


Route Information

-  School
-  Shuttle Bus Stops
-  School Crossing Guard
-  Park
-  Stop Signs
-  Existing Sidewalk

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Produced by: Lawrence-Douglas County MPO

SAFE ROUTES TO SCHOOL

WHAT IS ACTIVE TRANSPORTATION?

Using your body to get somewhere, including:

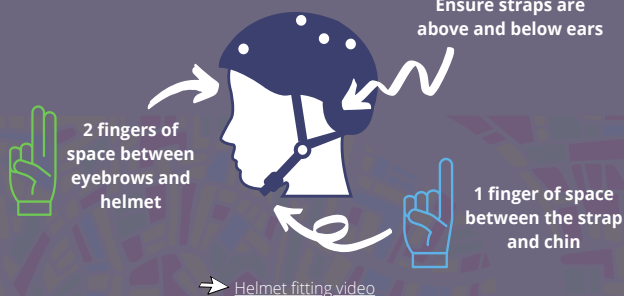
- Biking
- Walking
- Wheeling: Skating, skateboarding, using a scooter or wheelchair

WALKING, WHEELING, AND BIKING SAFETY TIPS



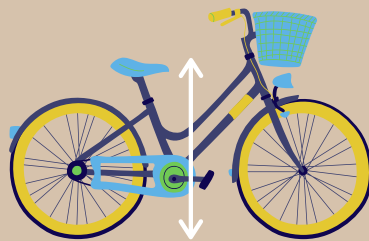
- If you're under 10, have an adult or someone over 10 with you
- Be seen! Wear bright, reflective clothing
- Be alert! Put away your phone and headphones
- Walk or wheel on the sidewalk when possible
- If there isn't a sidewalk, walk on the left side of the road so you can see cars coming toward you
- Bike on the right side of the road in the same direction as the cars when biking on the street
- Use bicycle lanes where available and if you're comfortable riding closer to traffic
- Bike on the sidewalk if you're not comfortable on the road. Make room for people walking. Always ring a bell or yell "on the left" to let others know you are approaching from behind.
- Use hand signals when biking so cars know if you're turning or stopping
- Watch for cars backing out of driveways, parking spots, and turning at intersections
- Lock your bike when you get to your destination

[Walking Safety Resource](#) - [Biking Safety Resource](#)



HOW TO CHOOSE THE RIGHT SIZE BIKE: ELEMENTARY SCHOOL

CONSIDER:
SEAT HEIGHT + CHILD'S INSEAM + RIDING ABILITY



CHECK YOURSELF BEFORE YOU WRECK YOURSELF: BIKING CHECKLIST

- ✓ Helmet fits right and hair is pulled away from your face
- ✓ Wearing tennis shoes or other close-toed shoes. Shoelaces are tied.
- ✓ Reflectors and lights on the front and back of my bike when riding in the dark
- ✓ I've done my ABC's:
 - Air: Tires are full of air
 - Brakes: Brakes are working
 - Crank and chain: Spin the pedals and cranks to see if the chain drives the back wheel. Make sure the chain doesn't have rust. Check that the gear levers work.
 - Check: Seats and handlebars are tight and the bike is at a comfortable height. Do a short test ride to double check everything.
- ✓ My pants are rolled up so they don't get caught in the bike chain

HOW TO CROSS THE STREET



- Look for a cross walk, crossing guard, or traffic light. These are the safest places to cross the street.
- Stop before crossing the street, entering a road, or turning
- Look up and make sure drivers see you
- Look left, right, left, behind, and in front of you for cars or other people
- After traffic has stopped, walk confidently across the street, make eye contact with drivers, and wave to thank them for stopping



SEASON READINESS CHECKLIST:

- ✓ Wear clothes with the weather in mind
- ✓ Wear layers to prevent heat loss. Put away layers as you warm up.
- ✓ Choose shoes that keep your feet dry.
- ✓ Wear a jacket that deflects wind, rain, or snow
- ✓ Put a shower cap or bag over your bike seat to keep it dry when you're not riding
- ✓ Ask for hats, gloves, and other winter wear at your school student services office



BENEFITS OF BIKING, WALKING, OR WHEELING TO SCHOOL

- Stronger bones, muscles and joints
- Counts toward the recommended 1 hour of daily physical activity
- Helps with staying focused in class
- Kids develop responsibility and independence
- It's a fun way to make friends
- Cleaner air because there are fewer cars on the road and near schools
- Families save money on gas

Direct questions to
saferoutes@ldchealth.org

