

WALK & ROLL LONG BEACH PROGRAM



Who we are...

Funded by the California Office of Traffic Safety, Walk & Roll Long Beach is the City's bicycle and pedestrian safety education program. The Walk & Roll Long Beach Program is a resource that promotes awareness on safe behaviors when bicycling, walking, and scooting for everyone in the city.



What we do...

We provide free bicycle and pedestrian safety education on how everyone can responsibly share the road to help reduce the number of injuries and collisions. We are available to provide virtual presentations and workshops on bicycle and pedestrian safety, and be a continuous resource to you and your family.

If you would like to learn more about the Program, please contact us today!



BICYCLE SAFETY TIPS

- Wear a properly-fitted helmet.
- Obey street signs, signals, and road markings
- Do not text, listen to music or use any device that distracts you from the road or traffic.



PEDESTRIAN SAFETY TIPS

- Wear bright-colored clothing or reflective gear if walking at night.
- Make eye contact with drivers before crossing the street.
- Do not run or dart out into the street or cross between parked cars.



Quienes somos...

Financiado por la Oficina de Seguridad del Tráfico de California, Walk & Roll Long Beach es el programa de educación de seguridad para peatones y ciclistas de la Ciudad. El programa es un recurso que promueve la conciencia sobre conductas seguras al andar en bicicleta, caminar y andar en scooters para todos.



Que hacemos ...

Brindamos educación gratuita sobre seguridad para ciclistas y peatones sobre cómo todos podamos compartir la carretera de manera responsable para ayudar a reducir la cantidad de lesiones y colisiones. Estamos disponibles para brindar presentaciones y talleres virtuales sobre seguridad para ciclistas y peatones, ajuste virtual de cascos para bicicletas, y ser un recurso continuo para usted y su familia.

Si desea obtener más información sobre el programa, ¡contáctenos hoy!

CONSEJOS DE SEGURIDAD PARA...



BICICLISTAS

- Use un casco que le quede bien.
- Obedezca los letreros, señales y marcas viales.
- No envíe mensajes de texto, escuche música ni use ningún dispositivo que lo distraiga de la carretera o el tráfico.



PEATONES

- Use ropa de colores brillantes y o equipo reflectante si camina de noche.
- Haga contacto visual con los conductores antes de cruzar la calle.
- No corra ni salga disparado a la calle ni cruce entre automóviles estacionados.

EMAIL: WALKANDROLLLONGBEACH@LONGBEACH.GOV



PEDESTRIAN SAFETY TIPS



Keep your **eyes up**, and your phone down.



Wear **bright-colored clothing** or reflective gear if walking at night.



Look **left, right and left again** before crossing the street.



Make **eye contact** with drivers before crossing the street.



Always walk on sidewalks. If there are no sidewalks, walk facing traffic as far to the left as possible.



Do not run or dart out into the street or cross between parked cars.

Visit gosafelyca.org for more safety tips and information.

**THINK
TWO STEPS
AHEAD**

GO SAFELY
A CALIFORNIA
CAMPING OFFICE OF PUBLIC SAFETY

WALK & ROLL
Long Beach

[@GosafelyCA](#) [@GosafelyCA](#) [@OTS_CA](#)

BICYCLE SAFETY TIPS



Wear a **properly-fitted helmet**.

Inspect your bike before riding. Ensure everything is secure and working properly.



Obey **street signs, signals, and road markings**.



Ride in the same direction as traffic as far on the right-hand side as possible.



Don't text, listen to music or use any device that distracts you from the road or traffic.



Share these safety tips with your family and friends to ensure they are safe whenever they are on the go!