

# Walking and Cycling Safety

Walking and cycling to and from school is a great way to help children get daily physical activity. Help your children become road ready. Teach them to be aware of their surroundings and to follow these rules:

## Be safe

Children under the age of 10 should walk or cycle with an older student or adult.

- Walk on the sidewalk whenever possible
- A bike is the same as a car and must follow all the rules of the road
- Obey all traffic signs
- Cross at marked crosswalks or traffic lights
- Cross at the start of a green light. Do not cross if you can see the “Don’t Walk” signal or if the light has turned yellow
- Never cross on a red light
- Look at the driver and make eye contact
- Cross after cars have completely stopped
- Watch for cars turning at intersections or in and out of driveways
- Avoid using a cell phone or listening to music- pay attention





**Use the information on the back of this page to teach your children to be safe cyclists.**

# Active and Sustainable School Transportation

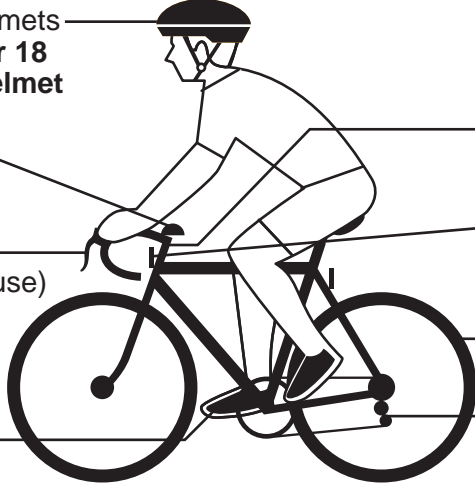


# Bicycle Safety

Use the checklist below to ensure your equipment is safe and is used correctly.  
Remember these safety tips.






Sizing		Age	
			
<input checked="" type="checkbox"/> Can stand clear of frame	<input checked="" type="checkbox"/> Toes can touch ground	<input checked="" type="checkbox"/> Under 10 adult supervision only	<input checked="" type="checkbox"/> 10+ on road only after training

### Safety and Equipment



<input checked="" type="checkbox"/> All riders should wear helmets <b>The law - children under 18 must wear a certified helmet</b>	<input checked="" type="checkbox"/> Use a bike lock
<input checked="" type="checkbox"/> <b>The law - must have a bell or horn</b>	<input checked="" type="checkbox"/> Handlebars and seat tight
<input checked="" type="checkbox"/> Brakes that work (make sure children can use)	<input checked="" type="checkbox"/> <b>The law - must have reflectors</b> <b>White at front red at rear</b>
<input checked="" type="checkbox"/> Wear closed toe shoes	<input checked="" type="checkbox"/> Tires inflated, good tread
	<input checked="" type="checkbox"/> Chain oiled not loose

### Learning

				
<input checked="" type="checkbox"/> Practice stopping	<input checked="" type="checkbox"/> Practice turning	<input checked="" type="checkbox"/> Control speed	<input checked="" type="checkbox"/> Children should <b>NOT</b> ride at night	<input checked="" type="checkbox"/> Know rules of the road

### Signalling

			
Left turn	Stop	Right turn	Alternative right turn