







# COMMUTE OPTIONS

**WALKING, BICYCLE, AND SCHOOL BUS SAFETY  
FOR GRADES K-5**

**[WWW.COMMUTEOPTIONSMEMPHIS.COM](http://WWW.COMMUTEOPTIONSMEMPHIS.COM)**

This project is a program of Innovate Memphis and is funded under a Grant Contract with the State of Tennessee.

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# HELLO!



My name is Nikki Dildine and I run the Commute Options Schools Program at Innovate Memphis. As a community partner with schools throughout Memphis and Shelby County, we know both the benefits and the challenges of encouraging students, families, and faculty to choose healthier transportation to and from school – and we are here to help make it easier and safer for everyone!

We understand that when students walk, bike, and ride the bus, it can sometimes be a little scary, both for the students and the moms, dads, and other loving caregivers who wave them goodbye. It is so important for everyone that a student knows how to handle these activities safely.

That's why we've put together the following guide to teach your students, families, and staff how to be safe when making their commutes to and from school. These tips are just the basics of learning how to be a safe commuter in our city. Each page of this guide can stand alone as flyers you can share with students and parents or hang in common areas and post on bulletin boards.

Along with carpooling, these climate-friendly means of transportation offer positive impacts on our neighborhoods such as improved air quality, healthier students, and increased attendance. Walking and biking increase our physical activity and improve our overall health, and riding the bus and carpooling improve our air quality which decreases symptoms with conditions like asthma.

We are excited to work with you to encourage students, parents, and educators to shift gears from drive-alone commutes to walking, biking, riding the bus, and carpooling!

Sincerely,

Nikki Dildine  
Commute Options Schools Program Manager  
Innovate Memphis



## **WALKING SAFETY FOR GRADES K-3**

# HOW TO STAY SAFE WHILE WALKING



People who walk are called pedestrians.



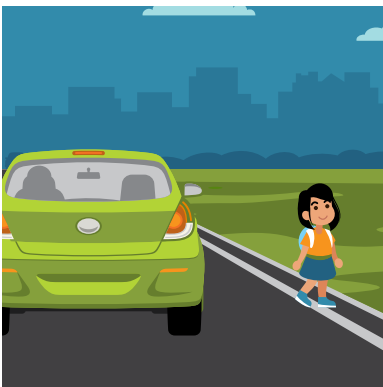
Traffic means the cars and trucks on the road.



Sidewalks are safe places to walk.



Always walk with an adult. If your parent says it's OK, you can also walk with an older brother or sister.



Walk on the left side of the street if there are no sidewalks. This way you can see the cars coming towards you.



Make sure there are no cars coming before you walk across a driveway or street.



Be careful when you walk near traffic. Don't run or push anyone.



Wear bright colored clothes and reflective materials so that cars can see you. If it's dark, use a flashlight.

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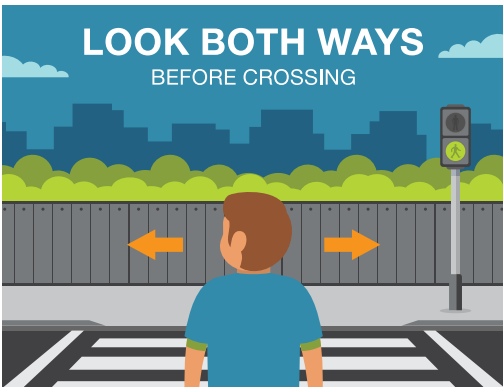


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# HOW TO STAY SAFE WHEN CROSSING THE STREET



Always cross the street with an adult. If your parent says it's OK, you can also walk with an older brother or sister.



Stop at the edge of the street at the corner or intersection. An intersection is where two streets cross. Make sure you can see the cars on the road. Look left, right, left again, and in front and behind you. Touch your jaw to your shoulder to see as much as possible.



If there are traffic signals, watch them to know when it's safe to cross. Decide when it's safe to cross by looking, listening, and using traffic signals.



Walk straight across the street and keep looking for cars. Walk quickly but don't run.

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# HOW TO STAY SAFE IN A PARKING LOT



Get in and out of the car on the same side as the driver. Wait for an adult to open the car door for you to get out.



Stay three steps away from the front or back of cars. Always stay with an adult. They are easier to see than kids.



Walk, don't run in parking lots. If you drop something, stay still, and ask an adult to help you pick it up.



# HOW TO STAY SAFE NEAR THE SCHOOL BUS



Stand on the sidewalk, if you can, and stay five big steps away from the street while waiting for the school bus.



Wait for the school bus driver to say it's okay to get on. When they say it's safe, get on the bus.



Be respectful to the school bus driver. Talk quietly and stay in your seat.



Wait for the school bus driver to say it's safe to get off.



