

# RESPONSIBLE WALKING AND BICYCLING

Walking and bicycling safely is very important. Please take a few minutes with your parent(s) to review what it means to be a responsible pedestrian and bicycling “Roll Model” to others. Remember that younger people look up to you and follow your lead. When you lead by example and are a safe pedestrian and bicyclist, our whole community benefits.

**By signing this pledge, I agree to be a responsible “Roll Model,” by promising to...**

- **Walk on a sidewalk if there is one. If not, I will walk on the side of the road facing traffic.**
- **Cross streets safely. I will:**
  - ⇒ Cross in crosswalks or at intersections.
  - ⇒ Stop at the edge of the street and look left, right, left again, and behind me, for traffic. As I am crossing, I will keep looking for traffic.
  - ⇒ Stop at the outside edge of parked cars and look left, right, and left again, and cross only when it is clear.
- **Stay alert, scanning and listening for traffic. I will:**
  - ⇒ Keep my eyes on what I am doing and not use my phone or earphones when walking or biking or driving (parents).
  - ⇒ Avoid obstacles (overgrown bushes, potholes, parked cars, etc.) that affect my ability to be safe around traffic.
- **Wear my bike helmet correctly (level on my head, covering my forehead and buckled) every time I ride and encourage my friends and family to do the same.**
- **Always ride my bike in the same direction as traffic whether on the sidewalk or road.**
- **Wear bright or fluorescent colors when walking or biking, during the day, so I can be seen.**
- **When walking or biking, at dusk or dawn, in fog or rain, and at night, I will:**
  - ⇒ Wear reflective gear on my clothes, shoes, backpack, helmet, and bike.
  - ⇒ Use white front lights and red rear lights/reflectors on my bicycle as required by law.
  - ⇒ Use a flashlight or wear lights when I am walking.
- **Stay ten feet (five big steps) away from the street when waiting for buses.**
- **Stop, look and listen for approaching trains before crossing railroad tracks.**
- **Walk/bike with my friends, family, or in a group whenever possible.**



Student Signature

Parent Signature

Date

Date



Please sign this form and return it to your teacher.