



Bike to School Week Guide (Short Version)

Revised April 2026

 WeAreHUB

 HUB Cycling

#bike2school

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Bike racks full of bikes at **Emily Carr Elementary** during 2024 Bike to School Week!

Sunny day for a **Bike Bus** at **Gordon General Elementary**!



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Bike to School Week Guide Short Version



INTRODUCTION

Thank you for championing Bike to School Week at your school! This guide provides you with information on how to make your week successful and is based on best practices at schools across Metro Vancouver where Bike to School Week has become part of the school culture. **Bike to School Week** is an annual celebration where we encourage students of all ages to bike, roll, or walk to school. Find out how you can promote the event at your school using our **media kit**.



HUB Cycling loves connecting with schools celebrating Bike to School Week – please email us at btsw@bikehub.ca anytime!

Schools can register for FREE at

BIKEHUB.CA/BTSW

Check out the [map of all participated schools!](#)

Are you ready to put your school on the map?



HOW BIKE TO SCHOOL WEEK WORKS

Bike to School Week activities look different at every school, but at most schools, you will find a display with the Tracking Poster to track students' trips to and from school. Usually this happens in the morning as students arrive. At some schools, older students, volunteers, or parents help with trip tracking.

HUB BIKE to school WEEK

Additional Bike Trips: 19 x 10 grid

Additional Active Trips: 17 x 10 grid

How To Track Your Trips
 One sticker = one trip to & from school
 First trip! 1st bike trip of the week
 First trip! 1st active travel trip of the week
 additional bike trips
 additional active trips

bikehub.ca/btsw

Total Stats for Your School
 Count each sticker to get the participant and trip totals for your school

First trip! **First trip!** **First Bike or Active Travel Trip:** 36 x 7 grid

Total Number of Riders
 Total Number of Active Travelers
 Total Number of Bike Trips
 Total Number of Other Active Trips

How To Track Your Trips

One sticker = one trip to & from school

First trip! 1st bike trip of the week
First trip! 1st active travel trip of the week

additional bike trips
 additional active trips

Students love putting their stickers on the poster to show they traveled to school, and this is often a focal point of the event.

Stickers represent a trip to and from school. If you run out of stickers, feel free to use your own!

At the end of the week, School Champions count the stickers and report totals in our post event survey.

School Champions and schools who submit the survey on time can win extra prizes.



ACTIVITY & CELEBRATION IDEAS

Bike to School Week Champions generally tailor activities and celebrations to the strengths and interests of their school community. These are just a few possible activity types and suggestions to get you started, feel free to mix and match or get creative and come up with something unique!



BIKE TUNE-UPS

Bike tune-ups can be a stand-alone activity or part of a bike rodeo or group ride.

Students will love learning the ‘[ABC Quick Check](#)’ and how to make sure their bike is safe to ride. This is a great opportunity to involve your [local bike shop](#) or a member of the school community that is experienced with bike maintenance.

BIKE DECORATING & PARADE

Students can decorate their bikes with streamers, stickers, pipe cleaners, construction paper, lights, and anything else they can imagine.

A parade can include students walking, cycling, scootering or skateboarding, and using mobility aids and is a great way to engage primary grades.

BIKER’S BREAKFAST

You can serve a celebratory breakfast such as pancakes or granola bars and fruit in the morning for students to encourage students get to and from school using active transportation methods! This can be a simple booth in the courtyard that is easily visible for students coming to school. This might also be a great space to display your Bike to School Week tracking poster!



FRIENDLY SCHOOL-WIDE COMPETITIONS

School staff, parents, and teachers are encouraged to register a team for Go by Bike Week and track their own cycling trips! Consider giving our special certificates, hosting a pizza party, or creating a special trophy (like a golden wheel or crank set). Check this list of [Bike Games for Schools by BikeReady](#) for more friendly competition ideas!



▲
*Golden Sprocket Trophy at
Highlands Elementary*



*Breakfast station at
Thunderbird Ɔxʷəxʷaʔəs
Elementary*

▼
*Bike decorating station
at Southlands
Elementary*



BIKE BUS

Biking or walking school buses are a great way to encourage active travel. These ‘school buses’ are groups of students travelling together to and from school. They are led by parents or teachers that volunteer to supervise students on their journey to school. The ‘school bus’ can either pick students up from their homes, or from other designated pick up locations.