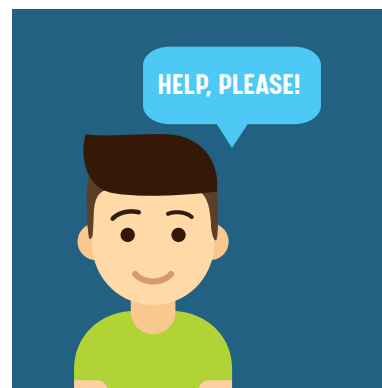
When you get off the bus, walk five big steps away from it.



If you need to cross the street, walk past the front of the bus, stop at the edge and look left-right-left.



Wait for the driver to say it's okay to cross. Only cross when there are no cars coming.



If you drop something while getting on or off the bus, ask the driver for help.

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## **WALKING SAFETY FOR GRADES 4-5**



# HOW TO STAY SAFE WHILE WALKING



## What is a pedestrian?

People who walk are called pedestrians. When you walk to school, that's you!

## Where is the safest place to walk?

The safest place for pedestrians to walk is on a sidewalk.

## What if there is no sidewalk?

If there are no sidewalks, walk on the left side of the street facing traffic.

## Is there anything I should NOT do while walking?

When walking next to traffic, be careful and don't run or push. Don't let toys, phones, or music players distract you.

## What else should I be aware of?

Look for driveways and entrances where cars might come in or out. Stop and look both ways to make sure no cars are coming.

## How do I make sure drivers can see me?

Wear bright clothing and reflective materials when walking near traffic. If it's dark outside, carry a flashlight to help drivers see you.

# HOW TO STAY SAFE WHEN CROSSING THE STREET



## Identify a safe place to cross.

The safest place to cross an intersection is at a crosswalk for pedestrians.

## Stop at the corner.

If there is no crosswalk, the safest place to cross the street is at an intersection.

## Search for pedestrian road signs and traffic signals.

If they are available, read and follow them.

## Look and listen for traffic.

Look left-right-left, ahead, and behind to make sure the intersection is clear.

## Be patient.

Wait until it's safe to start crossing the street. Don't cross if there are cars coming.

## Cross the street in a straight line and keep looking for cars.

Always be aware of your surroundings.

## Cross the street quickly and carefully.

Walk, don't run when crossing the street.

## Remember that younger children may be watching you.

Be a good role model and practice safe street crossing habits.

# HOW TO STAY SAFE IN A PARKING LOT



## Get in the car with care.

Use the same side of the car as the driver, if possible.

## Stay by the side of an adult at all times.

Adults are more visible than children.

## Walk, don't run, through parking lots.

When you run, it's harder for drivers to see you and for you to see them.

## Remain still if you drop something.

Ask an adult to pick it up for you. Only pick it up yourself if an adult says it's OK.

## Pay attention when you exit the car.

Try to use the same side of the car as the driver. If you can't, wait for the driver to tell you it's safe to exit the car.

# HOW TO STAY SAFE NEAR THE SCHOOL BUS



## Wait on the sidewalk.

Stay away from the road until the school bus arrives.

## Listen to the school bus driver.

Only get on the bus when they say it's safe.

## Be kind to the school bus driver.

Follow their rules by speaking quietly and sitting properly.

## Wait until it's safe.

Only stand up to exit the bus once it has come to a complete stop.

## After getting off the bus, walk five big steps away from it.

If you need to cross the street, walk next to the bar in front of the bus and make sure the driver sees you before crossing. Stop at the edge of the bus and look both ways before crossing.

