

CITY OF LOS ANGELES  
**WALKING ACTIVITY  
HANDBOOK**

LOS ANGELES UNIFIED SCHOOL DISTRICT  
CITY OF LOS ANGELES DEPARTMENT OF TRANSPORTATION



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**GOLDEN  
SNEAKER  
PROGRAM**

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**SAFE ROUTES TO SCHOOL**



This activity guide is part of a series produced in a partnership between Los Angeles Department of Transportation (LADOT) and Los Angeles Unified School District (LAUSD). Additional guides can be found on [www.walktoschoolday-la.org](http://www.walktoschoolday-la.org) including the Walk to School Day Organizer Manual, Weekend Walks and Bicycle Rides, and the Walking Field Trip.

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# ABOUT THE LOS ANGELES SAFE ROUTES TO SCHOOL PROGRAM



Within the span of a generation, the percentage of children walking or bicycling to school has greatly decreased, from 50% in 1969 to just 13% in 2009.

*Safe Routes to School National Partnership, 2015*

In August 2014, Los Angeles Mayor Eric Garcetti launched Vision Zero. Vision Zero uses data-driven approaches to engineering, enforcement, education, evaluation, and community engagement to reduce the likelihood of crashes. Central to the plan is ensuring a safe city with a goal to achieve zero traffic fatalities in Los Angeles by 2025. As youth who walk and bicycle are disproportionately impacted by traffic collisions, the Safe Routes to School (SRTS) program is a key strategy to reduce fatal and severe injuries of our most vulnerable populations.

As the lead agency for the City's SRTS program, LADOT uses a prioritization of schools with most need to target safety improvements. Recommended infrastructure improvements and safety education are documented in a School Travel Plan. Analysis of traffic conditions and student travel inform the plan, as does collaboration among principals, parents, students and community members.

To improve safety and encourage more students to walk and bicycle to school, LADOT has developed this activity guide for the Golden Sneaker contest.

# INTRODUCTION



## GOLDEN SNEAKER PROGRAM

The Los Angeles Unified School District is committed to increasing the number of students walking by making walking to school a safe and fun activity. A Golden Sneaker Program uses fun competitions and prizes to reward students, who walk, bicycle, carpool or ride the bus to school.

### WHY DO IT?

#### ENGAGEMENT!

A Golden Sneaker Program can engage the entire school in efforts to increase walking or bicycling, and promotes learning about the health benefits of being on the move. More importantly, it can include students who cannot walk or bicycle to school by including walking during recess, after school, or on weekends.

#### FUN COMPETITION!

Students compete against classmates, other classrooms, or other grades by logging walking or bicycling trips. Trips are recorded at individual or classroom level and periodic celebrations or raffles keep students engaged and motivated.

#### CREATIVE TEACHING TOOL!

Classrooms can keep tallies of how many car trips each student has traded for walking or rolling, and the total distance traveled. Some classrooms might find themselves keeping track of a walk across the country to some place they've been studying. Cataloguing miles can become an integral part of geography, history, and math lessons.

Over the past 40 years, rates of obesity have soared among children of all ages in the United States. Today, approximately 25 million children and adolescents — more than 33% — are overweight, obese, or in danger of becoming so.

Safe Routes to School  
National Partnership, 2015

# HOW DOES IT WORK?

A Golden Sneaker Program can be flexible based on the needs and capacity of the school. Students within a classroom can compete with each other or with students in another classroom. Consistency is important, but the frequency of tallies and prizes are scalable. The overarching premise is that a prize of distinction—such as a trophy of a golden sneaker—is in contention. This guide provides the steps for running the competitions.

# DESIGN YOUR GOLDEN SNEAKER PROGRAM

Sound like fun? There are different ways to hold your Golden Sneaker program. The number of volunteers you have and the time commitment you can make will influence the program you design.

