

# Heather

# Safe Routes to School

## About Safe Route to School (SR2S):

SR2S is a countywide program offered by the San Mateo County Office of Education. The goal of the program is to encourage and enable school children to walk and bicycle to school by implementing projects and activities that improve the health, well-being, and safety of children and result in less traffic congestions and emissions caused by school related travel.

### Walking:

- Always walk with a parent or buddy
- Be alert. Look left, right, and left again before crossing an intersection
- Cross at corners or marked crosswalks
- Use pedestrian flags correctly
- Use eye contact and hand signals to communicate with drivers
- Follow directions from crossing guards
- Use sidewalks when available

### Rolling:

- Always wear a helmet when biking, scooting, or skating
- Make sure your helmet fits properly
- Obey all stop signs and yield to pedestrians
- When riding on the street, ride in the same direction as traffic
- When riding on the sidewalk, ride slowly and watch out for pedestrians
- Make eye contact and hand signals to communicated with drivers

## San Carlos

### Idle Free Campaign:

This year the district is supporting the San Carlos Idle Free Campaign which encourages drivers to turn off their vehicles when waiting for more than 10 seconds. It has been found that congested cars idling create a large amount of CO2 emissions which cause health and environmental hazards.

We understand that not everyone can choose active transportation everyday. For those of you who need to drive to school please do your part and turn off your car when stopped for more than 10 seconds

## How To Fit Your Bike Helmet:

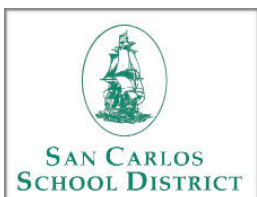
**Fit** - Make sure your helmet is the correct size. It should fit snugly while not sitting flat on top of your head

**Position** - The helmet should sit level on your head and low on your forehead with no more than 2 finger-widths above your eyebrow.

**Buckles** - Center the chin buckle underneath the chin and clip.

**Side Straps** - Adjust the slider so that both straps form a "V" shape under and slightly in front of the ears.

**Chin Strap** - Tighten the chin strap until it is snug so that no more than 2 fingers fit under the strap.



San Mateo County  
**SAFE ROUTES TO SCHOOL**

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## Special Events 2018-19:

**Walk to School Day**  
Wed, Oct 10th

**Bike to School Day**  
Wed, May 8th

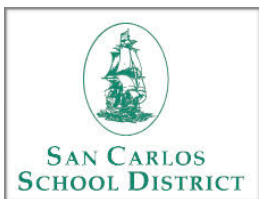
## Benefits of Active Transportation:

- Safer transportation to school
- Community connectedness
- Physical health benefits
- Decreased traffic
- Mental health benefits
- Reduced air pollution

## How to Use

### Pedestrian Flags:

1. Take a flag
2. Look and listen
3. Cross safely
4. Leave flag at other side



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