## Ask for help.

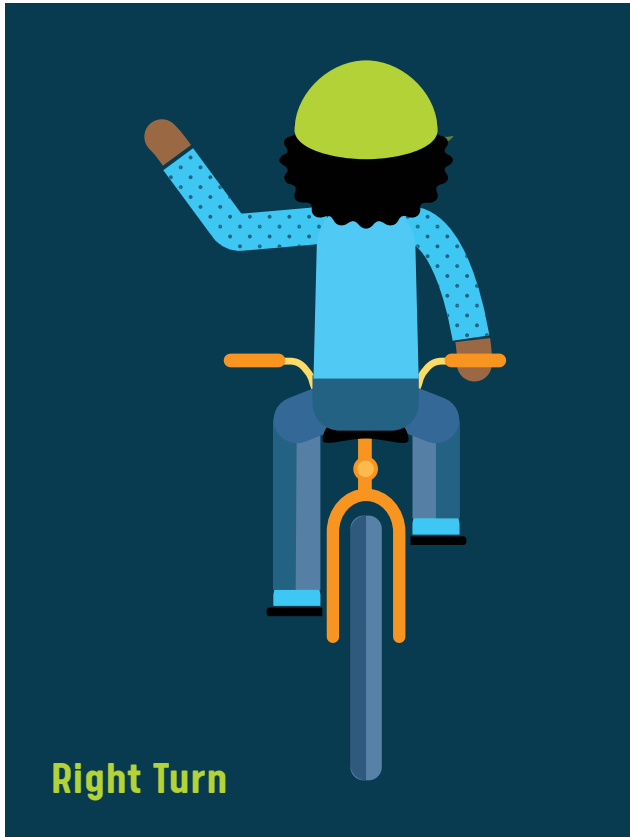
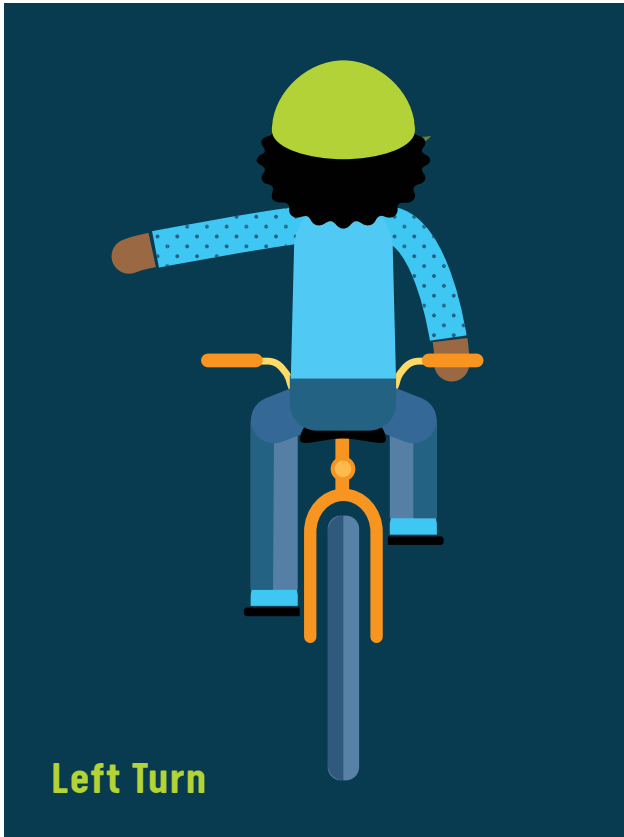
If you drop something while getting on or off the bus, ask the bus driver to help you. Only pick it up yourself if the bus driver says it's OK.



