

Be Active WV Mini-Grant Program 2020 Success Story

WARWOOD SCHOOL Bicycle Friendly Schools and Community

What Public Health Problem Was Addressed?

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing many chronic health conditions. The 2018 Physical Activity Guidelines for Americans recommend that children ages 6 to 17 years get 60 minutes or more of moderate to vigorous physical activity daily. Warwood School is a public school located within a residential community, along the Wheeling Heritage Trail in the city of Wheeling. According to recent County Health Rankings, approximately 1 in 4 residents of Ohio County engage in little or no physical activity.

What Approach Did They Take?

Warwood School installed two bike racks near both the middle and elementary entrances of their school and supplied helmets and bike locks as needed to allow their students to bike to school and safely leave their bikes on site. School staff is working closely with the school's resource officer, Deputy Drahos, to provide bike safety and bike protocols specific to their school and working with the Wheeling Police Department to provide bike safety program to their students. In addition, they have talked with members of Bike Wheeling, The Warwood Farmers Market, and Grow Warwood Pride to provide bike safety programs and encourage bike riding in their community.

What Were The Results?

The new bike racks will serve the rural community of Warwood with a place for students to store their bikes during the school day and encourage bike riding for the community before and after school. Students that are currently attending in-person school have been utilizing the bike racks and as schools re-open the number is expected to rise. Because of the location along the Wheeling Heritage Trail, the community will also be able to use the bike racks before and after school.

What's Next?

Due to the COVID-19 pandemic and remote learning, on-site activities have been suspended. As school resumes in-person, Warwood School plans to create policies with the rules and expectation of students riding their bikes to schools, host a bike safety assembly, and provide helmets and bike locks for students in need. Warwood School will continue to work with the community partners to promote bike safety and bike riding in Warwood in the upcoming spring and summer months.



"We are very excited to be able to provide the students a safe way to be able to ride their bikes to school. Since Warwood is in the heart of the community and situated along a walking and bike trail this grant allows our neighboring students the ability to be self-sufficient in their transportation and receive exercise."

-Joey Subasic, Principal Warwood School

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