

Getting to School Safely

By Walking — Crossing the Street

1. Walk to school with a group of kids and always have a responsible adult walk with you.
2. Always walk on the sidewalk if one is available.
3. If no sidewalk is available, walk facing the traffic.
4. The safest place to cross is at a street corner or intersection.
5. If you are 10 years old or younger, you need to cross the street with an adult. You should not cross by yourself. Ask an adult to tell you who can help you cross the street.
6. Before you step off the curb to cross the street, stop and look left-right-left to see if cars are coming. Do you know your left from your right? If you do, that is great! If you don't, here is a hint: when you hold your left hand up, your thumb and first finger will make the letter "L," and that stands for "left."
7. When no cars are coming, it is safe for you and an adult to cross. But look left-right-left as you do it, and hold the adult's hand.



By Riding Your Bicycle

1. The best and smartest bicycle riders always wear their bicycle helmets! They know that bicycle helmets will keep their heads and brains safe. Are you one of the best and smartest riders?
2. Ask an adult to make sure that your helmet fits correctly. The helmet should fit low on your forehead so that two fingers fit between it and your eyebrows. Another way to check is to put the helmet on your head and look up. If you can't see your helmet, it is too far back.
3. To ride safely, you need to know the rules of the road. Do you know what "the rules of the road" are for bicycles? If you don't, then you should not ride in traffic or without an adult.
4. When you ride your bicycle, wearing a helmet helps to keep you safe. You should also wear bright colors during the day, and right before the sun rises or sets. This makes it easier for drivers to see you, and that helps to keep you safe, too.



5. Riding at night can be dangerous. If you have to ride your bicycle at night, you should ride with an adult. You should also have a white light on the front of your bicycle and a red reflector on the back. You can also get lights and reflective materials to put on your shoes, helmet and clothing. When light hits this material at night, it glows and makes it easier for a driver to see you!
6. Practice makes you more skilled at riding your bicycle. The more skilled you are at riding, the less likely you will be to crash. Practice riding skills in an empty parking lot or a place with no traffic. Practice such things as riding in a straight line, looking over your shoulder, signaling with your hands, and starting and stopping.

