

SAFE TIPS FOR WALKING TO SCHOOL



Dear Parents;

Walking to school each day can be part of a good exercise program that keeps your child healthy, fit, and ready to learn. Children who walk to school also help minimize parking lot congestion at our school. We have developed this school walk route to encourage walking and safe pedestrian behaviors.

This school walk route map shows the route for your child to use walking to and from school each day. By following the map, you will be able to find the best route between your neighborhood and the school. Mark the route from your neighborhood to the school with colored pen or crayon.

The walk route plan has been developed based on traffic patterns and traffic controls such as crosswalks, traffic lights, and safety patrol posts. The route limits the number of street crossings children will make and seeks to group children together to increase their visibility and safety. Therefore, the route may not be the shortest way to school, but it is important that children follow the route, even if they have to walk a little farther to do so.

Please help your child become familiar with this route by walking it together. Teach your child to cross the street only at the locations indicated on the map. Practice good pedestrian behaviors with your child when walking the route together by following these safety rules;

- **Teach** children to stop at the curb before crossing the street.
- Walk, don't run, across the street. **Teach** children never to cross diagonally across the street.
- **Teach** children how to cross at corners when crosswalks are not marked.
- Cross at corners, using traffic signals and crosswalks whenever possible.
- **Teach** children the meaning of all traffic signs and markers.
- **Teach** children to look left, right and left again before crossing.
- Cross at least 10' in front of vehicles so you can be sure they see you.
- Make sure drivers see you and have stopped before crossing in front of them.
- Always walk on sidewalks, when possible. If there are no sidewalks, walk facing oncoming traffic and stay as far to the left as possible.
- Watch out for driveways, alleys, or other places where cars may have trouble seeing you. Never dart out between parked cars or from behind bushes.
- Wear white clothing or reflectors when walking at night.
- Encourage children to walk in groups with adult supervision when possible.

Safety patrol members will be posted before and after school at designated crosswalks as indicated on the map. Remember to tell your child to follow the patrol member's instructions.

Together we can work to make your child's walk to school an enjoyable part of his or her day.

BICYCLING SAFETY

Practice and remind children to

- Always wear a helmet that is properly fitted and complies with Consumer Product Safety Commission (CPSC) Standards.
- Ride on the right side of the road or trail in a single file (one bicycle behind another) in the same direction as other vehicles and come to a complete stop before crossing streets.
- Stop completely before crossing railroad tracks and go straight across the tracks slowly.
- Always use proper hand signals when turning and stopping
- Be courteous to pedestrians.
- Use a bicycle bell to alert pedestrian that you are passing (this is effective for preventing crashes).

STRANGER DANGER SAFETY

Remind children:

- Stay with a group.
- If a stranger offers you a ride, say “NO!”
- If a stranger follows you on foot, get away from him or her as quickly as you can. If a stranger follows you in a car, turn around and go the other direction.
- Never leave school with a stranger.
- Tell a trusted adult if a stranger is hanging around the school, playground, or public restroom.
- Leave items and clothing that display your name, so that a stranger can read it, at home.
- If you arrive home alone, call your mother, father, or other trusted adult to let them know you home and all right. Keep the door locked, don't open the door for strangers, and don't tell strangers that you are home alone.
- Never accept things from a stranger.
- If a stranger asks you a question, don't talk. Run away.
- Don't go anywhere with a stranger.