

Excellence in Urban Programming Award- Karen Henry, Brenda Urias Get Sanford Cycling

Abstract

The "Get Sanford Cycling" program utilized the 4-H Thrive Model focusing on sparks, belonging, relationships, and engagement. Aimed at youth ages 10-14, the program sought to inspire cycling interest while emphasizing bike safety, maintenance, and the benefits of a healthy lifestyle. With Central Florida's high rates of bicycle-related injuries, particularly among adolescents, the program addressed a critical need for cycling education. Partnering with local agencies such as the Florida Department of Transportation and Sanford Police, the program provided hands-on training, helmet fitting, and a guided bike ride through downtown Sanford. The workshop's success was evaluated through participant feedback and observational assessments, highlighting the positive impact on safety awareness, community involvement, and environmental stewardship. By engaging local organizations, the program created a collaborative effort to promote cycling safety and foster youth development in an urban setting, aligning with the county's goals to improve youth health and social competence.

Seminole County employs the 4-H Thrive Model to foster critical development outcomes. This model, rooted in sparks, belonging, relationships and engagement cultivates youth who are capable of academic drive, healthy choices, social competence, and a desire to contribute positively.

Get Sanford Cycling combines the 4-H Thrive elements in an urban environment. Seminole County is the fourth most densely populated county in Florida.

Program Goals and Objectives:

The goal of Get Sanford Cycling was to inspire and educate middle school students on the joys of cycling while emphasizing the importance of bike safety. The primary objective was to provide hands-on training on bicycle maintenance, the use of protective gear, safe riding techniques, and the benefits of a healthy lifestyle through cycling. The target audience was youth ages 10-14.

Needs Assessment: According to the Florida Department of highway safety and Motor Vehicle, in Central Florida in 2024, there were 227 bicycle fatalities, accounting for 6.72% of all traffic fatalities. The state of Florida leads the nation in bike deaths, with an average of eighteen bicycle crashes per day. Adolescents and young adults have the highest rates of bicycle-related injuries treated in emergency departments. People ages 10-24 account for nearly one-third of all bicycle-related injuries (Center of Disease Control, 2023). Seminole County is one of the most densely populated and urban counties in the state of Florida with 1251 people per square mile. This urban interface creates an environment where bicyclist often interact with motorists. In addition to the safety concerns, a county needs assessment indicated youth interest in bicycles and bicycling programs.

Delivery Method and Content: Given the growing interest in cycling among youth and the need for increased awareness about bike safety, this program was designed to address these needs. Many middle school-aged students lack access to formal cycling education, and the event sought to fill this gap by providing valuable, practical knowledge and skills. The partnership with local agencies including the Florida Department of Transportation (FDOT), Sanford Police Department, City of Sanford, Seminole County Greenways and Trails, and others ensured that participants received high-quality instruction and resources to encourage safe cycling practices.

The educational program was structured to engage participants through a combination of interactive activities and real-world experiences. Students received hands-on training about various types of bicycles, maintenance techniques, and proper use of protective gear. PowerPoint presentations, experiential learning activities, and games taught and reinforced concepts. A comprehensive helmet fitting session was conducted by FDOT, ensuring safety standards were met. The Sanford Police Department led a guided bike ride through downtown Sanford, focusing on safe cycling practices in an urban environment. Additionally, participants visited the City of Sanford's Welcome Center for refreshments and received educational insights from the Seminole County Greenways and Natural Lands Division on local greenways and trails.

Evaluation: The success of the workshop was evaluated through participant feedback and observational assessments. Feedback was gathered to measure the students' understanding of the key concepts covered, such as bike safety, maintenance, and the environmental benefits of cycling. Youth average 90% (n=18) on their skill-a-thon of bicycle parts. They also demonstrated how to properly check tire pressure, how to inflate a tire, and how to oil a chain. Additionally, observations data show 95% (n=18) of proper hand signals while riding. The level of engagement during the activities, along with the collaboration between local organizations, further highlighted the program's positive impact on fostering cycling awareness, health, and community involvement among youth. This collaboration demonstrated a collective commitment to promoting safety, health, and environmental stewardship through cycling.

GET SANFORD CYCLING 4-H BICYCLING WORKSHOP



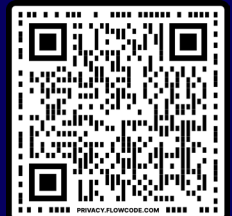
Middle school students are invited to join this FREE 3-day workshop to master essential cycling skills, discover how to stay safe while riding, and learn simple bike maintenance.

In partnership with Bicikleta Bike Shop's 501(c)(3) charity Get Sanford Cycling

PLUS, your bike will be inspected, and maintenance will be performed at NO COST to ensure you are riding safely and efficiently.

 **Historic Downtown Sanford**

**Monday–Wednesday
July 22–24 | 9:00 – 11:30 a.m.
GetSanfordCycling.4honline.com**



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Seminole County 4-H and Get Sanford Cycling Host Bicycle Workshop For Youth Empowerment and Safety

August 17, 2024 - 06:00

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