



Be a Safe Walker!



Walking is great exercise and even more fun when you walk with a friend!
You can go many places just using your own two feet.

Here's how you can stay safe:

- ✓ **ALWAYS WALK ON THE SIDEWALK** whenever possible.
- ✓ **IF THERE IS NO SIDEWALK** and you have to walk along the road, always **WALK FACING TRAFFIC**, so you can see any cars coming toward you, and stay as far off to the left (away from cars) as possible.
- ✓ **DRESS TO BE SEEN.** Light or brightly colored clothing makes it easier for drivers to see you during the daytime. At night, you must wear light colors or wear a jacket, shoes or hat with special reflective materials on them to make you more visible to drivers.
- ✓ **CHECK CAREFULLY AT DRIVEWAYS** for cars coming out.
- ✓ **HERE'S HOW TO CROSS THE STREET SAFELY:**
 - **CROSS ONLY AT CROSSWALKS OR CORNERS, WHENEVER POSSIBLE.**
 - **STOP** at the corner or side of the road. If there are cars parked where you need to cross, check carefully that the cars are not running, then go carefully between them to look out at traffic.
 - **LOOK** carefully: **LEFT-RIGHT-LEFT; AGAIN.**
 - **LISTEN** for the sound of approaching cars that may not be visible yet.
 - **WHEN IT IS SAFE, WALK QUICKLY** straight across the street.
 - **KEEP CHECKING** for cars while you are crossing and **DO NOT RUN.**
 - **THERE IS SAFETY IN NUMBERS.** When possible, walk with others, and never accept rides from strangers.
- ✓ **NOTES TO PARENTS:**
 - **DON'T OVERESTIMATE** your child's ability to make safe judgments when walking.
 - **SMALLER PEOPLE ARE LESS VISIBLE.**

FOR BICYCLE SAFETY TIPS, VISIT
www.nhtsa.dot.gov/people/injury/pedbimot/bike/KidsandBikeSafetyWeb/index.htm

FOR SR2S PROGRAM INFORMATION, see the PTA website.

SAFETY REMINDER: PARENTS ARE RESPONSIBLE FOR HELPING THEIR CHILDREN MAKE SAFE CHOICES ON SAFE ROUTES TO SCHOOL EVENT DAYS.

Bowman School has implemented "Safe Routes to School", a national program. Concentrating on safety, exercise, and fostering a sense of community, it has been effective in increasing the number of students who walk, bike, bus, or carpool and in decreasing the number of cars and idling at our schools.