

## Why Rialto SRTS?

Because it's important to keep children active and safe. Children are more active when walking and biking are safe. Here are some benefits of walking and biking to school, daily:



### MENTAL BENEFITS

Better academic performance;  
Reduced anxiety and depression;  
Better concentration, memory, and sleep.



### PHYSICAL BENEFITS

Reduces risk of obesity and diabetes;  
Weight and blood pressure control;  
Stronger bones, joints, and muscles.

When students walk to school they arrive focused and ready to learn.

## Parents: Get Involved

To sign up, volunteer, and learn more about how you can support Safe Routes at your school, please visit [www.YourRialto.com/SRTS](http://www.YourRialto.com/SRTS) or contact your school's principal.



### SIGN UP

for your school's SRTS Core Team.



### VOLUNTEER

Help your school conduct a walk audit, or to participate in surveys.



### WORK WITH SCHOOL STAFF

Help organize fun events like the Walking School Bus, Golden Sneaker Contest, or Bike to School Day.

## Start a Walking School Bus/Bike Train



Contact potential participants (parents and students, principal, school staff, law enforcement officers, and community leaders).



Pick a route.



Decide how often the group will walk/bike together.

**WALK, ROLL, BIKE, AND HAVE FUN!!!**

## KID ZONE: FITTING A HELMET

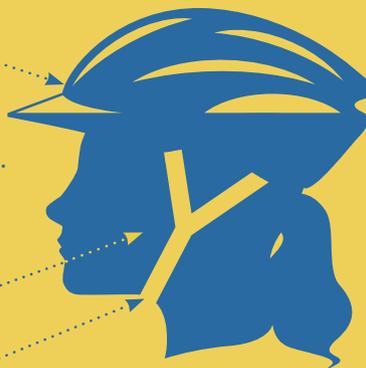
### 1 PUT A HELMET ON YOUR HEAD

The helmet should cover your forehead and rest just above your brow bone.

### 2 STRAPS SHOULD FORM A V UNDER EARS WHEN BUCKLED.

### 3 Is the chin strap snug on your chin? If not, TIGHTEN THE STRAPS.

### 4 RIDE!



# RIALTO



## SAFE ROUTES to SCHOOL

An Active Transportation Community

## What is Safe Routes to School?

Safe Routes to School helps students and their families to walk, bike or roll safely to school through fun activities that improve their health, well-being, and safety.



City of Rialto is an e3p3 Model City

## School Zone Safety Reminders

As parents/guardians and older siblings, our actions speak as loud as our words. Let us all set good examples:

### > SLOW DOWN

The safe speed may be less than 25 MPH.

### > LOOK FOR CHILDREN

Walking, crossing, and bicycling on the street from all directions.

### > STOP FOR PEOPLE

Crossing in the middle of the street, at crosswalks, and intersections.

### > GO WITH THE FLOW

Follow school drop-off and pickup rules. Pull to the curb instead of dropping students off in the street.

### > RESPECT YOUR COMMUNITY

Park in legal spaces and avoid double parking or blocking neighbors' driveways. Consider walking, biking, or carpooling to school.

### > IT'S THE LAW

Avoid mid-block U-turns, turning against "No Right on Red" signs, and dropping off along red curb zones.

### > BE AN EXAMPLE

Follow directions from safety patrol and crossing guards. It's the law.



## Teaching Your Child



### WALKING AND ROLLING TO SCHOOL

Always walk on the sidewalk and be aware of cars turning into driveways, garages and alleys. Never dart out into the street from between two parked cars.



### CROSSING THE STREET

Use the crosswalk and obey all signals. Before crossing, look left, right and left again. Never assume the car approaching is going to stop.



Teach your child not to use cell phones, listen to loud music, or do anything else that would distract them while walking, rolling, biking or skating to school.



### BIKING AND SKATING TO SCHOOL

Children under 10 years old should ride on the sidewalk.

Always wear a properly fitted helmet.

Check bikes routinely to make sure seat, handlebars, wheels, chain, brakes, and tires are tight and working properly.

Look out for road hazards like pot holes, glass, puddles, dogs and parked cars. Stay alert at all times!



### PRACTICE MAKES PERFECT

Practice safe pedestrian and bicycling behavior with your child.

## KID ZONE: CROSSWALK

1



### STOP

at the curb's edge.

2



### LOOK

left, right, and behind you.

3



### MAKE EYE CONTACT

with drivers.

4



### CROSS

with head up and looking around!