



As summer draws to a close and children start heading back to school, family life can get pretty hectic. It's important to remember some key tips that will help keep your children safe and healthy throughout the school year.

Whether children walk, ride their bike or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to and from school:

BIKERS

Teach your child the rules of the road and practice riding the bike route to school with your child.

- Proper fitted bicycle helmets must be worn while riding
- Make sure your child wears bright colored clothing while riding their bicycle
- Wearing headphones, earphones, or other listening devices while riding bicycles is prohibited
- Ride on the right side of the road, with traffic, and in a single file
- Come to a complete stop before crossing the street; walk bikes across the street
- Stay alert and avoid any distractions

BUS RIDERS

Teach your children school bus safety rules and practice with them.

- Go to the bus stop with your child to teach them the proper way to get on the off the bus
- Teach your children to stand 6 feet (or three giant steps) away from the curb
- If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus; your child and the bus driver should always be able to see each other

WALKERS

Review your family's walking safety rules and practice walking to school with your child.

- Walk on the sidewalk. When on a street with no sidewalk, walk facing the traffic
- Before you cross the street, stop and look left, right and left again to see if cars are coming
- Make eye contact with drivers before crossing
- Always cross streets at crosswalks or intersections
- Stay alert and avoid distracted walking

DRIVING YOUR CHILD TO SCHOOL

Stay alert and avoid distracted driving.

- Obey school zone speed limits and follow your school's drop-off and pick-up procedures
- Make eye contact with children who are crossing the street
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough to allow them to safely enter and exit the bus

