

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

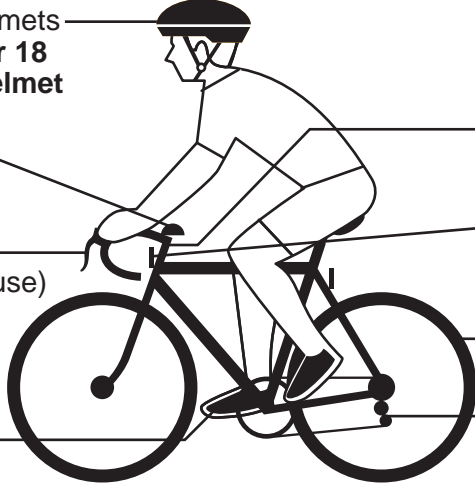


Bicycle Safety

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



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

Signalling

			
Left turn	Stop	Right turn	Alternative right turn

