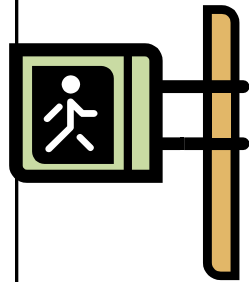


# WALK TO SCHOOL

## Make Smart Choices for Safety

### Crossing Streets

- Stop, Look, Listen!
- Don't cross between parked cars - you won't be seen! Cross in a crosswalk, at a corner, or in open space.
- In the morning, drivers have the sun in their eyes. **Assume they cannot see you.**



Watch for turning cars before crossing with the crosswalk signal. Even though you have the walk signal, a driver could turn into the crosswalk on the green light.

- Be alert when you walk. Do not text or use handheld devices while walking!
- Use extra caution when passing driveways and intersections.

### Choose a Safe Route to School

- Agree in advance on a safe route - stick to it!
- Choose a route with sidewalks or walking paths if possible.
- If a neighborhood feels unsafe, plan a different route.
- Build a better community! Families get to know each other, children become friends, and neighbors become more interested in the safety and security of their neighborhoods.

## Why we need more kids walking to school...

### ***Increase physical fitness***

Help your child create healthy, active habits that will last them a lifetime!

### ***Improve traffic congestion***

Many parents report that the #1 reason for driving their children to school is to avoid exposing them to busy intersections, dangerous due to heavy traffic. More walkers = less traffic = safer intersections.

### ***Improve the learning environment***

Instead of moving from the bed, to breakfast, to the car, to the school desk - give your kids a chance to burn some energy before settling into a long day of study.

### ***Save money***

Say NO to the rising cost of gas!

### ***Make a difference in the environment***

Walking is a POLLUTION FREE method of transportation. Parents' vehicles often idle in school zones for 10 to 15 minutes, producing massive amounts of exhaust fumes that pollute the air inside school buildings.

## Have fun - get walking!



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DIABLO REGION

# The Walking School Bus



## A Guide for Starting Your Own Walking School Bus



## STARTING A WALKING SCHOOL BUS



### Start Small & Simple

An informal school bus can be as simple as two families taking turns walking their children to school.

More formal groups involve structured meeting points, timetables, and regularly rotating schedules of trained volunteers.

Build on success and momentum by starting in a single neighborhood with a small group of interested families.

**It's like a carpool -  
without the car!**

## GROW LARGER Reach More Children

A small, successful walking school bus can inspire a community to build a larger, more formal program. Bigger programs require more structure.

**A walking school bus is a group of children walking to school with one or more adults.**

**First**, identify interested families, school officials, law enforcement officers, and other community leaders for involvement.

**Second**, identify an ample number of adults

willing to lead walks. *One adult for every six children is a good rule of thumb.* Fewer adults may be needed if children are over the age of 10.

**Third**, identify routes where walk leaders can safely collect the most students. *Walk the route without children first!*

**Finally**, consider and communicate logistics:

*Who will participate?*

*Who will coordinate the schedule of volunteers?*

*How often will the bus operate - every day, once a week?*

*What is the plan for bad weather?*

*What time does the bus meet? \*Allow enough time for slower walkers, but make sure everyone arrives at school ON TIME.*

*Where does the bus stop - each child's home or a few meeting spots?*

*What is the protocol for notifying walk leaders of student absences?*

*Will the bus operate after school?*



## KEEP IN MIND

*Children are not miniature adults!*



They often act before thinking.

They have one-third narrower side vision.

They can't judge speed.

They are shorter than adults and can't see over cars and bushes.

They copy adult role models.

## CONSIDER FORMING A BIKE TRAIN!

Suitable for older elementary school children, middle schoolers, and high school students, bike trains are a great alternative to the walking school bus. Faster, and perfect for longer commutes, bike trains are especially practical if multi-use pathways and/or bike lanes are part of your school's community.



**Helmets  
Required!**

Helmets are required for all riders under the age of 18.

All riders should have basic knowledge of traffic safety including rules for signaling, obeying street signs, and yielding right of way.

Work with school administrators to identify a secure place to leave bikes during the day.