



Countryside SHIP:
Statewide Health Improvement Partnership

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KMS SAFE ROUTES TO SCHOOL, NATIONAL WINTER WALK DAY

KMS & COMMUNITIES COLLABORATE

Safe Routes to School:

KMS Elementary in Murdock, MN participated in its first National Walk to School Day in the effort to promote Safe Routes to School and physical activity in February 2017.

KMS Elementary and Murdock Fire Department created a safe and exciting atmosphere for students as they walked to school in February. Murdock fire trucks and a Swift County Deputy Sheriff were all in attendance to block off streets and provide a safe path for a walking school bus. All Elementary buses were stopped at the Murdock Fire Hall and dropped off the Elementary students; where local Fire Department Members, KMS Staff, and SHIP were ready to walk the students to school in the Minnesota winter.



KMS School District, Kerkhoven, and Murdock have really collaborated together to face the issues of physical activity and safer routes for kids. The KMS Safe Routes to School Committee includes many organizations throughout the community including: KMS Superintendent, Principals, and Staff, Kerkhoven and Murdock City Council & Mayor, Rustad's and Riley's Bus Services, Murdock Fire Department, KMS School Board, Upper Minnesota Regional Development Commission, and SHIP.

Local issues that have brought concern to the KMS Community based off of the parent/student surveys and walk audits include: unsafe walking paths because of the county roads, railroad, and HWY 12; irregular sidewalks causing pedestrians to use the street; parking at the school causing obstacles for pedestrian vision; and the main obstacle of being rural.

SHIP, RDC, and KMS are working hand in hand to create safer communities in order to increase physical activity in the area. We are currently wrapping up the planning grant stage, but great strides had been accomplished so far including conducting regular Fall & Winter Walk to School Days.



Fire Department Sets Example:

Murdock Fire Department leads by example by walking the KMS Elementary students to school on National Walk to School Day in full bunker gear.



Supportive KMS Staff:

KMS Staff have been extremely supportive in safe routes to school efforts, including Para professional, Laura Loen as she cheers on her Elementary students.

Bike Safety:

KMS School continues to make great strides through their physical education curriculum. PE Teacher, Traci Reimann, utilized her opportunity with SHIP and became trained through BIKE MN's Walk, Bike, Fun training in past SHIP grant years. Traci gained the skills of being able to teach bike safety to her students and became eligible to borrow a fleet of 25 bikes from Bike MN.



BIKE MN trailer at KMS Elementary.



Bike Safety is now an annual physical education lesson with the KMS 3rd grade class. In the course the students learn arm signals, parts of the bike, helmet safety, braking, and how to utilize the designated safe route to school. KMS Physical Education Teacher, Traci Reimann, and Para-Professional, Laura Loen, bike with the 3rd grade class around the town of Murdock using the safe routes to school.



Countryside SHIP Efforts:

Countryside SHIP has gained an amazing partnership with KMS School District throughout SHIP 4 Year 2. We are so proud of the success within the school and are looking forward to the years to come.

SHIP and KMS have partnered to create a Bike Safety Corner at the front of the Elementary in Murdock which includes a bike rack, a bike fix-it station, and bike safety signage. The Bike Safety Corner is a great opportunity to increase the norm of biking in a rural, small community and increase daily physical activity along the way.

Based off of the Safe Routes to School recommendations, SHIP is partnering with KMS, Murdock, and Kerkhoven to designate the safe routes in both towns. Murdock's designated safe route is on Clara Ave, which will be acknowledged with walking/biking signage throughout the 10 blocks and a painted walking/biking lane. Kerkhoven will have the same walking/biking lane and designated walking path signage on Wyoming Ave, a 9 block stretch directly from the High School to Pillsbury Park. Kerkhoven will also have designated safe bus stops with both bus services, Rustad's and Riley's. The success of our strong partnership will influence the generations to come and the lifestyles of our KMS community.



KMS

Safe Saints

Bike Safety Corner

RULES OF THE ROAD

- 1 Stop at red lights and stop signs
- 2 Ride on the right in a straight line
- 3 Signal your turns
- 4 Watch for cars, pedestrians & road hazards
- 5 Be visible

SIGNAL YOUR TURN

RIGHT

LEFT

STOP

BEFORE YOU GO

Do the ABC Quick Check

A is for AIR

B is for BRAKES

C is for CRANKS, CHAIN & CASSETTE

Take a quick ride to check it all before you go!

PROTECT YOUR MELON

Always Wear a Helmet!

Helmet Position: Your helmet should sit level on your head and low on your forehead - one or two finger widths above your eyebrows.

Side Straps: Adjust the sides on both side straps to form a "Y" shape over each ear (it should click into place).

Final Fit: Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head.