Golden Sneaker Program Choice		
School-wide competition between grade levels	vs	Classroom competition between students
Punch cards by volunteers or administrator	vs	Trip tallies by teachers
Once a week or month for entire school year	vs	Week or month-long competition
Grand prize at end of competition	vs	Interim prizes each week or month



**GOLDEN SNEAKER PROGRAM CHOICE**

**Month-long**

**Year-long**

Walk days held every day, or every Friday during the month

Walk days held weekly, bi-weekly, or monthly throughout the year

Hand count and tally by teacher daily

Hand count and tally by teacher weekly

**Program administered by:**

- Volunteer (s) punching walking/ bicycling cards as students arrive to school
- Staff or volunteer tally completed punchcards to track competition between classes or grades
- Teachers marks individual student trips on large poster or spreadsheet
- Teacher adds combined classroom miles to class map

**Volunteer tasks**

Recruits small prizes for leading classroom and grades, and grand prize for punchcard raffle

Administers card punches to students as they arrive on foot or bicycle

Program cheerleader, gives updates during announcements

Recruits small and large prize

Classes or grades awarded the "Golden Sneaker" for leading the competition weekly or monthly

End of the competition - the class or grade keeps the sneaker and raffle of completed punchcards award grand prize(s) to individual students

Weekly or monthly small prizes for leading or participating students

Grand prize for student with most trips; prize if classroom reaches their walking destination on class map



# PLAN YOUR EVENT

The first step is to decide if your school-wide Golden Sneaker program should last one month or the school year. You can also decide to run a competition within a classroom, or between grade levels or classrooms.

If you decide just to count trips, student punchcards can be used and turned in regularly to the office. Administrative staff or volunteers collect the punchcards and track the running total for a classroom or grade on a weekly basis.

If you decide to track miles, this should be done in the classroom. Teachers track walking by students in classroom through daily raised-hand counts. Students hold up fingers for number of days they walked that week. A student or the teacher can add ticks or stars for number of days each student has walked on a chart. Students can also estimate the length of their school or other trips, and make a chart where everyone can document trips daily. It's hard to remember past one day of trips, so the tallies should be done daily and summed weekly or monthly.

Make sure your event is inclusive. Some students may not be able to walk to school because of safety, distance or other reasons. Walking during recess or weekends can earn hole-punches.

## FORM A PLANNING COMMITTEE

Include crossing guards or administrators who will need to play a role. They can help you decide the best system for keeping track, as they might be punching and/or collecting walk cards as students arrive. A teacher interested in incorporating the contest into his or her lesson plan would also be great if data will be collected in the classroom.



## RECRUIT VOLUNTEERS

Having a point person to keep track of the cards or collect running mileage totals from teachers, weekly or monthly, is essential. Another person can collect and distribute prizes, if your committee decides to hold raffles and reward top mileage winners.



## PROMOTE THE PROGRAM

At the start of the school year, include a kick-off notification in the school newsletter and talk about it at an opening school-year assembly.

Send a letter home to parents with logistics and details about how to participate. Include a map of the school with suggested street crossings and web links to safe walking information.

Provide contact information for parents to sign up to volunteer or to lead “walking buses.”

## KEEP STUDENTS EXCITED

Classes can “walk their way” to other cities in California, or to geographic or historical landmarks like the Grand Canyon or Mount Rushmore. Use a large map to track total classroom miles as students walk them.

Periodically, the principal (or teacher, if only one classroom is participating) can update classes on progress. Incorporate fun facts such as “so far the third grade class has walked all the way to the Pacific Ocean” or “The amount of walking Jane Walker did this month prevented the same amount of air pollution as planting ten trees.”

At the end of the month, add up the number of trips for each student and award the Golden Sneaker or other prize to the student with the most trips. Include other students who meet a basic threshold with a classroom privilege. At the end of the competition period, the student with the most trips, or most miles walked and rolled, may receive a more substantial award and the class receives a small party.

Consider holding a drawing from the completed punchcards for a grand prize such as scooter, bicycle, or other donated prize that encourages active play.



## EVALUATE YOUR EVENT

To continue improving your Golden Sneaker program, write down what went well and what to change while it is still fresh in your mind. Reflect with your class on what they experienced. Ask your students how they felt walking outside, and reinforce positive experiences.

Write down what you learned to make it easy for other teachers in your school or district to run the same program. Fill out a short evaluation form and upload it to the LADOT Safe Routes to Schools website to share your experience and tips with other teachers.

