



Pedestrian Safety Tips for Families

SIDEWALKS

- If there is a sidewalk, use it! Walk on the inside edge so you are less exposed to vehicles.
- If there is no sidewalk, walk facing traffic so that you can see oncoming vehicles.
- Watch for cars at driveways and back lanes.

CROSSING THE STREET

- Always cross at a road intersection or crosswalk- never cross a street mid-block.
- Stop at the curb, and stay one giant step away from the road edge when waiting to cross the road.
- Walk, don't run across the intersection.
- To cross safely at an intersection without lights –
 1. If traffic is **light**, wait until all cars have passed or there is a long enough gap to cross safely.
If traffic is **heavy**, extend an arm to indicate your desire to cross and wait for cars to stop.
 2. Once all vehicles have stopped look left, right and left again before stepping into the road.
- Always check to make sure vehicles have actually stopped - that includes when at signals and lights.

SEE AND BE SEEN

- Make eye contact with the driver and make sure the vehicle is stopped before crossing the road.
- When crossing a multi-lane road, make sure that vehicles in all lanes are stopped before crossing.
- Wear clothing and accessories with bright colours, and reflective materials in low light conditions.

LAST BUT NOT LEAST

- Buddy up: it is safer and more fun walking to school with a parent or friend.
- Keep your ears open: if you are listening to music, remove an ear piece before crossing the street.
- Parking lots and drop-off zones require special attention – vehicles often move without warning.



School Zone Tips for Drivers

Families who are unable to walk to school can still contribute to improved traffic safety and healthy schools –

- Drive lawfully, safely and without distraction. Your driving behaviour is a key model for your children.
- If possible, park legally on a street away from the school and walk the last few blocks with your children.
- During pick up and drop off times, don't idle your vehicle. Idling contributes to poor air quality in the school zone, which negatively impacts student health.

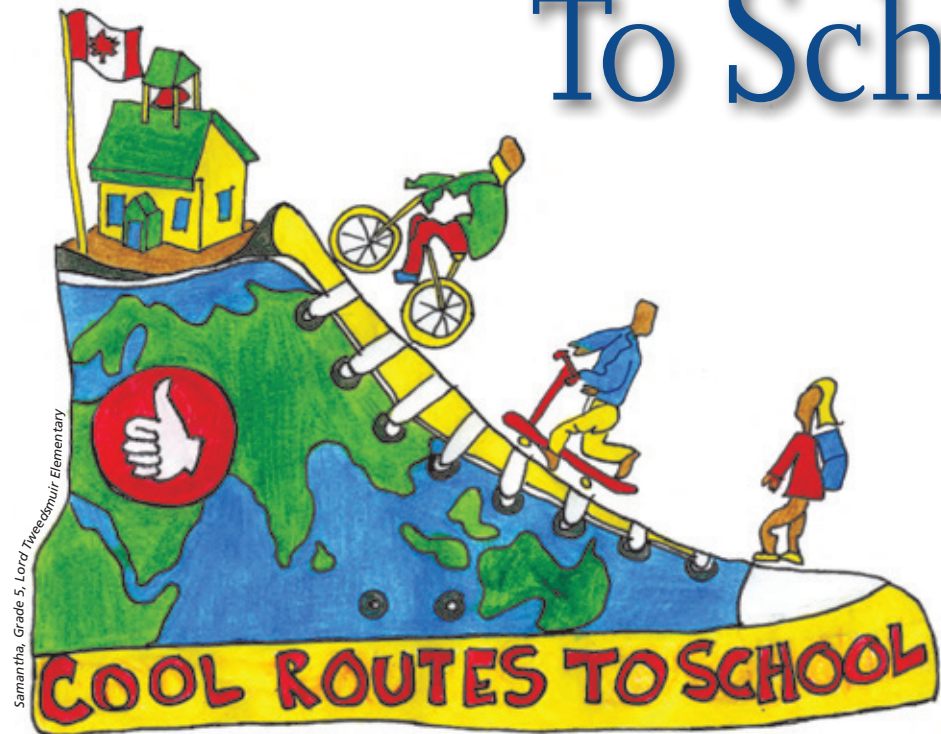


Road Rules for Cyclists

- Ride single file and as far right to the right hand side of the road as practicable. Always leave one doorlength of space when riding next to parked cars.
- Wear your helmet when riding - it's a law to protect your brain.
- Be aware when riding: keep your eyes and ears open.
- Communicate with other road users –
 1. Make eye contact with drivers and pedestrians.
 2. Alert pedestrians and other cyclists when you are passing. You can use your voice, but a bell works best!
 3. Use your hand-signals when turning, slowing down or stopping.
- Follow all posted traffic signs and obey all traffic laws.
- Wear light or bright coloured clothing, and use lights and reflectors in low-light and at night.



Best Walking Routes To School



Samantha, Grade 5, Lord Tweedsmuir Elementary

Queen Elizabeth
Elementary School



BENEFITS FOR CHILDREN

Active children build healthy muscles and bones, experience better self esteem and less stress, perform better at school, reduce their risk of developing chronic disease, and form lifelong positive associations with physical activity and healthy living. Young children are most susceptible to the effects of poor air quality that is often at its worst inside a vehicle.



BENEFITS FOR FAMILIES

Time spent walking together gives families an opportunity to connect without distractions. Parents get an opportunity to model good pedestrian behaviour and affirm the benefits of regular physical activity.



BENEFITS FOR COMMUNITIES

More people walking means improved safety for all - pedestrians, cyclists and people in cars. Children active and comfortable outdoors is an indicator of a safe and healthy community.



BENEFITS FOR THE EARTH

Vehicle emissions are individual Canadians' greatest source of green house gas emissions, and the largest cause of poor air quality in BC. Every vehicle trip replaced by walking reduces our contribution to climate change.

Find more information about active trips to school and pedestrian safety at –

www.hastebc.org
www.saferoutestoschool.ca

For cycling information, education and advocacy, check out the **Vancouver Area Cycling Coalition** –

www.vacc.bc.ca

For transportation issues specific to your community, contact the **City of New Westminster** –

www.newwestcity.ca

Legend



Best Walking Route



Meeting Place for Group Walking



Park and Walk
(for families without direct pedestrian access)



Bus Route / Stop



Fire

