

# McGregor Elementary





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## What is Toledo Safe Routes to School?

Toledo Safe Routes to School is an initiative of Live Well Greater Toledo, striving to create a community that supports and enhances safe walking and biking to school by focusing on the 6 E's; *EDUCATION, ENCOURAGEMENT, ENGAGEMENT, ENGINEERING, EVALUATION AND EQUITY.*

## Keep It Safe Out the Door – By Bike or Foot!

Here are some safety tips for students and parents walking and bicycling to school.

### Hey Kids, Go by Foot!

- **Walk together.** Younger children should always walk with an adult. Older children can walk with friends, or with a group of younger and older kids.
- **Be safe.** Stick to the route you picked with your parents. Never hitchhike or take rides from people unless arranged by your parents. Never shove or chase each other. If there are not any sidewalks, walk on the paved, gravel or grass shoulder facing oncoming traffic.
- **Be seen.** Wear bright-colored clothes and keep your eyes open for oncoming traffic. Make eye contact with nearby drivers before you cross the street.
- **Cross the street safely** in crosswalks and at marked intersections. If there is a walk/don't walk traffic signal, wait until it says walk. Then, look left, right, left. Check behind you and in front of you before you cross the street. Wait until no traffic is coming and begin crossing. Keep looking for traffic until you have finished crossing. Walk, don't run.



### Hey Kids, Go by Bike!

- **Check your bike** with the ABC QUICK CHECK. **Air** – pinch the tires, they should be hard **Brakes** – make sure your brakes work **Chain** – check the chain to make sure it is not loose **QUICK** – take a look, make sure wheels and bolts are tight **CHECK** – the rest of your bike, make sure nothing is broken
- **Helmet up.** Every time. Make sure your helmet fits right using the eyes, ears, and mouth test. The helmet goes flat on the head, if it moves when you shake your head, tighten it or get a smaller one. **Eyes** – when you look up, you should see the edge of the helmet, about two finger widths above your eyebrows. **Ears** – when the helmet is buckled, the straps should meet right under your ears to form a Y. **Mouth** – when the helmet is buckled, the strap should be snug enough that if you open your mouth you will feel the helmet pull down.
- **Be bright and tight.** Wear bright clothes so others see you. Tuck in shoelaces and backpack straps. Check your pant legs, they might need to be tucked too.
- **All hands, all the time.** Keep both hands on the handlebars except when signaling a turn.
- **Cross the street safely** in crosswalks and at marked intersections. See Go by Foot.

### Parent Tips for Safe Walking & Bicycling to School

- **Walking and bicycling are great exercise** and a nice way to spend time together.
- **Decide if your child is old enough.** Kids under the age of 10 generally do not know how traffic works and may have trouble managing traffic situations on their own.
- **Pick a safe route** to school with your child; and practice the route together.
- **Do a bike and helmet check** for you and your child. See ABC QUICK CHECK and Eye, Ear and Mouth. The bike should have reflectors on the front, back and both wheels. When seated with feet on the pedals, make sure there's a small bend in the knee closest to the ground.
- **Helmet up. Every time.**
- **Be alert.** Don't text and ride. Keep your eyes and ears open.
- **Be aware** of local laws and regulations.



Toledo Safe Routes to School



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**Remember — Always obey traffic signs, signals, adult crossing guards and student safety patrol.**



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**The map on the other side of this handout is a guide to choosing a safe route to bicycle or walk to school. Keep in mind, it is very possibly not the same way you would go in a car.**