# MATERIALS AND RESOURCES

# TIMELINE

Planning should begin 8 weeks in advance or more.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 8	<b>Design your program:</b> » Schoolwide or classroom only » Punchcard or tallies » All year or one month <i>(8 weeks in advance or more)</i>				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 7					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 6	<b>Form a planning committee</b>				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	<b>Recruit volunteers</b>				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	<b>Promote the program</b>				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2		<b>Keep students excited</b> » Use a map to track miles traveled » Hold a drawing	<b>Event day!</b>		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>Evaluate your event</b>				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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# VOLUNTEER JOB DESCRIPTIONS

You will need to recruit people to:

- Design and distribute punch cards or classroom data collection poster and map
- Order or gather small prizes for leading classrooms or grades, and a grand prize for punchcard raffle
- Administer card punches to students as they arrive on foot or by bike
- Keep track of punch cards or tally sheets
- Provide schoolwide or classroom updates during announcements

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# SAMPLE KICKOFF CHECKLIST

- Do you have enough punch cards, classroom posters and tally sheets printed?
- Do you have prizes ordered?
- Have you made posters to promote the program?

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# SAMPLE NEWSLETTER TEXT

This year Your School or Class will be running a Golden Sneaker Program to encourage students to walk more. The program uses fun competition and prizes to reward students, who walk, bicycle, or carpool to school. The Golden Sneaker Program will run from \_\_\_\_\_ to \_\_\_\_\_ (*duration*).

A Golden Sneaker trophy rotates among classes whose students make the most walking trips to or at school. In addition to counting toward class totals, your student will have a hole-punch card to track the walking trips. Each completed card will be entered into a grand prize drawing at the end of the year/month. If your student lives too far to walk or bicycle, they can earn punches by walking to their bus stop, during recess, or on the weekends.

Physical activity improves student learning in the classroom. We hope you'll encourage your child to participate. If you're able to walk with your child, please consider leading a "walking school bus." A walking school bus is when you walk with a child to school and pick up other students along the route to school. If you are able, please contact (*email*) \_\_\_\_\_ and we will help organize walking school bus stops and routes.

# GOLDEN SNEAKER PROGRAM CLASSROOM TRIP TALLIES

GOLDEN SNEAKER PROGRAM: CLASSROOM TRIP TALLIES									
CLASS TALLIES BY TEACHER									
MONTH:									
Teacher	Rm #	Grade	# Enrolled in class	#1 Week	#2 Week	#3 Week	#4 Week	#5 Week	% who walked/rolled (month



# GOLDEN SNEAKER PROGRAM CLASSROOM DISTANCE TALLY SHEET

GOLDEN SNEAKER PROGRAM: CLASSROOM DISTANCE TALLY SHEET							
CLASS TALLIES BY TEACHER							
MONTH:							
Name	Grade & Room	Trips to School	Length of School Trip	Total School Trip Distance	Other Trips	Length of School Trip	Total School Trip Distance
Joe Walks		IIII IIII	2 mi	XX mi	IIII II		

# PUNCHCARD



NAME: \_\_\_\_\_

CLASSROOM \_\_\_\_\_

GRADE: \_\_\_\_\_



NAME: \_\_\_\_\_

CLASSROOM \_\_\_\_\_

GRADE: \_\_\_\_\_





# GOLDEN SNEAKER AWARD TALLY SHEET

Please turn in your count to \_\_\_\_\_ by the end of the school day so we are able to calculate the winning classroom!

Teacher:

Grade:

Number of students present today: \_\_\_\_\_

Total number of students who walked or biked to school today: \_\_\_\_\_

Thank you for supporting Walking and Rolling to School!

\_\_\_\_\_

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# GOLDEN SNEAKER AWARD TALLY SHEET

Please turn in your count to \_\_\_\_\_ by the end of the school day so we are able to calculate the winning classroom!

Teacher:

Grade:

Number of students present today: \_\_\_\_\_

Total number of students who walked or biked to school today: \_\_\_\_\_

Thank you for supporting Walking and Rolling to School!

\_\_\_\_\_

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# EVENT EVALUATION FORM

Documenting your experience can help others plan successful events. Please print and fill out this form, then mail it to the address below or scan and send it to [info@walktoschoolday-la.org](mailto:info@walktoschoolday-la.org).

Name/ school/ class grade: \_\_\_\_\_

How many days did you walk? \_\_\_\_\_

Approximately how far did you walk?

How many students participated? Did parents participate with their children?

Did the month(s) go as planned?

What went well?

What needs improvement?

Did you have any trouble with the routes you chose?

<p><b>ATTN: Margot Ocanas</b> Los Angeles Department of Transportation 100 South Main Street 10th Floor Los Angeles, CA 90012</p>
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# NOTES

