Be a Safe Walker

Walking is a healthy and fun way to get where you are going. Here are some tips so you can walk safely.

1. Be Alert, Look and Listen
   - "Always look all ways" when walking
   - Use your eyes and ears to watch for cars, trucks & bicycles

2. Be Seen, Day or Night
   - It can be difficult for drivers to see you walking—wear bright, white, or light-colored clothing
   - Watch for cars backing or pulling out of driveways, alleys, or near snow banks, where it is especially difficult for drivers to see
   - Carry a flashlight or wear blinking lights at night

3. Use Sidewalk or Walk Facing Traffic
   - Use sidewalks wherever you can
   - If there is no sidewalk, walk on the left side of the road, facing traffic
   - Plan safe walking routes with your parents or another adult

4. Cross With Care
   - Stop, look left, look right, and look left again, before crossing a road
   - Cross at a crosswalk whenever you can
   - At traffic lights, wait for the white "WALK" sign to light up and then look left, right and left again before crossing
   - Watch for turning cars at all intersections
   - "Wait, Watch, and Wave"—be certain to wait until ALL cars have stopped in ALL the lanes, and the drivers have seen you before you cross
   - Be predictable—don’t run into the street after a ball or for any other reason!
   - When crossing with others, make your own decision if it is safe to cross.

When we all practice safe walking it is easy to be safe, get good exercise, and have fun!
Ways to Improve the Safety of Your Kids

A Message to Parents

Walking is a great way for you and your children to have fun and stay fit. Walking to school is also a great way for your kids to get exercise regularly, which is proven to help kids be more alert throughout the day.

Please review the other side of this flyer and then share your knowledge with your kids. Your guidance and example are the best way to make walking in your community safer.

Plan Out and Walk Safe Routes with Your Kids

One of the most important things you can do is walk with your kids around your neighborhood. You can determine the safest walking routes for them and show them how to navigate any difficult spots along the way.

Walk to school together on a weekend morning and afternoon when lighting conditions are similar to when they will be walking to and from school. Teach them the best routes and how to safely walk on those routes, then ask them to use those routes every time they walk. Use this method with other destinations such as friends’ houses, stores or playgrounds.

Be a Safe Driver

Role modeling safe driving habits in your community helps all of us. Here are the most common ways to avoid vehicle pedestrian conflicts near schools.

- Don't rush— that is when crashes happen!
- Avoid distractions like cell phones, eating or drinking while driving.
- Obey crossing guards and yield to pedestrians in crosswalks. In NH law, drivers must yield when someone enters a marked crosswalk.
- Double check for approaching bicyclists before opening your car door.
- Watch for kids crossing the road when you are pulling or backing out. Pay special attention to your blind spot.
- Do your community a favor and drive the posted speed limit, which also ensures everyone behind you is too.

Bike Walk Alliance of NH is pleased to offer this handout on safe walking to parents and students as part of our commitment to keeping kids safe. We have secured federal funding to develop and promote safe bicycling and walking routes to school. This effort on walking safety combines well with our commitment to provide bicycle safety education in schools through funding provided by the NH Department of Transportation.

We are happy to receive any feedback you might have on our Bicycle and Pedestrian Safety Education Program, or questions on how to improve bicycling and walking transportation in your community.

Please contact Leslie Thompson, Bike Ed Coordinator, Bike-Walk Alliance of NH at 603-410-5848 or email me at Leslie@bwanh.org.