

June 4th
Commuter Challenge
2008

WALKING and CYCLING SAFETY TIPS

Here are some tips to share with parents and students to ensure walkers and cyclists are getting to and from school safely on Clean Air Day:

TIP 1: ALWAYS ASK YOUR PARENT(S) 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 or to participate in a planned Walking School Bus. If you travel alone, make sure someone responsible knows the route you are planning to take.

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

- Have a parent walk or bike with you to establish what is the safest route to school. This can help you outline the potential traffic hazards in the area and help you recognize key landmarks to help you find your way.

TIP 3: WALK OR BIKE WITH YOUR FRIENDS

- There is safety in numbers. Ask your parent to check with other parents 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/Cycling School Bus' with a volunteer parent walking or biking with everyone to school to ensure your safe arrival.

TIP 4: TIPS FOR SAFE KIDS ¹

- Ask your parent(s) to teach you the 'rules of the road'.
- Get help crossing the street and cross where there are school patrols or marked crosswalks. 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.



The Winnipeg Commuter Challenge and the Clean Air Day Walk to School are components of the Manitoba Active and Safe Routes to School Program.
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