

## Your WOW Card

## Safety Tips for Cyclists

- Always wear a helmet when riding; in BC, it is the law to wear a helmet. Wear it at all times with straps firmly fastened.
- Obey traffic rules — bikes and cars obey the same rules.
- Keep to the right, ride single file, and always in the same direction as the traffic.
- Shoulder check. Look all ways, right then left shoulder check, and signal before turning or stopping.
- Turn with care. Most crashes occur at intersections. Look and listen before proceeding, perform hand signal, and obey all traffic signs and lights.
- Beware of parked cars. Pass parked cars with caution. Leave adequate distance to prevent being hit if a car door opens or a vehicle pulls out into the traffic lane.
- Beware of roadway hazards. Stop and look all ways before entering a roadway, driveway or alley.
- Try to make eye contact with the driver.
- When weather conditions are poor, slow down, apply brakes earlier and be extra careful.
- Avoid riding over potholes, cracks and railroad tracks.
- Pedestrians have the right of way. Ride slowly and yield to pedestrians when riding on paths or walkways. Walk your bike in crosswalks.
- Be visible. Equip your bike with front and rear lights and a red rear reflector. Wear bright-coloured or reflective clothing.
- Avoid heavy traffic. Plan your route to use bike paths and less heavily travelled streets. Avoid high-volume traffic or high-speed roadways until you have developed the necessary safe cycling skills.
- Ride safely. Don't weave, race or stunt-ride in traffic, or carry large bundles.
- Don't carry a passenger on a one-seated bicycle.
- Keep both hands on the handlebars unless signaling.
- If passing a cyclist, look behind for approaching traffic and use a bell, horn or voice to indicate passing.

**Parents, help your children stay safe by talking to them about these and other pedestrian and cyclist safety tips.**

The QR code only contains:

- First Name
- Last Name Initial
- House Team

## Put me on your backpack today!

North Shore Safe Routes  
Advocates

NORTHSHORE  
SRA

## WOW Program Walk on Wednesdays



Not just walking,  
which way will you choose?

## Why walk or roll to school?

Walking and biking to school are simple steps that families can take to contribute to a healthier, more sustainable community, by reducing the number of cars to and from school and promoting healthy, active transportation.

Walking or biking to school gives both parents and kids the opportunity to develop friendships, learn and practice traffic safety skills, get fit and have fun. It may also help kids learn better; studies have shown that kids who use active transportation daily are better able to concentrate in school!

Live out of the catchment – then try DRIVE to 5. Drive to 5 minutes away and walk from there.

So lace up your walking shoes, jump on your bike, skateboard or scooter and Walk 'n Roll to School every Wednesday.

## Ways parents can encourage Walking and riding:

- Organize a walking school bus with other families in your neighbourhood. By taking turns leading the walking school bus once or twice per week, parents save time and can get to know their neighbours!
- Help your children to feel safe and confident when walking and riding to school by discussing safety and reviewing routes
- Lead by example; walk with your children to help them Get comfortable with the route and to show them just how fun it can be!
- Talk about the health and wellness benefits of walking or Riding to school; kids will get exercise, enjoy nature and arrive at school ready for the day ahead!
- Encourage children and teens to walk or ride with friends; not only will this make them more visible to motorists, it will also provide them with the opportunity to have fun and spend time with friends on their way to school!
- Discuss the environmental impact of walking or riding instead of driving to school. Promoting the environmental benefits it creates awareness of how small steps taken locally by individuals can have an impact on the environment globally!

## Safety Tips for Pedestrians

- Walk on the inside edge of the sidewalk, away from the curb or roadway so you are less exposed to vehicles.
  - Where there are no sidewalks, walk facing traffic so that oncoming vehicles are visible.
  - Stay away from the road edge or curb while waiting at an intersection to cross the road. Take one giant step back to ensure you are well away from vehicles turning the corner or passing close by the sidewalk.
- Steps to crossing safely at an intersection without lights:
  - Stop at the curb, and stay one giant step away from the road edge.
  - If there isn't much traffic, wait until all traffic has passed or there is a big enough gap for you to get across the road safely.
  - Look left, right and left again before crossing.
  - If traffic is heavy, extend an arm to indicate the desire to cross and wait for cars to stop (they may stop even before an arm is extended). Once you have ensured that all vehicles have stopped look left, right and left again before stepping into the road.
  - Always make eye contact with a vehicle driver and ensure that the vehicle is stopped before stepping off the curb to cross a road. Look left, right and left again before you cross.
- When crossing at a signalized crosswalk a pedestrian light will indicate that you can cross the road. Always check to ensure vehicles have actually stopped. Look left, right, and left again to confirm that traffic is stopped before stepping off the curb, into the street.
- Never assume a driver has seen you, particularly in poor weather. Heavy rain, fog or snow makes it much harder for a driver to notice pedestrians and bicyclists. Make eye contact with the driver and ensure the vehicle is stopped before crossing in front of it.
- Wear bright clothes in low light conditions, and additional reflective materials or little lights at dawn, dusk and night when vehicle lights are in use.
- Remove at least one ear piece of your portable music player before crossing the street; you need to be able to hear any signs of danger.
- Never cross a street mid-block. Cross only at corners or crosswalks.

## How to use the WOW Card

1. Attach WOW passport card to your backpack.
2. Walk or Roll to school every Wednesday from November to end of May.
3. Get scanned each Wednesday you travel to school using ACTIVE transportation – forgot or lost card, just give the volunteer your Name & House Team.
4. Each week points are awarded to your House Team based on program participation.
5. Keep walking every Wednesday.