

Walking and biking

When we walk or ride bikes to school, we're:

- Cutting down on pollution.
- Getting good exercise.
- Cutting down on traffic.
- Having fun!



Choosing your route

Ask your parents to help you pick a safe route to school, one that avoids dangers. Use this map as a guide.

Select a walking route with less traffic and fewer intersections.

- Pick places where there are sidewalks or paths separated from traffic. If there are no sidewalks or paths, walk as far from the motor vehicles as possible and, if possible, on the side of the street facing traffic.
- Limit the number of street crossings. When available, cross at a location with an adult school crossing guard.
- Avoid crossing busy or high-speed streets.

Stick to the route you picked with your parents. Don't let friends talk you into shortcuts that are more dangerous.

Stay safe on your way

- Walk or bike with a friend when possible.
- Wear bright-colored clothes, and carry flashlights or wear reflective gear if it is dark or hard to see.
- Always wear a helmet when riding your bike.
- Look for traffic at every driveway and intersection.
- Be aware of drivers in parked cars that may be getting ready to move.
- Never pull out into traffic from between two parked cars.
- Obey all traffic signs and signals.
- When you are near the street, don't push, shove, or chase each other.
- Never take rides from people not arranged by your parents.
- Talk to your parents or teacher about any bullying that may happen on your route.
- Cross the street safely:
 1. Stop at the curb or edge of the street.
 2. Look left, right, left and behind you and in front of you for traffic.
 3. Wait until no traffic is coming and begin crossing.
 4. Keep looking for traffic until you have finished crossing.
 5. Walk, don't run across the street.



Newton Safe Routes to School

Northridge
Elementary



Safer Routes to School: Newton, Kansas Kansas Department of Health & Environment

