Please read these Walking & Cycling Safety Tips with your child/children, then use the map to plan your trip and practice these SUPER street SMARTS.

**Sidewalks:** If there is a sidewalk, walk on it! Stay on the inside edge, and stand back from the curb when waiting to cross the street. If there is no sidewalk, walk facing traffic so that you can see oncoming vehicles.

**Music:** If you are listening to music, remove an ear piece before crossing the street or walking in less populated areas.

**Attention:** Watch out for moving vehicles at driveways, back lanes, and in parking lots.

**Road Crossing:** Always cross at a road intersection or crosswalk if available. At an intersection without lights make eye contact with the drivers in all lanes, to make sure you are seen. Be bold, extend your arm to indicate you want to cross!

**Team-Up:** It is safer and fun to walk to school with other family members or friends.

** Stranger-aware:** On no account should you ever go off with a stranger. Practice and remember a special family password if walking with other adults. With your family, identify safe places at which to ask for help.

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"SUPER" Cycle Safety

**Signs:** Use your hand-signals when turning, slowing down or stopping. Follow all posted traffic signs and obey all traffic laws.

**Urban Awareness:** See and be seen! Be aware of your surroundings and always leave one door length of space when riding next to parked cars. Wear light or bright coloured clothing, and use your lights and reflectors in low-light and at night.

**Protection:** Wear your helmet when riding – it’s a law to protect your smart brain.

**Eye Contact:** Communication is key! Making eye contact with other road users such as drivers and pedestrians will increase safety for everyone.

**Right hand side:** Ride single file and as far to the right hand side of the road as practical.

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**Why Walk or Bike to School?**

**Benefits for Students**

**Being Active Builds Healthy Bodies and Minds.** Taking an active journey to school is not only a great way to stay healthy and active but has also shown to increase alertness and student grades.

**Family and Friend Time**

**Time Spent Walking Together** allows families and friends to connect without stressful distractions. It is a time to unwind, play or share stories about each other’s day.

**Community Connectedness**

**Know Your Community.** Walking and cycling is a great way to meet neighbours and learn about dangerous and safe places to play and travel. Allowing children to explore outside a car increases their community awareness, safety, and teaches lessons of life-long value.

**Care for Our Earth**

**Vehicle Emissions Are the Largest Cause of Poor Air Quality in BC and are Individual Canadians’ greatest source of green house gas emissions.** Every vehicle trip replaced by walking reduces our contribution to climate change.

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**Traffic Circle Tips**

Did you know traffic circles help reduce vehicle speeds and collisions?

**Walking:** Never walk across the traffic circle island. Cross each road carefully from road edge to road edge, in a marked crosswalk if there is one. Don’t forget: make eye contact with drivers before you begin crossing!

**Cycling:** Be assertive — it is very important to approach the traffic circle in the centre of your lane (like a car would). This helps you be visible and discourages vehicles trying to pass you while in the circle. Or you can dismount your bike and cross like a pedestrian would.

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**Driver Awareness**

**Drive Lawfully, Safely and Without Distraction.** Remember if you need to drive, other families and students are walking and cycling on the same streets. Slow down and use caution when driving in the school zone. Together we can make it safer for everyone.

**U-Turns Are Illegal in a School Zone.** They are dangerous; creating many blind spots in an area where there are many young walkers and cyclists.

**Don’t Idle Your Vehicle** during pick-up and drop-off times. Leaving your engine on contributes to poor air quality in the school zone, with negative health impacts to students breathing in the fumes.

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**Find more information about safe, active trips to school**

HASTE BC: www.hastebc.org

Twitter: @HASTEBC

Facebook: HASTeBC

National: www.saferoutestoschool.ca

City of Surrey: www.surrey.ca/transportation