





WALK OR WHEEL TO SCHOOL



If you live within two miles of school, walk or roll to school! **Walking, biking or rolling one mile to and from school each day is two-thirds of the recommended 60 minutes of physical activity a day for young people.**

SAFETY TIPS

-  **Stop** at the curb's edge.
-  **Look** left, right, and behind you.
-  **Make** eye contact with drivers.
-  **Cross** at corners and crosswalks.

DO'S AND DON'TS

- ★ DO cross with heads up and looking around.
- ★ DO be visible and predictable.
- ★ DO stay off your phones! DON'T text or talk on the phone while walking.

PLAN YOUR ROUTE

- ★ Plan your walk with your school's Suggested Routes to School Map at losaltosca.gov/saferoutes.
- ★ Find a neighbor or friend and walk or wheel together!
- ★ If you must drive to school, please carpool, and park a few blocks away from campus and walk.
- ★ Visit SchoolRoutes.org or download the app to walk, roll, bike or carpool to school.

GET INVOLVED!

Plan a Walk or Wheel to School Day at your school: Los Altos SRTS Program has developed a guide to help SRTS champions, school administrators, parents, and community members prepare for and foster participation in Walk or Wheel (WoW!) to School Day events by providing monthly resources, flyers, poster templates, safety tips, and fun activity ideas. Visit losaltosca.gov/saferoutes for more information.

Start a Walking School Bus: Each "bus" walks along a set route with one or more adults leading it, picking children up at designated stops along a predetermined route and walking them to school. Many families in your neighborhood may already walk to school.



MORE RESOURCES

[SRTS Champion Toolkit](#) provides resources, flyers, poster templates, safety tips, and fun activity ideas (losaltosca.gov/saferoutes).

[GreenTown School WoW!](#) The Walk or Wheel! (WoW!) Program encourages biking, walking and carpooling to school (greentownlosaltos.org/schoolswow).

[SchoolRoutes.Org](#) website and app to plan your trip to school and connect with friends and neighbors to start a walking group.



THE READINESS CHECKLIST TO WALK ALONE TO SCHOOL

PARENTS: Depending on the age and experience level of your child, you may opt to accompany them on their trip.

BEFORE WALKING ALONE TO SCHOOL, STUDENTS SHOULD BE CONFIDENT IN:

- Following walking rules
- Looking left, right, and behind before crossing at corners
- Following traffic signals
- Using paths and sidewalks, where provided
- Walking predictably
- Walking, not running, across the street
- Watching for cars turning or pulling out of driveways
- Having a safety plan (develop a plan with a caregiver in case of an incident while walking)
- Staying aware
- No texting or talking on cell phones while walking
- No listening to music with headphones while walking

