

# Safety Tips for Walking and Biking

## Use the Crosswalk

Always cross at corners or at a marked crosswalk. This is where drivers expect to see you.

## Look and Listen before You Cross

Look left, right, and left again before crossing a street or driveway. Look over your shoulder for turning cars. Listen for oncoming cars that may be behind a parked car, tree, or other obstacle.

## Make Eye Contact

Don't assume that people driving see you. Make eye contact with people driving before leaving the curb or edge of the street.

## Be Visible

Wear bright colored clothing or reflective gear. Bright colors are more visible during the day and light colors are more visible in the evening and night. Carry a flashlight to be sure you're seen. Be aware of seasonal time changes.

## Use Sidewalks when Available

Walk facing oncoming traffic if there is no sidewalk so you can see what is coming toward you.

## Follow the Rules

Follow directions from crossing guards and pay attention to traffic signs and signals.



## Be Predictable

Obey all stop signs, traffic signals, and guidance from crossing guards. Never ride against traffic. Use hand signals to tell other road users where you're going. Decide as a family or group whether to ride on the street or sidewalk.

## Be Alert

Watch out for people driving turning left or right, or coming out of driveways. Avoid car doors opening in front of you and yield to pedestrians. Don't wear headphones or use a cell phone while biking.

## Wear Your Helmet

Make sure that it fits properly: snug and level on your head, just above your eyebrows.

## Be Visible

Wear bright colored clothing or reflective gear. Bright colors are more visible during the day and light colors are more visible in the evening and night. Use a front bike light and rear reflector to be sure you're seen.

## Make Eye Contact

Make sure drivers see you, especially at intersections and driveways.

## Lock Your Bicycle

When you get to school, lock your bike to a bike rack on school grounds. Lock both your front wheel and the bike frame to the rack.



# 安全提示 为了

## 步行 和骑自行车

### 使用人行横道

一定要在拐角处或有标记的人行横道处过马路。  
这是驾驶员预期看到你的地方。

### 过马路前先看一看、听一听

过马路或过车道前先左看、右看、再左看。回头看看转弯的车辆。注意听可能在停放的车辆、树木或其他障碍物后面迎面驶来的车辆。

### 眼神交流

不要以为开车的人会看到你。在离开路边或街道边缘之前，要与开车的人进行眼神交流。

### 要显眼

穿着明亮的衣服或反光装备。白天穿明亮的衣服更显眼，傍晚和夜晚穿浅色的衣服更显眼。携带手电筒以确保别人能看见你。注意季节时间变化。

### 尽可能使用人行道

如果没有人行道，请面向对向驶来的车辆行走，这样你就可以看清对向驶来的车辆。

### 遵守规则

遵守过路警卫的指示并注意交通标志和信号。

### 要能预测

遵守所有停车标志、交通信号和过街警卫的指示。切勿逆行。使用手势告诉其他道路使用者你要去哪里。全家人或团体一起决定是在街道上还是人行道上骑行。

### 保持警惕

注意左转或右转或驶出车道的驾驶员。避开在你面前打开的汽车门，并让行人先行。骑自行车时请勿佩戴耳机或使用手机。

### 戴上头盔

确保合适：紧贴头部，平均戴好，刚好位于眉毛上方。

### 要显眼

穿着明亮的衣服或反光装备。白天穿明亮的衣服更显眼，傍晚和夜晚穿浅色的衣服更显眼。使用自行车前灯和后反光镜，确保别人能看见你。

### 眼神交流

确保汽车驾驶员能看到你，尤其是在交叉路口和车道上。

### 锁好你的自行车

到达学校后，将自行车锁在校园内的自行车停放架上。将前轮和自行车体都锁在停放架上。



# Safety Tips for Driving

## Respect the Zone

Slow down in school zones and give people bicycling plenty of space when passing. The safe speed may be less than 20 MPH. Set a good example by following instructions from crossing guards. Use alternate routes if possible and give yourself extra time driving near schools.



## Brake for People Walking

Stop for people in crosswalks and at unmarked intersections. Look and stop for children who may be crossing mid-block, too. Use caution when turning and make sure bike lanes and crosswalks are clear. Do not pass a car stopped at a crosswalk without slowing down and checking if children are trying to cross.

## Be Aware and Alert

Set aside distractions like texting, phone calls, or eating while driving, and keep an eye out for the unexpected. Also, in school zones, avoid listening to loud music and distracting conversations



## Go with the Flow

Follow your school's drop-off and pick-up procedures. Pull to the curb rather than letting children out in the street. Avoid unsafe maneuvers, such as mid-block U-turns or stopping in a crosswalk. Check your side mirrors before opening doors. Take care when backing up.

## Respect the Neighborhood

Park in legal spaces and don't double park or block driveways.

## Brake for School Buses

When a school bus is stopped and is flashing red warning lights, drivers in all lanes must stop 20 feet away. If the bus is flashing yellow lights, drivers may pass cautiously. Watch for kids crossing the street to get to or from the bus.



# 安全提示 为了 驾驶

## 尊重区域

在学校区域减速，并在经过时给骑自行车的人留出足够的空间。安全速度可能低于 20 英里/小时。遵守过路警卫的指示，树立良好榜样。如果可能，使用替代路线，并在学校附近开车时，给自己多留出一些时间。



## 为行人刹车

为在人行横道和无标记交叉路口上的行人停车。注意观察并为可能在街区中间过马路的儿童停车。转弯时要小心，确保自行车道和人行横道畅通无阻。切勿在没有减速并检查是否有儿童试图过马路的情况下，超越停在人行横道前的车辆。

## 要注意并保持警惕

开车时，将发短信、打电话或吃东西等分心的事情放在一边，并留意意料之外的情况。此外，在学校区域，避免听嘈杂的音乐和分散注意力的谈话。



## 随大溜

遵守学校的接送程序。将车停在人行道边，而不是让孩子在街上步行。避免不安全的操作，例如在街区中间掉头或在人行横道上停车。开门前先检查后视镜。倒车时要小心。

## 尊重邻里

在合法停车位停车，不要并排停车或阻塞车道。

## 为校车刹车

校车停下并闪烁红色警告灯时，所有车道上的驾驶者都必须在 20 英尺外停车。如果校车闪烁黄灯，驾驶者可以谨慎通过。注意过马路上下校车的孩子。

