



CHOOSE YOUR MOVE

Active transportation is a healthy, fun and easy way to get around.

Here are some tips and safety suggestions:

BE SAFE *DRIVING*

- Stop for pedestrians. Every intersection is a crosswalk — painted or not.
- Give bikes at least 3 feet when passing. Bikes are vehicles and can legally use the full travel lane.
- Always check for bicyclists and pedestrians when making a turn.
- Watch for children around schools, parks, buses and in neighborhoods.
- Allow buses to merge into the travel lane after picking up or dropping off passengers.
- Check your mirrors and look for bicyclists when opening car doors or turning right.

BE SAFE *BUSING*

- Give yourself plenty of time. Do not run across or along the street to catch a bus.
- Get ready to ride. Wait for the bus in the correct location and make yourself visible to the bus driver.
- Stay alert and hold on to railings when a bus is slowing down or turning.
- After exiting, wait for the bus to depart and cross at the nearest intersection to get to your destination.

BE SAFE **BICYCLING**

- Wear a properly fitted helmet and ensure that your bike is in good working order (ABC = air, brakes, chains).
- Be predictable - ride in a straight line, don't weave between parked or moving vehicles, and use hand signals to communicate your intentions to other drivers.
- Bikes belong on the road. Stay off sidewalks, ride in the direction of traffic and obey all traffic laws.
- Be visible. Use head and taillights at night - it's the law. Bright clothing increases visibility.
- Stay at least 3 to 4 feet from parked cars to prevent collisions with suddenly opened car doors.

BE SAFE **WALKING**

- Cross in crosswalks and at marked intersections. Avoid the temptation to cross the street mid-block. If a pedestrian signal is present, only cross when the "WALK" signal is lit.
- Check for turning vehicles when crossing streets and driveways.
- Walk on sidewalks or designated paths. If none are present, walk along the shoulder/berm in the direction opposite of traffic.
- Eyes and mind on where you are walking. All. The. Time.
- Allow space and time for vehicles to stop and increase space and time at night and during inclement weather.
- Be visible. Bright clothing increases visibility. Carry a flashlight for walking when it's dark.

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