



Safety Tips for Walking, Running and Biking

1. Walk or Bike Together Safely

- ☆ Always walk or bike with a parent or a friend.
- ☆ When walking, use safe routes with sidewalks.
- ☆ If no sidewalk available, walk on the left side of the street (facing traffic).

2. Be Bright! Be Seen!

- ☆ Wear bright color clothing or reflective materials so others will see you.
- ☆ Use lights and reflectors on your bike.

3. Watch Out!

- ☆ Be aware of cars that are turning or backing out of driveways.
- ☆ Make eye contact with drivers.

4. Cross Safely

- ☆ Cross at a crosswalk or a corner.
- ☆ Look both ways and make sure there are no cars coming before you cross.
- ☆ Keep looking for traffic until you finish crossing.

5. Follow the Rules!

- ☆ Obey all traffic signs, signals and crossing guards when walking or biking.
- ☆ Always wear your helmet, even if going for a short ride.