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.