



Bike Safely

Wear your helmet and buckle it every time. It's the law. To best protect your brain, your helmet must fit properly: snug and level on your head, just above your eyebrows.

Be predictable. Avoid crashes as well as traffic tickets by following the same rules of the road that apply to car drivers when riding your bike. This includes obeying ALL stop signs and traffic signals, as well as yielding to pedestrians.

Be visible – ride on the right, moving in the same direction as traffic. Drivers will not see you if you are riding wrong way, weaving in and out of parked cars, or riding on the sidewalk.

Be alert. Watch out for drivers turning left or right, or cars coming out of driveways. Avoid doors being opened in front of you by riding out of the door zone.

Make eye contact with drivers at intersections and driveways. Watch for right-turning cars by checking over your left shoulder. Don't assume that drivers see you!

You always have the option of getting off your bike and becoming a pedestrian. This is a good choice at crowded intersections. Move out of the stream of traffic, get off your bike and walk it across in the pedestrian crosswalk.

Obey adult crossing guards or the safety patrol. They are there to help you cross congested intersections safely.

Do NOT carry things in your hands while biking. Secure anything you need to carry on your bike rack or basket. Keep your backpack snug, not dangling low on your back.

Walk or Skate Safely

Be alert. Look for cars coming from all directions before entering the street – including from behind you.

Don't assume drivers see you! Make eye contact - especially at intersections and driveways.

Obey adult crossing guards or the safety patrol. They are there to help you cross congested intersections safely.

Be predictable. Do not make sudden moves which place you in the path of oncoming vehicle traffic. Wait until it's your turn at traffic signals.

Cross at corners. This is where drivers expect to see you. Crossing mid-block is hazardous as well as being illegal near traffic signals.

At intersections with traffic signals, start crossing with the white WALK symbol only. Do not begin to cross once the red flashing hand appears -- wait for the next light cycle.

PARENTS: Help your student learn how to share the road safely.

Help your child choose the best walking or cycling route -- it may not be the same way you would drive in a car!

Children who regularly practice safe walking and biking skills when young are more likely to make safer choices as teenagers.

Drive Safely

Always observe the 25 mph maximum speed in school zones.

Be aware of school commute routes. Children walking or biking to school help reduce traffic congestion – give them a brake and use extra caution. Young children think drivers can stop instantly, and may not be able to judge speed or distance of vehicles moving toward them.

Obey “No Right Turn on Red” signs where posted at school intersections. This allows students to cross safely without cars turning through the crosswalk.

Set a good safety example by following instructions of crossing guards. Also:

- Yield to pedestrians in crosswalks.
- Avoid making U-turns and other unsafe maneuvers.
- Never double park. Avoid blocking red curbs or disabled access ramps.
- Make sure your child gets out of your car on the curb side, not near traffic.
- Use booster seats to make adult seat belts safer for children younger than 8 years old or under 4'9" tall.

Try to carpool whenever possible to help reduce traffic congestion near schools.

Don't take risks if you are running late. Leaving home a little earlier is a safer choice.

Report ALL crashes involving students to the PAPD at 329-2413, even if there are no injuries. Also contact your school office to fill out the PAUSD incident report form.

For more safe routes to school information, see the PTA Council Safe Routes web site:
<http://saferoutes.paloaltopta.org>