

Walk, bike, skate, scoot, carpool... more!



Park and walk to school at least 3 blocks each week & help build healthier, safer communities

## SMALL STEPS BIG DIFFERENCE

Walking and biking to school does not necessarily mean door-to-door or even everyday. Each block and every day not driven can make a big difference.

### THE BENEFITS OF WALKING & BIKING

- More active, healthier children
- Reduced traffic and pollution around schools
- Developing more community awareness
- Teaching life-long habits in safety and responsibility

The City of Culver City's Safe Routes to School Program along with the Culver City Unified School District encourages children and families to walk, bike, skate, scoot and carpool to school more often. *For more information please visit* 

www.ccWalkAndRoll.com

#### TIPS FOR KIDS: WALKING SAFELU

- CROSS AT CROSSWALKS AND INTERSECTIONS Cross at corners and marked crosswalks whenever possible.
   Follow directions of the crossing guards.
- LOOK BEFORE YOU CROSS Always look left, right and left again before stepping off a curb. Be sure to make eye contact with drivers before crossing.
- **BE VISIBLE** Wear bright or reflective clothing and walk with buddies when possible.
- WALK SAFELY Walk on sidewalks and use caution at driveways and alleyways. If there is no sidewalk, walk facing traffic as far to the side of the road as possible.



# TIPS FOR KIDS: BIKING SAFELY

- ALWAYS WEAR A HELMET Helmets will not only help protect you from serious injury, but in California if you are under 18, you must wear a helmet while riding a bicycle. Be sure your helmet fits properly and straps are fastened.
- BIKE SAFE, BIKE SMART Ride on the right, with traffic. Signal your intentions to other drivers and don't weave in and out of parked cars. Children under the age of 12 should ride on the sidewalk. Be sure to yield to pedestrians.
- LOCK YOUR BIKE Choose a sturdy lock (preferably a u-lock) and be sure to lock your bike to an established bike rack.
   Lock your frame and at least one wheel to the rack.

## SAFETY TIPS FOR PARENTS AND GUARDIANS

Follow these guidelines when driving in school zones to help keep our school zones safer:

- RESPECT THE SCHOOL ZONE Reduce your speed to 20 mph or less and obey all traffic laws.
- SET ASIDE DISTRACTIONS electronic devices, radio, etc.
- PARK IN LEGAL PARKING SPACES, avoid double parking or blocking neighbors' driveways.
- DROP YOUR CHILDREN OFF ONLY AT CURBS.
- WATCH FOR CHILDREN Stop for pedestrians in crosswalks and at intersections; follow your school's drop off and pick up procedures; follow instructions from crossing guards.
- CONSIDER CARPOOLING Creating a carpool with neighbors or classmates helps reduce the number of vehicles coming to and from school each day.



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