

“Train-the-Trainer” Bike Workshops for Educators

SPAN Grant | Year 4 Application

Thank for your interest in our Train-the-Trainer bicycle education workshops!

CRCOG has been engaged by the CT Department of Public Health (DPH) to lead the Active Transportation component of DPH’s State Physical Activity and Nutrition (SPAN) grant. Through this statewide effort, CRCOG is partnering with Bike Walk CT (BWCT) to offer “Train the Trainer” (TTT) workshops to school educators. This workshop will teach school educators *how* to teach safe bicycling in health and physical education classes. **A maximum of 8 workshop sessions will be awarded.**

This opportunity is a one-day, six-hour workshop and will provide Connecticut educators with the resources, tools, and skills they need to take the next steps towards implementing a comprehensive bicycling education program in their elementary school. The curriculum is the result of nine years of refinement and is specifically geared toward teaching 4th grade students and an overview of this curriculum will also be provided at the training.

What Will The Workshop Include?

- * In-depth exposure to a comprehensive, proven bicycle education curriculum.
- * Discuss concerns and learn strategies for establishing the program in schools.
- * Learn the habits of giving respect to and getting respect from all other road users.
- * Learn safe, defensive, confident cycling skills.
- * Get on a bike and practice cycling skills and drills in a traffic-free and supportive environment.
- * Each participant receives a hardcopy curriculum and training outline complete with links and other resources.

What you need to know:

- * Sessions are typically coordinated with individual schools, however, multiple interested schools can coordinate to jointly apply and participate in a grouped session.
- * Workshops are ideally suited for 10 attendees, 12 maximum.
- * This is a 1 day, 6 hour time commitment, typically beginning at 9am with a lunch break in the middle.
- * The workshop occurs weekdays only
- * Sessions consist of an indoor, classroom component (AV/projector required) and an outdoor on-bike component (gyms are acceptable, especially for poor weather conditions, but please know that bikes may leave scuff marks)
- * Attendees do not need to be restricted to just educators. School safety staff, local bike advocates, parks/rec staff, curriculum specialists, or other administrators are likely be part of future curriculum so may find this training helpful.

ELIGIBILITY: Schools (most typically elementary schools due to curriculum that is focused on teaching forth graders)

SELECTION & REVIEW CRITERIA: Projects will be selected by an Active Transportation Committee that has been specifically assembled for this grant. The ATC consists of members from across the state.

If more than 8 applications are received, applications will be prioritized according to the following criteria:

- Geographic diversity of selected locations throughout the state/regions and communities of varying sizes— we want schools all over the state to benefit!
- Health inequities and health disparities of the population anticipated to benefit from the project— a major goal of the SPAN grant is to reduce or eliminate health disparities with specific groups which are more at risk for poor nutrition and physical inactivity than other groups.
- Benefits towards sensitive populations (i.e. economically disadvantaged, racial and ethnic minorities)
- Additional benefits to the community / community need (i.e. high crash rates, high percent of no-access to cars/transit-dependent populations)

FUNDING: These workshops are valued at \$1,500 and all workshop materials will be provided for attendees. Please note, due to funding requirements of the grant, recipients are expected to commit to completing the workshop by September 29, 2022.

DUE DATE: Applications for all entries are due November 19, 2020. After November 19th, if additional workshop spots remain applications will be received and awarded on a rolling basis.

Thank you for your interest and good luck!

For more information about Active Transportation efforts related to the CT SPAN grant, visit www.crcog.org/cdcproject.



Health Equity & Health Disparity

Health equity is when everyone has a fair and just opportunity to be as healthy as possible. Conversely, health inequities are the structural or institutional patterns that ultimately result in health disparities.

Health inequities can include but are not limited to:

- Redlining
- Limited career opportunities
- Income disparities
- Neighborhood safety
- Access to nutritious food

Health disparities are the patterns one observes related to health among different patient populations or groups. For example, the burden of the coronavirus on Black and Hispanic patients was higher than it was for white patients, resulting in a health disparity.

In summary, when there is not health equity (meaning, when there is health inequity), health disparities emerge.

<https://patientengagementhit.com/news/what-is-the-difference-between-health-disparities-equity>

Please complete the following sections. You may attach additional pages as necessary.

Name: _____ Email/Phone: _____

Town: _____ COG: _____

School / Address: _____

School District: _____

Number of Anticipated Attendees for Workshop _____ Average Graduating Class Size _____

Describe how your school / student population would benefit from educators receiving the workshop.

Please be sure to speak to the grant evaluation criteria where applicable.

Describe your anticipated approval process / ability to complete the workshop by September 29, 2022.

While not required, being able to commit to a day early on in the planning process greatly streamlines coordination so, if there is a particular "Professional Development Day" or other dates that would work well that you have in mind please feel free to include them below.

What do you estimate your likelihood of moving on the next step of introducing multiple days of bike safety/education curriculum to your school? Circle one.

1 2 3 4 5 6 7 8 9 10

Just starting to consider it <-----> Really want to do next school year!

Any other additional information you feel would be helpful in considering your application:

Name: _____

Date: _____

Signature: _____