

School Walking Safety Tips

Walk to School Safety Tips:

- Use sidewalks or paths. If there are no sidewalks or paths, walk as far from the motor vehicles as possible on the side of the street facing traffic.
- Watch for motor vehicles turning or pulling out of driveways.
- Choose the route with the fewest streets to cross. Avoid crossing busy or high-speed streets.
- Be more visible to drivers by wearing bright clothing in the daytime. When there is little or no light, such as at sunrise or sunset, wear retro-reflective gear or carry a flashlight.
- Always look for motor vehicles. Drivers are supposed to obey the rules and watch for pedestrians, but they cannot be relied on to always do so.
- Do not cross behind or within 10 feet of the front of a bus or other large motor vehicle because the driver cannot see this area.
- Stop at the edges of driveways and curbs or edges of the street where no curb exists and look for motor vehicles before proceeding.
- Watch for parked motor vehicles that may be getting ready to back up or pull forward.
- Before crossing, always look for motor vehicles even after a crossing guard, parent or other adult says it is okay to cross.
- Walk, don't run, across the street.
- If crossing the street at midblock:
 - Stop at the curb and look left, right and left again for traffic.
 - Wait until no traffic is coming and begin crossing. Keep looking for traffic until you have finished crossing.
- If crossing between parked motor vehicles is necessary:
 - Stop at the curb and check to see if the motor vehicles are running or if anyone is in the driver seat. If there is a driver, make eye contact and be sure you are seen before stepping in front or behind the motor vehicle.
 - If safe, walk to the edge of the parked motor vehicles, and look left, right and left again before crossing. Keep looking for traffic until you have finished crossing.
- If crossing the street at an intersection:
 - Obey traffic signs and signals.
 - When the signal indicates it is time to cross, check for motor vehicles. Drivers may not obey the rules and turning drivers may not look for a pedestrian. Try to make eye contact with the driver.
 - Look to see if motor vehicles are coming. Look left, right and left; then behind and in front for turning motor vehicles. Keep looking for traffic until you have finished crossing.

Walking Programs and Information:



<http://www.walktoschool.org/> : Join kids and families around the globe to walk and bicycle to school and promote safe walking and bicycling throughout the year.



pedbikeinfo.org

http://www.pedbikeinfo.org/programs/education_ped_child.cfm: Educating child pedestrians.



<http://www.walkingschoolbus.org/> : How to organize a walking school bus. Groups of children who walk designated routes to school under adult supervision, picking up kids along the way just like a bus.

Through collective efforts of parents, teachers, kids, community... Through Engineering, Enforcement, Education and Encouragement... Safer traffic environments are created.

School Bicycling Safety Tips

Bicycling Safety Tips:

Riding a bicycle is a major step towards independence and mobility for children and, like walking, is a skill that can be used throughout a lifetime. Supervised practice time on the bicycle is the most important way for children to gain riding and safety skills. It can also instill confidence and create better riders as well as better future drivers who are more aware of bicyclists on the street. Before riding to school, children first need to have sufficient bicycle handling skills, including the ability to:

- Ride in a straight line.
- Ride in a straight line while scanning the situation ahead, behind and to the side.
- Stop quickly using the bicycle's brakes without swerving, falling or colliding with anything.
- Swerve in a controlled manner to avoid a hazard or collision.

When children have these skills, they should learn and be able to demonstrate the following safety behaviors before riding to school:

Preparing for the ride

- Dress appropriately. Wear brightly colored, close-fitting clothing. Tie your shoes and secure long laces and loose pant legs. Do not wear headphones.
- Wear a properly fitted helmet.
- Ride a bicycle that fits. When seated on the bicycle, both feet should be firmly planted on the ground and hands should reach the handlebars.
- Ride a bicycle that is in good condition. Tires should be firm, brakes should prevent tires from rotating when pushed, chain should not droop or be rusty and the seat and handlebars should be tight.
- Do not carry anyone else on the bicycle. A bicycle with one seat is a bicycle for one person.
- Do not carry anything in your hands. Use a backpack, basket or panniers to carry school supplies and books.
- It is best to ride only in daylight. If riding when it is dark, use headlights, taillights and reflectors, and wear bright clothing with reflective material.

During the ride

- Choose the route with the fewest streets to cross. Avoid busy and high-speed streets.
- Before entering the street, look for other vehicles to the left, right, in front and behind.
- Keep paying attention to your surroundings. Watch for other vehicles and hazards, such as potholes and parked motor vehicles, along the route.
- Watch for vehicles turning into or exiting at driveways.
- Stop at all intersections, and check for traffic before crossing. When possible, cross at locations where adult school crossing guards are present. It may be best to dismount and walk your bicycle across large or busy intersections.
- Ride in a straight line with two hands on the handlebar unless signaling.
- Follow all traffic laws, including:
 - If riding in the street, ride in the same direction as motor vehicles, on the right hand side of the street, about two or three feet from the edge.
 - Use hand signals when turning and stopping.
 - Obey traffic signs and signals.
- Always check in front and behind for traffic before changing lanes, crossing intersections or turning.
- If riding on a sidewalk or path, ride slowly and be prepared to stop quickly.

Bicycling Programs and Information:



pedbikeinfo.org

<http://www.pedbikeinfo.org/> : Good source for information for gauging your child's abilities and cognitive skills that allow them to bicycle on the road.



<http://www.bhsi.org/index.htm> : Very good information on bicycle helmets and much more.



<http://www.nhtsa.dot.gov/bicycles> : Bicycle safety tips.

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