

What is **SAFE ROUTES TO SCHOOL?**

The San Mateo County Office of Education encourages families to choose active and sustainable transportation options on their way to class. SRTS is an international effort to improve students' health, safety, and well-being through educational campaigns, class projects, school events, and transportation improvements on and around school sites.



STAY IN TOUCH

Safe Routes to School
San Mateo County Office of Education
101 Twin Dolphin Drive
Redwood City, CA 94065
SRTS@smcoe.org

MORE INFO AND RESOURCES

San Mateo County Office of Education:
www.smcoe.org

National Safe Routes to School Program:
www.saferoutespartnership.org

Walk & Bike to School:
www.walkbiketoschool.org



San Mateo County
SAFE ROUTES TO SCHOOL

Healthy Kids • Green Communities • Safe Journeys

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Why SAFE ROUTES TO SCHOOL?

Walking or biking to school is an opportunity to incorporate physical activity into each student's daily routine while cutting down on local congestion and fossil fuel emissions that lead to both worsening air quality and destabilizing climate conditions.

Beyond the immediate benefits of active transportation, research suggests that children and young adults exposed to transportation options now will use more commuting choices later in life. Getting today's youth interested in cycling, walking, or busing may have long term implications for the choices they make in years to come.

GET INVOLVED

There are lots of great ways to join in the SRTS movement!

- Join a **Walking School Bus**, which is a group of students walking to school with other neighbors or parent volunteers
- Join a **Bike Train**, which involves groups of older students biking together to school
- **Carpool** with other families to save time and cut down on traffic congestion
- **Take the Bus** to travel further to school and give your student an independent option

LEAD AN EVENT *at your school*

Getting a program going can be easy with some help!



Recruit additional volunteers and student participants



Plan out who will help with what



Gather the materials you need—you can reach out to local businesses to ask for donations



Spread the word!



SAFETY TIPS

► Driving Safety Tips

Set an Example Follow your school's rules for drop off and pick up and obey crossing guards.

Slow Down in school zones.

Watch for Children Stop for people in crosswalks and at unmarked intersections.

Be Alert Avoid texting, phone calls, and other distractions while driving.

Avoid Unsafe Maneuvers like mid block u turns, blocking crosswalks, and double parking.

► Walking Safety Tips

Look Before You Cross Look left, right, and left again before crossing. Make eye contact with drivers.

Use the Crosswalk Always cross at intersections or marked crosswalks. Cross with the crossing guard.

Be Visible by wearing bright colors and using lights or reflectors when it's dark outside.

► Biking Safety Tips

Wear your Helmet Check that your helmet fits on your head and is not cracked or broken.

Ride with Traffic and stay to the right when riding on the street. Follow all signs and signals.

Make Eye Contact Don't assume that drivers see you, especially when crossing a street.

Be Alert for opening car doors and cars turning across your path.

Be Predictable by riding in a straight line and signalling your moves to others.

Lock Your Bike Always lock your bike frame and front wheel to the bike rack to prevent theft.