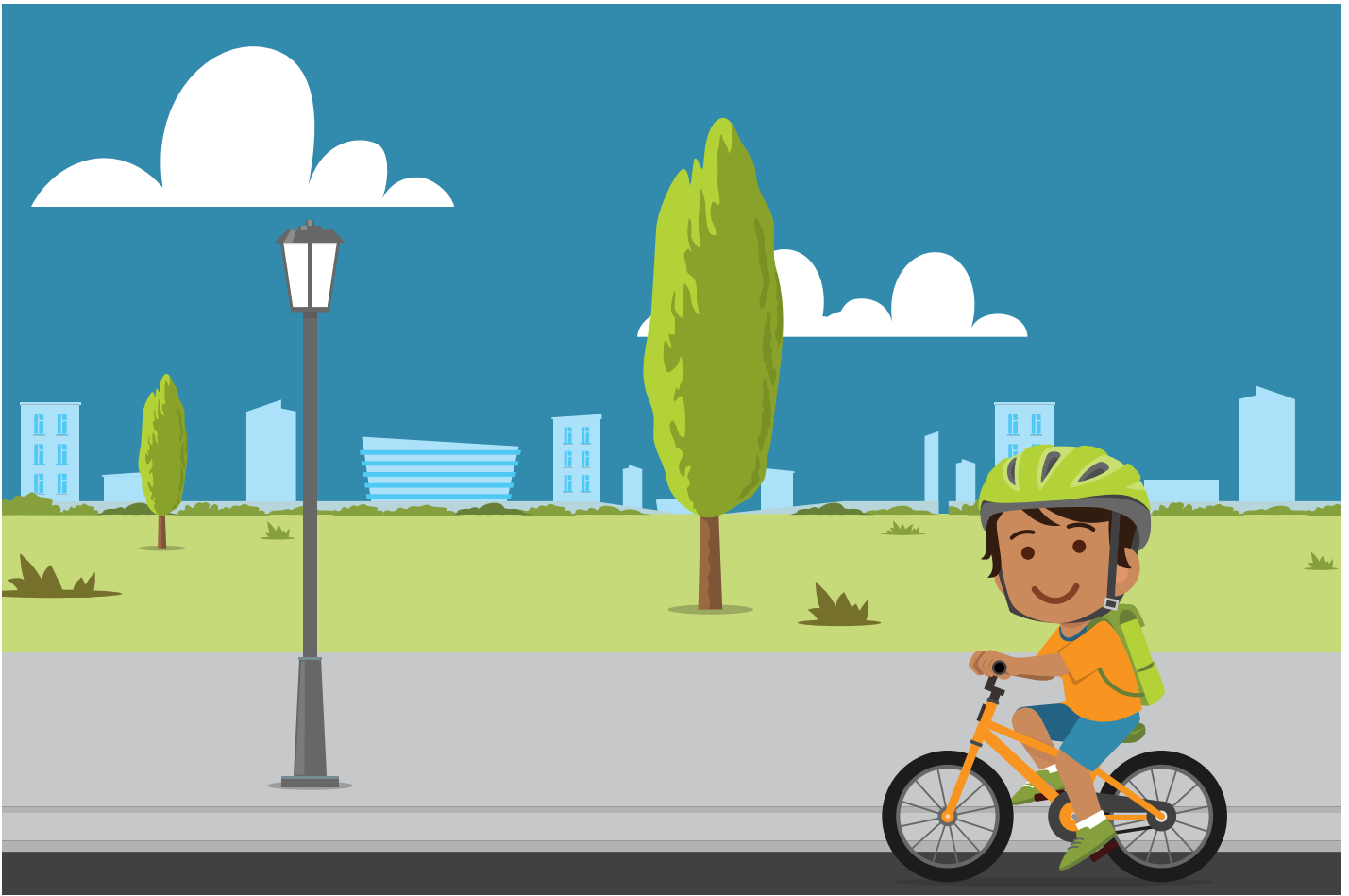
## **BICYCLE SAFETY FOR GRADES 4-5**



# BICYCLE SAFETY HAND SIGNALS



# RIDING YOUR BIKE IN THE HEAT



Summer is a fun time to ride bikes outside in the sunshine, but it can get hot, making it hard to ride your bike. Here are some tips to make it easier and more fun:

## Plan your route.

Think about the best way to get around and find a route with shade.

## Hydrate.

Drink lots of water before, during, and after your ride.

## Protect your skin and eyes.

Wear sunscreen, UV protective clothes, sunglasses, hats, and visors to protect your skin and eyes from the sun.

## Watch the weather.

Check the weather before you ride so you can avoid thunderstorms.

## Pack your bags.

Bring extra clothes just in case you get too sweaty to be comfortable at school. Carry your bags in a basket on your bike instead of on your back to keep cool.

# RIDING YOUR BIKE IN THE COLD



In the winter, it can get very cold outside, but you can still ride your bike! Here are some tips to help you stay warm and safe while riding in the cold:

## Dress in layers.

Wear layers so you can add or take off clothes as you need to. Look for clothes that keep you dry, warm, and protected from the wind and snow. Make sure to wear gloves and socks made for cold weather too.

## Stay safe.

Wear reflective clothes so cars can see you. Try to stay away from icy patches and places where snow has piled up.

## Get lights for your bike.

If you ride in the dark, get a headlight and taillight.

## Stay connected.

Make sure someone else always knows your route so you can easily be found if you need help. If you have a cell phone, keep it charged and with you for emergencies.

## Take care of your bike.

Keep your bike tires inflated for better traction. Remember to wipe down your bike after riding in the snow, and store it in a dry place.

# RIDING YOUR BIKE IN THE RAIN



What if it's raining when you wake up and you need to ride your bike to school? It's not safe to ride a bike in all kinds of weather, but light to medium rain is okay. Here are some tips for riding your bike in the rain:

## **Wear clothes that will keep you dry.**

If you can, get a helmet cover to keep your head dry and warm.

## **Cover your bike seat.**

If you don't have a bike seat cover, use a plastic bag to keep it dry.

## **Be visible.**

Wear reflective clothing so drivers can see you. Make sure any lights you have on your bike work, and turn them on when it's dark and raining.

## **Slow down.**

Give yourself plenty of time to stop.

## **Be prepared.**

Bring a change of clothes in case you get wet.

## **Be informed.**

Remember to always check the weather before you go out and only ride your bike if you feel safe. If you do go out in the rain, use these tips to stay dry and have fun!

# HOW TO RIDE A BIKE SAFELY WHEN THERE'S NO BIKE LANE



Riding a bike can be scary when there are cars around, especially if there's no bike lane. But don't worry! Here are some things you can do to stay safe:

## **Wear bright clothes.**

Wear bright colors so cars can see you easily.

## **Ride in the middle of the lane.**

Don't ride too close to the edge of the road. Instead, ride in the middle of the lane so cars must go around you. The road is for everyone, not just for cars!

## **Use hand signals.**

Let cars know when you're turning or stopping by using hand signals.

## **Keep your distance.**

Stay away from cars parked on the side of the road because you never know when someone might open their door.

## **Plan your route.**

If you know a road is too busy, try to find a different route to take. It might take a little longer, but it's safer.