

NIÑAS Y NIÑOS PRIMERO

KIDS FIRST PROGRAM:
Reactivation strategy to do
outdoor physical activity
with kids.



1.

INTRODUCTION

Kids First is a mobility program implemented in **Bogotá**, that aims to improve the travel experience and accessibility to education of kids and teenagers between the 5 and 16 years old, who **commute to school by foot and cycling**. Kids First is composed by two projects that work directly with the students population: “Al Colegio en Bici” and “Ciempiés”. These projects in normal conditions accompany children to schools through walking and cycling caravans.

As schools remain closed, but the city recognizes the **importance of social interaction in students mental health**, the projects have decided to implement a strategy to provide a service and accompany kids to do **physical activity outdoors, in the public spaces** that are close to their homes.

To start, the projects surveyed the **disposition of families** to approve letting their kids to go out and be part of this strategy. It was explained to the families the **benefits of physical activity and social interaction** for the body, mental health and healthy development. On the other hand, the teams of the projects worked to define the **biosecurity protocols** with families, pedagogical activities and operation restrictions as follows, leading to great results in the launch of the strategy.

2. FAMILIES SURVEY

Development of surveys to research the disposition of families to approve letting their kids to go out and be part of the outdoor physical activity strategy. It was explained to the families the benefits of physical activity and social interaction for the body, mental health and healthy development.

The main question was “ **Would you let your child to go out with us and do outdoor physical activity, accompanied and supervised by our teams?**”



59% of the families said YES

3.

SPECIAL MEASURES FOR WALKING, CYCLING CARAVANS AND OUTDOOR ACTIVITIES

- Each Caravan will be composed by a **maximum of 6 students and two adults** (kids first team).
- The teams designed and **georeferenced the pathways to pick and drop up each child at their homes**, gather the group of 6 and go to the nearest public space.
- The teams planned carefully a **curriculum of recreational, physical and pedagogical activities** to develop activities with students in the public spaces.
- The distance will be **maximum 1 km from the students homes** to the nearest public space.
- **Social distancing of 3 meters** between students while commuting, and chalk to mark the distance on the floor once the group is in the public space.

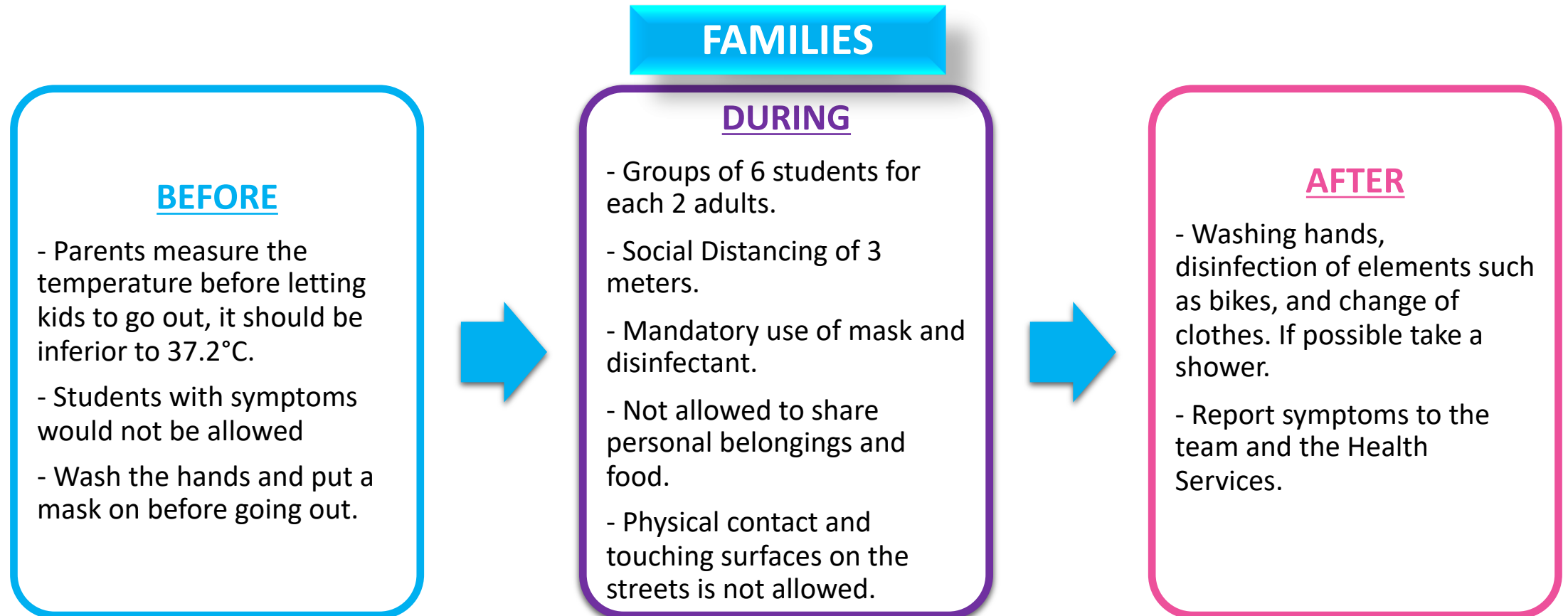
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SPECIAL BIOSECURITY CONSIDERATIONS

