

Safe Routes to School Tips

Exercise makes families healthier!

Your doctor has suggested walking and biking to school as a healthy way for your child to integrate exercise into their day.



Safe Biking

- Be safe: Wear your helmet and buckle it every time. To best protect your brain, your helmet must fit properly: snug, level, and low.
- Be predictable: Ride with the flow of traffic. Obey all stop signs and traffic signals. Ride in a straight line, outside the “door zone.” Signal your turns.
- Be alert: Look ahead for hazards. Watch for drivers turning or coming out of driveways. Avoid texting and phone calls while biking.
- Be courteous: Pedestrians have the right of way on sidewalks and shared paths. Ride slowly, keep to the right, and pass on the left. Give an audible warning when you pass.
- Be visible: Use a bright headlight and taillight at night.



Safe Walking

- Be safe: Don’t assume drivers see you. Make eye contact before crossing intersections. If there is no sidewalk, walk on the side of the street facing traffic as far from motor vehicles as possible.
- Be predictable: Cross at crosswalks and corners.
- Be alert: Look for cars coming from all directions (including behind you) before entering the street.



Safe Driving in School Zones

- Be safe: Slow down and use extra caution in school zones and along commute routes. Obey crossing guards and “No Right Turn on Red” signs. Yield to pedestrians.
- Be predictable: Signal your turns. Avoid making U-turns and other unsafe maneuvers. Never double-park or block access ramps. Follow school drop-off and pick-up guidelines.
- Be alert: Avoid texting, phone calls, and other distractions while driving.

For more information, maps, and educational resources, or to volunteer to get your school walking and biking, contact the programs in your city on the back of this flyer.

Local Safe Routes to School Contacts

City of Palo Alto Safe Routes to School

www.cityofpaloalto.org/saferoutes
<http://saferoutes.paloaltopt.org>
saferoutes@cityofpaloalto.org

City of Los Altos

<https://www.losaltosca.gov/completestreets/page/safe-routes-school>
jrodriguez@losaltosca.gov

Los Gatos Union School District Safe Routes to School

https://www.lgusd.org/apps/pages/index.jsp?uREC_ID=219608&type=d&pREC_ID=720956
kbriones@lgusd.org

Parents for Safe Routes Menlo Park

<https://www.parents4saferoutes.org/info@parents4saferoutes.org>

Menlo Park City School District

<http://district.mpcsd.org/Page/125>
district@mpcsd.org

Menlo-Atherton High School

<http://www.mabears.org//Students/M-A-Green-Corner/Suggested-Biking--Walking-Routes/index.html>
bbachechi@seq.org

City of Mountain View

[http://www.mountainview.gov/depts/pw/transport/gettingaround/suggested_routes_to_schools_\(verbs\).asp](http://www.mountainview.gov/depts/pw/transport/gettingaround/suggested_routes_to_schools_(verbs).asp)
SafeMovesMountainView@gmail.com

Ravenswood School District

<http://www.ravenswoodschools.org/Students--Parents/Safe-Routes-to-School-Program/index.html>
ernesto@bikesiliconevalley.org

City of Redwood City

<http://www.rwc2020.org/projects/safe-routes-to-school/>
mreeves@redwoodcity.org
rwc2020@gmail.com

San Mateo County Safe Routes to School

[http://www.smcoe.org/learning-and-leadership/safe-and-supportive-schools/safe-routes-to-school-\(sr2s\)/](http://www.smcoe.org/learning-and-leadership/safe-and-supportive-schools/safe-routes-to-school-(sr2s)/)
tvkelly@smcoe.org

Santa Clara County Public Health

<https://www.sccgov.org/sites/phd/hi/trafsafe/Pages/saferoutes.aspx>

How to Fit Your Bike Helmet!

English: <https://www.cityofpaloalto.org/civicax/filebank/documents/53520>
Spanish: <https://www.cityofpaloalto.org/civicax/filebank/documents/53617>
Chinese: <https://www.cityofpaloalto.org/civicax/filebank/documents/62725>