steps

- Rye City awarded \$695K in federal stimulus funds for SRTS related sidewalk/street improvements
- Submitted technical assistance grant application to National Park Service for Bike Lane Master Plan
- Exploring community bike sharing program
- Gearing up for Fall “Walk to School” Week





Rye YMCA - SRTS Lessons Learned

- **Begin with a workshop (if possible)**
- **Form a committee of stakeholders**
- **Use the 5E's as a framework for action: Education, Encouragement, Engineering, Enforcement, Evaluation)**
- **Create awareness and excitement with a logo contest, banners, publicity**
- **Search for SRTS grants and funding**
- **Use the SRTS website (www.saferoutesinfo.org)**
- **Make it fun!**

Rye YMCA – SRTS



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