## WALKING TIPS

### Pedestrians have the right of way, at:

- Any marked crosswalks, whether they are at the corner or mid-block
- Street corners, even without a painted crosswalk
- Green "Walk" signals

### Drivers, give pedestrians a "brake".

- Stop for pedestrians who are ready to cross the street at a corner or crosswalk.
- When making a right hand turn on a red light, stop and look for pedestrians.
- Do not pass a vehicle that has stopped at a crosswalk. A pedestrian you cannot see may be crossing the street.
- Know the posted speed limits around the school.

### Pedestrians, be safe.

- Make eye contact with drivers and don't cross in front of drivers who aren't looking, even if you have the right of way.
- Always stop at the edge of the street before crossing.
- Look in all directions for any moving vehicles before walking into the street.
- Teach your kids about safe behavior around cars. Do not walk between parked cars on the street.

### Get your neighborhood walking.

- Walking with others improves your safety. The more pedestrians who are visible, the safer your streets become.
- Walk with your family, friends, neighbors or pets around your neighborhood.

### Too far from school? Walk part of the way.

- Join a carpool and walk with your child to the carpool pickup point.
- Park farther away from school and walk with your child from there.
- Use the school's alternate drop-off points.
- Participate in walk to school events.

## WALKING BENEFITS

- Exercise is good for the body AND the brain! An active start to the day improves concentration, creativity and problem-solving abilities - for kids and adults.
- Avoid the congestion of the dropoff/pickup area and enjoy time walking with your children.

## BIKING TIPS

### Know the rules of the road.

- Bicyclists must obey traffic signals and stop signs, just like drivers.
- Bicyclists under 18 must wear a helmet.
- Bicyclists must ride in the same direction as vehicle traffic.
- Bicyclists have the right to ride in the center of a lane when they are moving as fast as other traffic. They can move left into the roadway when avoiding hazards, making turns, and when the roadway is too narrow for cars to pass them safely.
- To ride after dark, bicycles must be equipped with a front lamp and reflectors.

### Know your bike.

- Learn how to:
  - Start, stop and turn your bike
  - Ride in a straight line
  - Keep your balance at slow speeds
  - Check over your shoulder without swerving
- Learn basic bicycle maintenance and check your bike before you ride.
- Learn how to wear a helmet to provide the best protection.

### Be visible, be predictable, be alert.

- Anticipate driver actions and make eye contact with drivers.
- Signal and look behind you when making turns.
- Ride where drivers can see you.

### Develop biking skills.

- It may take time to become more comfortable and confident riding in traffic.
- Bicycle interest groups offer classes and instructional materials for riding safely.
- Help organize a "bike rodeo" or similar event to teach kids to bike safely.
- Bike with your family.

## BIKE INSTRUCTION RESOURCES

- Bike Safe California
  http://bikesafecalifornia.org/
- League of American Bicyclists "Tips for Commuters"
  http://www.bikeleague.org/resources/better/commuters.php
- The Bicycle Tree (bike repair workshops)
  http://www.thebicycletree.org/

# Suggested Routes to School

## Fred Newhart Middle School

Suggested Routes to School

School Attendance Boundary

1/2 Mile From School **

3/4 Mile From School **

Existing Parking / Dropoff Location

Marked Crosswalk

Marked Crosswalk with Crossing Guard

Existing Stop Controlled Movement

Traffic Signal

OCTA Bus Stop

Multipurpose Trail

Class II Bike Lane

Speed Hump / Traffic Calming

*** 1/2 mile from school*

- 20 minute walk
- 10 minute bike ride

*** 3/4 mile from school*

- 30 minute walk
- 15 minute bike ride