

WHY WALK AND BIKE TO SCHOOL?



IT'S HEALTHY

Kids who walk and bike to school get exercise, have more energy, and arrive at school ready to learn.

IT RELIEVES TRAFFIC CONGESTION

20% of all traffic congestion is school-related.

IT'S GOOD FOR THE ENVIRONMENT

Less driving means less pollution.

IT'S GOOD FOR THE COMMUNITY

You get to know your neighbors.

IT'S GOOD FOR THE FAMILY

Parents and kids get to spend quality time together on the way to school.

IT'S FUN!



The City of Portsmouth supports children and families in walking and biking to school, and aims to improve traffic safety for children who walk and bike.

For more information about the Portsmouth Safe Routes to School program, please contact:

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In Portsmouth, we are working to make our streets safer for children and families who walk or bike to school.



USE YOUR BICYCLE & PEDESTRIAN SAFETY TOOLBOX!



Look both ways before crossing the street.
Also look behind you and in front of you when crossing at intersections.



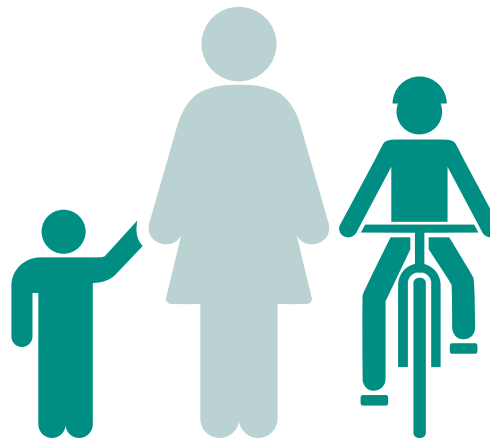
Listen for oncoming cars that might be blocked behind trees, buildings, or parked cars.



Decide when it is safe for you to cross the street.

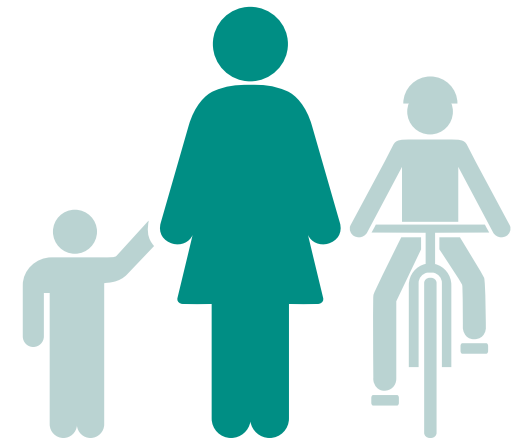


Always use hand signals while riding your bike.
Before turning left, right or slowing down to stop.



BICYCLE & PEDESTRIAN SAFETY TIPS FOR KIDS

- **USE THE CROSSWALK**
Always cross at corners or at a marked crosswalk. This is where drivers expect to see pedestrians.
- **LOOK BEFORE YOU CROSS**
Look left, right, and left again before crossing a street or driveway. Look over your shoulder for turning cars, especially at intersections.
- **MAKE EYE CONTACT**
Don't assume that drivers see you. Make eye contact with drivers before stepping off of the sidewalk.
- **BE VISIBLE**
Wear reflective or bright-colored clothing and walk or bike with one or more buddies.
- **FOLLOW THE RULES**
Be a role model. Follow directions from crossing guards and pay attention to traffic signs and signals.



BICYCLE & PEDESTRIAN SAFETY TIPS FOR PARENTS & GUARDIANS

- **RESPECT THE ZONE**
Slow down and obey all traffic laws and speed limits. Take extra time to look for kids at intersections, on medians and on curbs. Set a good example by following instructions from crossing guards.
- **BRAKE FOR KIDS**
Stop for pedestrians in crosswalks and at unmarked intersections. Look for children riding bicycles and who may be crossing mid-block, too.
- **BE AWARE AND ALERT**
Set aside distractions and keep an eye out for unexpected movements by children.
- **GO WITH THE FLOW**
Follow your school's drop-off and pick-up procedures. Pull to the curb rather than letting kids out in the street. Avoid unsafe maneuvers, such as mid-block U-turns.
- **RESPECT THE NEIGHBORHOOD**
Park in legal spaces and avoid double parking or blocking neighbors' driveways. Consider carpooling whenever possible.