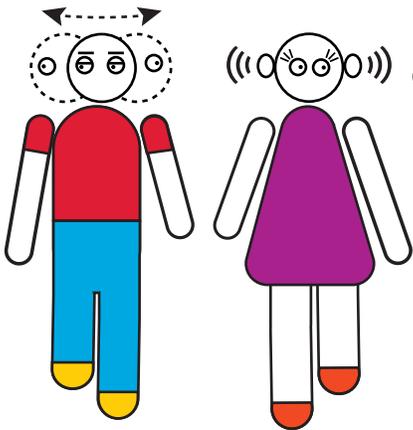


Be A Safe Walker

Walking is a healthy and fun way to get where you are going.

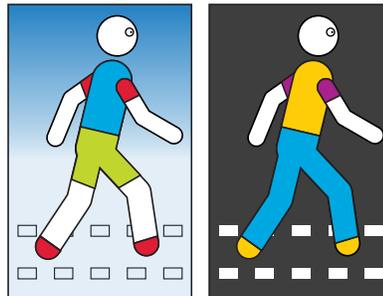
[Here are some tips so you can walk safely.]

1 Be Alert, Look & Listen



- "Always look all ways" when walking.
- Use your eyes and ears to watch and listen for cars, trucks, bicycles, and other pedestrians.

2 Be Seen, Day or Night



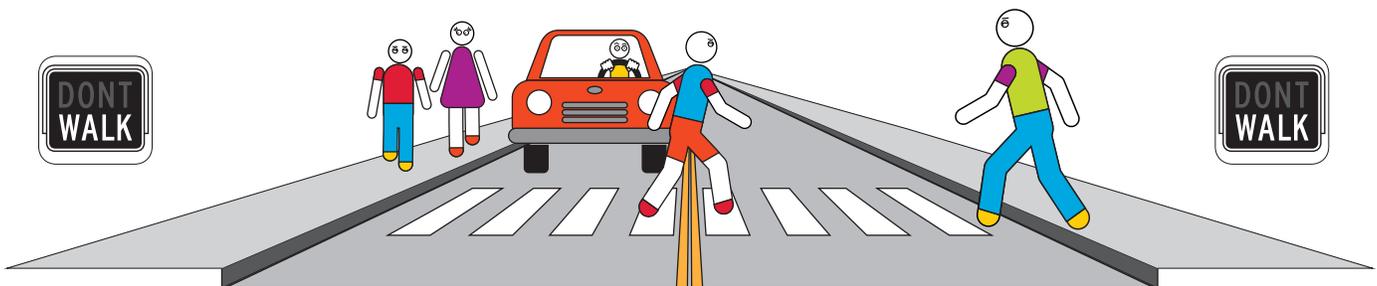
- It can be difficult for drivers to see you walking - wear bright, white, or light-colored clothing.
- Wear reflective clothing and carry a flashlight or blinking light at night.
- Watch for cars backing or pulling out of driveways, alleys, or near snow banks, where it is especially difficult for drivers to see.

3 Use Sidewalks

- Use sidewalks.
- 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, even if the walk signal is lit.
- "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 for any reason.
- When crossing with others, make your own decision if it is safe for you to cross.



When we all practice safe walking it is easy to be safe, get good exercise, and have fun!

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 Motorist

Role modeling safe driving habits in your community helps all of us. Here are the most common ways to keep walkers and people on bicycles safe. **Heads Up! — Safety is a Two-Way Street!**

- Don't rush — that is when crashes happen!
- Slow down and wait for a safe place to pass a bike or walker.
- You must provide at least 3 feet of clearance when you pass a bike or walker.
- Avoid distractions like cell phones, eating or drinking while driving.
- Obey crossing guards and yield to pedestrians in crosswalks. In Maine law, drivers must yield when someone enters a crosswalk.
- Double check for approaching bicyclists before opening your car door.
- Watch for kids crossing the road when you are pulling out, backing out, or turning.
- Do your community a favor and drive the posted speed limit, which also ensures everyone behind you does too.

The Maine Bicycle And Pedestrian Safety Education Program

For additional information, go to www.bikemaine.org or contact the Bicycle Coalition of Maine at (207) 623-4511 or info@bikemaine.org