Check out HUB’s [Bike Bus Resource Page](#) for more information!

OTHER STUDENT ENGAGEMENT METHODS

Consider engaging students to become volunteers during Bike to School Week! Students can help host celebrations, collect event statistics, design posters,... the options are endless!

Want to see how James Kennedy Elementary engaged students using Math during Bike to School Week? Check out their [Math Inquiry Project](#) here!



STRATEGIES FOR INCLUSION & REDUCING BARRIERS TO PARTICIPATION

We want to ensure that *all* students have the opportunity to experience the positive benefits of active travel, including students with physical and cognitive disabilities, with behavioural concerns, students that can't ride or that don't own bikes. We recommend you consider the following strategies to make sure your activations are as inclusive as possible!

ADVANCED PLANNING

- Involve Educational Assistants and parents of students with special needs in your Bike to School Week planning team.
- Make it explicit that all students are welcome to participate by using inclusive language and images of students with disabilities as part of promotional materials.
- Rather than focus on individual achievements, plan activities that emphasize group participation.

SHARING RESOURCES

- Host a bike drive, where families with bikes they no longer need can donate them to the school.
- Host a 'bike swap' where parents bring small bikes and helmets to trade making sure that everyone has a bike that is their size to ride! Consider joining parents groups such as [Vancouver Kids Bikes Share](#) for more resources.
- Have bike locks available for students to borrow.
- Consider fundraising for safety gear (e.g., helmet, light, reflectors) that can be accessed by students in need.



INCLUSIVE ACTIVITY CONSIDERATIONS

- If hosting a ‘bike bus’, plan a walk of the route to make sure it is clear of debris and any other obstacles on the day of the event. Be sure to confirm locations of curb-cuts and ramps for students using a wheelchair or other mobility aid.
- Consider students with less stamina and/or strength. For example, if planning a group ride to school, try picking both a longer and shorter route to accommodate all students.
- Invite students that have their own adapted bikes to bring them to school during on-bike activity days.
- Plan a ‘beginners’ activity during any on-bike events such as bike rodeos or bike decorating.
- Include students who cannot participate in the events in the planning process instead.



Consider creating a Bike-themed Bingo!

BIKE PARKING

Bike parking is a common concern for School Champions. Previous schools have used outdoor fenced-in courtyards to lock up bikes during the school day, as well as unused classrooms or the school gym.

Some cities, like the City of Vancouver, will [rent out bike racks for special events](#).

If your school’s cycling culture is growing, let your school district know by requesting additional permanent bike racks!



Creative bike parking at Larson Elementary



Bike racks at David Lloyd George Elementary



PROMOTING BIKE TO SCHOOL WEEK

Spreading the word about Bike to School Week is key to getting everyone excited and ready to be active. Here are some ways you can spread the word:

- Promotional posters
- School calendars
- School newsletters
- Parent letters
- Social media
- Posters designed and created by students
- Morning announcements

Sample newsletter and social media copies as well as social graphics and posters are available on the [Bike to School Week Media Kit](#).

BIKE to school WEEK

REGISTER NOW!

HUB BIKE to school WEEK

REGISTER NOW!

Ride your bike, walk, or wheel to school!

A FREE EVENT TO ENCOURAGE STUDENTS TO BIKE, ROLL, OR WALK TO SCHOOL!

Why Participate?

- Win amazing prizes like a Pizza Party from HUB's supporters!
- Create healthy habits and arrive at school energised and ready to learn!
- Compete with other schools for online shout-outs and certificates!
- Promote sustainable transportation and reduce congestion around school streets.

Learn more at bikehub.ca/btsw

TOP 7 TIPS: BIKE SAFETY

- PLAN YOUR ROUTE
- DO NOT RIDE ON THE SIDEWALK
- USE A BELL
- WEAR A HELMET
- RIDE IN A WAY AWAY FROM PARKED CARS
- USE FRONT LIGHTS
- USE BACK LIGHTS
- COMMUNICATE WITH HAND SIGNALS

FOR MORE INFORMATION, VISIT BIKEHUB.CA/CYCLING-SAFETY

Find these posters, banners, one-pagers, social graphics and more in HUB's [media kit](#)!





bikehub.ca

