

It's fun to walk and wheel to school!



Walking, rolling and biking to school are healthy and fun ways to get to school. Plus, being active before school is proven to help kids learn and stay alert in the classroom.

Use the tips below to help you enjoy your trip to school and stay safe:

- Plan and practice your route.
- Know your family's phone number and safe places along the way.
- Wear clothing and gear that help you stay comfortable and safe.
- Travel with a trusted grown-up or in a group.
- Use sidewalks or paths or walk on the left side of the street facing traffic if sidewalks are missing.
- Walk or roll at a safe speed to stay alert for any obstacles.
- Stop, look and listen whenever you reach an edge along your path.
- Cross the street at places like painted crosswalks and intersections.
- Look and listen left, right, left, and behind before crossing.
- Follow all signs and signals.
- Pay special attention at driveways and in parking lots.
- Make sure you can see drivers which can help them see you.
- Try making eye contact or wait to cross if you aren't sure whether a driver sees you.

Additional tips for kids on wheels:

- Ride on the sidewalk (with caution) until approximately 10 years of age.
- When sidewalks aren't present or when transitioning to the street, remember that bikes are vehicles and bicyclists must follow the same rules of the road as drivers, for example, riding with the flow of traffic.
- Check that your bike is safe to ride with the ABC Quick Check (Air, Brakes, Chain, Quick releases)
- Avoid loose clothing, wear secure shoes and tie shoelaces.
- Slow down and yield to people walking or using a wheelchair.
- Pass others on the left and ring a bell or announce, "On your left!"
- Practice using hand signals before turning.
- Walk your bike whenever you feel unsafe riding.
- Use lights at night or when visibility is poor.
- Bring a lock to secure your bike at your destination.
- For extra visibility, you can wear a bright shirt, reflective material, or attach a flag to the rear of a bike.

All about helmets

We can never predict a crash, so no matter how short your ride or how confident you are on a bike, it's always important to wear a properly-fitted helmet. This Two-Finger Test will help you find the safest fit:



1. Place two fingers between your eyebrows and the helmet so your forehead is protected.
2. Place two fingers below each ear in a "V" shape. This is where the straps should go with the buckle underneath each earlobe to keep the helmet from moving from side-to-side.
3. Place just two fingers between your chin and the strap so the helmet stays on snugly.

Make sure your helmet has a Consumer Product Safety Commission (CPSC) sticker and to replace a helmet immediately after a crash or every three to five years.

To learn more about walking, rolling and biking to school, visit Bicycle Colorado's education page at www.bicyclecolorado.org/initiatives/bike-school/.