



MAKE YOUR WALK TO SCHOOL A SAFE ONE!

Here are some tips for parents and students to ensure walkers and cyclists are getting to and from school safely throughout International Walk to School Month 2009:

TIP 1: ALWAYS ASK YOUR PARENT(S) or GUARDIAN IF IT IS OKAY TO WALK or BIKE TO SCHOOL

- ☛ Depending on the street you live on, how far away from the school you are, and how old you are, it may be best to have a parent walk with you to school. Try and catch or coordinate a Walking or Cycling School Bus on your street! If you live too far to walk or bike all the way, have your parent or guardian drop you off a few blocks away from school.

TIP 2: HAVE A PARENT or GUARDIAN WALK or BIKE WITH YOU TO ESTABLISH YOUR SAFE ROUTE

- ☛ Have a parent or guardian walk or bike with you to establish your safest route to school. This will help you become familiar with your community and to gain confidence using your traffic safety skills.

TIP 3: WALK or BIKE WITH YOUR FRIENDS

- ☛ There is safety in numbers. Ask your parent or guardian to check with other caregivers on your street to see if there are any other kids walking or biking to school. If there are, you could join in and form your own 'Walking or Cycling School Bus' with a volunteer parent or guardian guiding everyone to school to ensure your safe arrival.

TIP 4: TIPS FOR SAFE KIDS ¹

- ☛ Ask your parent(s) or guardian to teach you the 'rules of the road'.
- ☛ Get help crossing the street and cross where there are school patrols. They are there to help you.
- ☛ Obey the crossing signals and cross only when clear.
- ☛ Be extra alert at intersections without lights.
- ☛ Know the stopping zones; always stop at driveways, alleys and areas without curbs and never run onto the street.
- ☛ Always walk on the sidewalk when there is one. If there are no sidewalks, walk as far away from the road as possible and walk facing the approaching traffic.

¹ Source: Safe Kids Canada, *Community Action Kit for Pedestrian Safety*, 2002. www.safekidscanada.ca