



## BICYCLE SAFETY

- Always wear your helmet, it's the LAW! Bike helmets are REQUIRED for those under 16 and recommended for ALL! Be sure it covers your forehead and fits properly.
- Check for traffic before entering a roadway, including when leaving home or school.
- Ride on the right. Always ride with traffic.
- Obey all traffic laws. Stop at stop lights and signs.
- Look and signal before turning.
- Use arm signals, same as used by motorists.
- Ride in a predictable manner.
- Don't swerve. Pedestrians have the right-of-way.
- Walk your bike on crosswalks.
- Use headlights and tail lights at night. Also wear bright reflective gear.
- Drive your bike with respect for others at all times. As a bicyclist, you are a vehicle operator.

For more information,  
please visit [bwanh.org](http://bwanh.org) or [chnbc.org](http://chnbc.org)

The Capital Area Wellness Coalition (CAWC) is a volunteer coalition of service agencies, businesses, healthcare organizations, public health advocates, schools and city departments who partner to promote healthy food choices, nutrition education, physical activity, active recreation and active transportation.

The CAWC is a centralized resource, supporting and connecting people and organizations in order to influence positive change in a culture toward wellness.

Visit our website to learn more about our 5210 Healthy NH initiative, Concord Trail Passport, guided hikes and community happenings related to healthy eating and active living.



Visit [Capwellness.org](http://Capwellness.org)  
Like us on Facebook  
Capital Area Wellness Coalition  
E-mail: [vferland@crhc.org](mailto:vferland@crhc.org)

CHRISTA MCAULIFFE



## SAFE AND ACTIVE ROUTES TO SCHOOL

Includes map, safe routes and walking and biking tips to help plan your trips to school.



**CAPWELLNESS.ORG**

## PEDESTRIAN SAFETY

This path was created to show parents and children the safest route to school. Children are encouraged to use sidewalks and crosswalks. Crossing guards are available to supervise children at key intersections. Please check with your school each year as crossing guard locations are subject to change.

### TEACH YOUR CHILDREN TO:

- ☺ Walk to school with friends or family.
- ☺ Walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic and as far away from cars as possible.
- ☺ Stop at curbs and look for traffic.
- ☺ Look left, right, and left again before crossing.
- ☺ Walk, don't run, across the street.
- ☺ Children under 10 should cross the street with an adult. Kids' brains don't judge speed or distance well before that age.
- ☺ Look for eye contact with drivers to make sure they see you before stepping into the road.
- ☺ Make it a rule to put down cell phones or electronic devices before crossing the street.
- ☺ If you need to walk when it's dark out, be very alert and make sure you are visible to drivers.
- ☺ When it's snowing, do not walk in the road.



### PARENTS AND MOTORISTS

- Respect 20 mph school zone speed limits.
- Yield to crossing guards and pedestrians in crosswalks.
- Reduce traffic congestion in your neighborhood by walking, biking or carpooling children to school.
- Put cell phones and electronic devices away while driving, it's the law.