



statewide health improvement partnership

OLMSTED COUNTY PUBLIC HEALTH

WALKING AND BIKING TO SCHOOL

PEDESTRIAN SAFETY TIPS

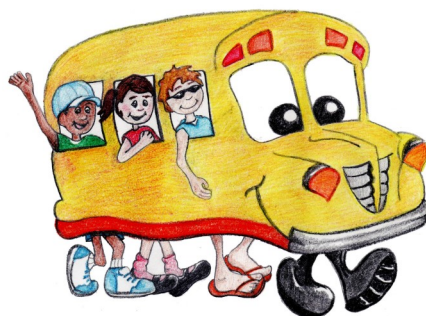
- > Look left, right and left again before crossing
- > Make eye contact with drivers at intersections and driveways to make sure they see you
- > Continue to look both ways for cars while crossing the street
- > Walk with other kids or adults when possible
- > Follow directions from crossing guards and safety patrols
- > Use sidewalks when available
- > If there is no sidewalk, walk on the side of the road facing oncoming traffic
- > Cross streets only at corners or a marked crosswalk where drivers expect you

HABITS OF SAFE BICYCLISTS

- > Check the ABCs of bikes before every ride: Air, Brakes and Chain
- > Always wear a well fitted helmet and reflective clothing
- > Obey all traffic laws
- > Kids under 10 or beginning cyclists can ride on the sidewalk
- > On the street, ride with traffic far to the right
- > Make eye contact with motorists
- > Use a white front light and red back light or reflector
- > Before turning, scan traffic and use hand signals to turn

Walking and biking to school can be a safe and healthy way for students to get to school. Walking or biking keeps children active on a daily basis and helps reduce unnecessary traffic around the school and reduces air quality issues from idling cars. Walking and biking can help children gain independence, learn about the neighborhood and appreciate nature. Studies have shown that physical activity helps children do better in school, with better concentration, classroom behavior and test scores.

We encourage parents to test a route with their children in preparation for their daily trips to school. On this trial run, students can be shown the best places to safely cross the street, and safety tips can be reinforced. To determine the best route from your home, look for routes with sidewalks, stop signs, lower traffic, well marked crosswalks and crossing guards.



Walk to School Video:
<http://youtu.be/Eo8yzi13qsA>

Bike to School Video:
<http://y2u.be/ff8ASbpfZY8>