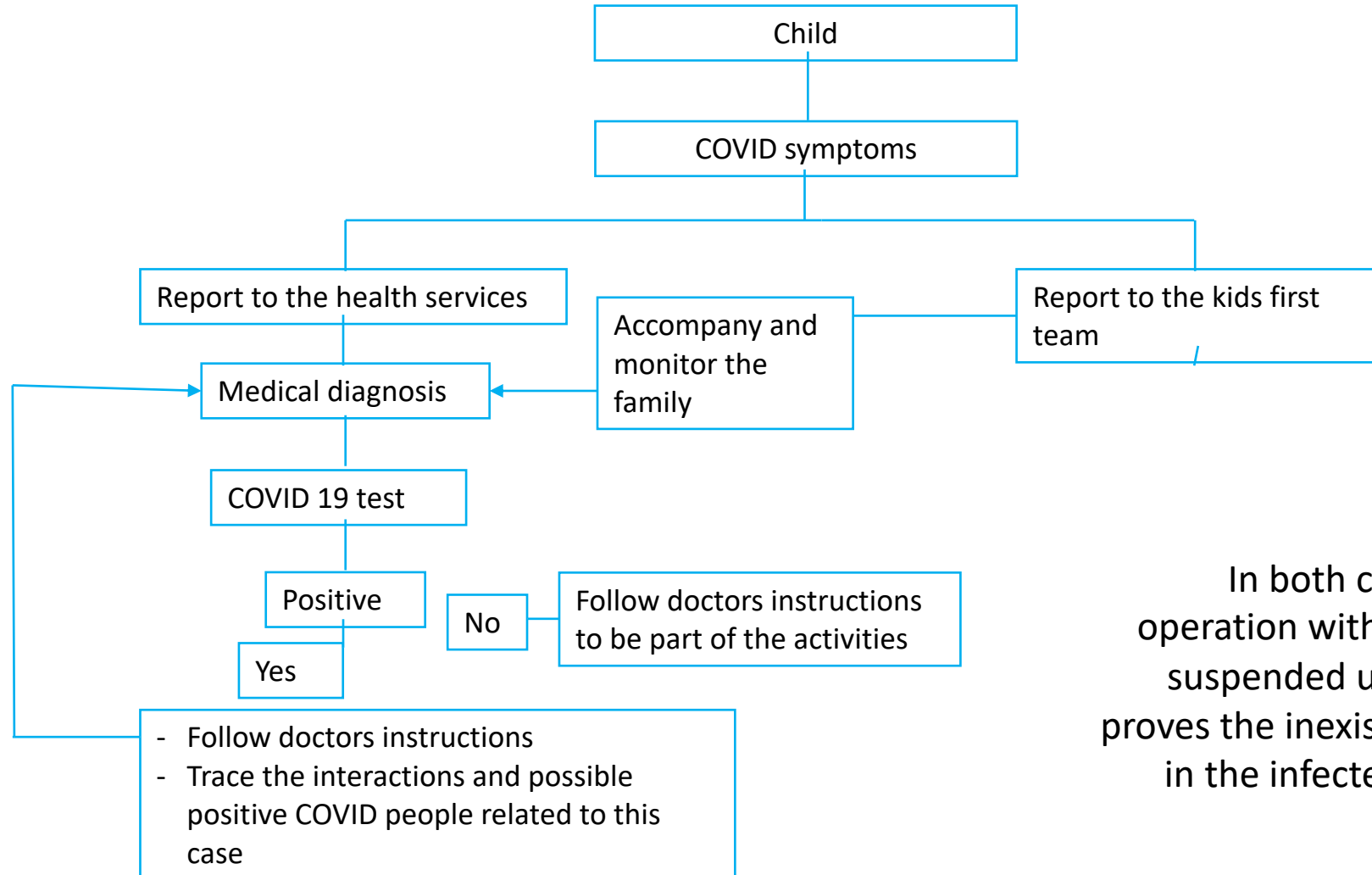
- **Biosecurity elements:** masks, disinfectant and thermometers.
- **Incentive responsible behavior with families and students.**
- **Co-responsibility work with families** to measure the temperature, hygiene at home and clean bikes before and after the activities.
- **Students with symptoms** would not be allowed to be part of the activities.

5. BIOSECURITY PROTOCOL

OBJECTIVE: To keep kids safe and implement collaborative actions with the families



5. BIOSECURITY PROTOCOL



In both cases (YES/NO) the operation with the group will be suspended until a medical test proves the inexistence of COVID19 in the infected child and group members.

6. CONSIDERATIONS TO CLEAN AND DISINFECT BIKES

- Bikes must be disinfected as they accumulate bacteria that can spread the virus.
- It is recommended to do it with water and soap or any disinfectant that do not damages the bike's surface.

1. CLEANING

Disinfect all the parts of the bike, being careful with the parts that are not fixed.

2. DISINFECTION

Spray the substance over the bike, specially in those parts that were in direct contact with the body.

- Handlebars
- Grips
- Seat
- Pedals
- Cranks
- Wheels



7.

RESULTS

- Almost **500 kids** benefited from doing physical activities outdoors during the days: **Friday 4th and Saturday 5th of September.**
- The projects will continue learning on the way through this experience of **adapting the services to the COVID-19 Pandemic.**





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THANKS!