

Safety Tips for Cyclists

- Always wear a helmet when riding; in BC, it is the law to wear a helmet. Wear it at all times with straps firmly fastened.
- Obey traffic rules — bikes and cars obey the same rules.
- Keep to the right, ride single file, and always in the same direction as the traffic.
- Shoulder check. Look all ways, right then left shoulder check, and signal before turning or stopping.
- Turn with care. Most crashes occur at intersections. Look and listen before proceeding, perform hand signal, and obey all traffic signs and lights.
- Beware of parked cars. Pass parked cars with caution. Leave adequate distance to prevent being hit if a car door opens or a vehicle pulls out into the traffic lane.
- Beware of roadway hazards. Stop and look all ways before entering a roadway, driveway or alley. Try to make eye contact with the driver. When weather conditions are poor, slow down, apply brakes earlier and be extra careful. Avoid riding over potholes, cracks and railroad tracks.
- Pedestrians have the right of way. Ride slowly and yield to pedestrians when riding on paths or walkways. Walk your bike in crosswalks.
- Be visible. Equip your bike with front and rear lights and a red rear reflector. Wear bright-coloured or reflective clothing.
- Avoid heavy traffic. Plan your route to use bike paths and less heavily travelled streets. Avoid high-volume traffic or high-speed roadways until you have developed the necessary safe cycling skills.
- Ride safely. Don't weave, race or stunt-ride in traffic, or carry large bundles.
- Don't carry a passenger on a one-seated bicycle.
- Never tow or pull anybody with a bike, unless using equipment specifically made for safe towing (e.g., trailer).
- Keep both hands on the handlebars unless signaling.
- If passing a cyclist, look behind for approaching traffic and use a bell, horn or voice to indicate passing.

Parents, help your children stay safe by talking to them about these and other pedestrian and cyclist safety tips.

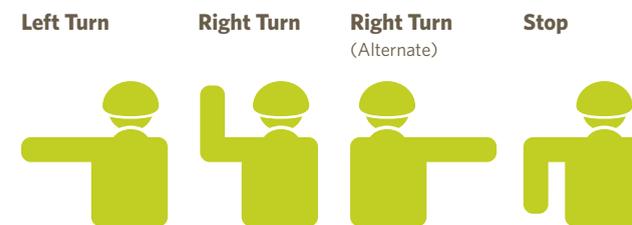
Tips from HASTe: Hub for Active School Transportation, hastebc.org

Safety Tips for Small Wheels

- Use scooter, skateboard or in-line skates only where it's safe and legal, on designated roadways, in parks, and on bicycle paths.
- Don't scooter, skateboard or in-line skate after dark.
- Avoid rough or slippery surfaces.
- Pass pedestrians, cyclists and other skaters on their left.
- Know the hazards at intersections, driveways, lanes or alleys. Always stop before crossing, scan by looking left-right-left.
- Never hitch a ride holding onto a vehicle, bus or bicycle.
- Use caution when going downhill. Walk, don't ride, down a steep hill.

Signs and Signals to Know

Turning signals for cyclists:



Stop completely and continue only when safe.



Give the right-of-way to other vehicles and crossing pedestrians



Pedestrian crosswalk; yield to people crossing

More information on signs and rules can be found at www.icbc.com



Resources for families

- UBC Transportation www.transportation.ubc.ca
- HASTe - Hub for Active School Travel www.hastebc.org
- Bike Sense: the BC Bicycle Operator's Manual <http://bikesense.bc.ca>
- HUB - Your Cycling Connection <https://bikehub.ca>
- ICBC www.icbc.com
- Active & Safe Routes to School www.saferoutestoschool.ca
- BCAA Traffic Safety Foundation www.tsfbcaa.com
- Bike BC www.th.gov.bc.ca/BikeBC

Walk 'n Roll!

Helpful hints for walking and riding to school



**WALK 'N ROLL
TO SCHOOL**

UTOWN@UBC
live work learn together

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

UTown@UBC and the UNA have teamed up to get elementary and secondary school students in the UTown@UBC community walking and rolling to school!

Why walk or roll to school?

Walking and biking to school are simple steps that families can take to contribute to a healthier, more sustainable community, by reducing the number of cars to and from school and promoting healthy, active transportation.

Walking or biking to school gives both parents and kids the opportunity to develop friendships, learn and practice traffic safety skills, get fit and have fun. It may also help kids learn better; studies have shown that kids who use active transportation daily are better able to concentrate in school!

So lace up your walking shoes, jump on your bike, skateboard or scooter and Walk 'n Roll to School!

Ways parents can encourage walking and riding:

- Organize a walking school bus with other families in your neighbourhood. By taking turns leading the walking school bus once or twice per week, parents save time and can get to know their neighbours!
- Help your children to feel safe and confident when walking and riding to school by discussing safety and reviewing routes
- Lead by example; walk with your children to help them get comfortable with the route and to show them just how fun it can be!
- Talk about the health and wellness benefits of walking or riding to school; kids will get exercise, enjoy nature and arrive at school ready for the day ahead!
- Encourage children and teens to walk or ride with friends; not only will this make them more visible to motorists, it will also provide them with the opportunity to have fun and spend time with friends on their way to school!
- Discuss the environmental impact of walking or riding instead of driving to school. Promoting the environmental benefits creates awareness of how small steps taken locally by individuals can have an impact on the environment globally!

Walk 'n Roll This Way

UTown@UBC is a vibrant, sustainable, and pedestrian-friendly community with lots of great walking and cycling paths for you to try! Walking and riding to school is even more fun in a group, so organize a walking school bus in your neighbourhood or grab a few friends and get walking and rolling!

Here are some UTown@UBC Recommended Routes to School:

Walking Routes



Cycling Routes



Check out utown.ubc.ca/walknroll for more information!



Safe Walking and Riding Tips

Just as vehicles have a responsibility to drive safely, pedestrians and cyclists must walk and ride responsibly and follow the rules of the road. By working together, we can all keep UTown@UBC safe!

Safety Tips for Pedestrians

- Walk on the inside edge of the sidewalk, away from the curb or roadway so you are less exposed to vehicles.
- Where there are no sidewalks, walk facing traffic so that oncoming vehicles are visible.
- Stay away from the road edge or curb while waiting at an intersection to cross the road. Take one giant step back to ensure you are well away from vehicles turning the corner or passing close by the sidewalk.
- Steps to crossing safely at an intersection without lights:
 - Stop at the curb, and stay one giant step away from the road edge.
 - If there isn't much traffic, wait until all traffic has passed or there is a big enough gap for you to get across the road safely. Look left, right and left again before crossing.
 - If traffic is heavy, extend an arm to indicate the desire to cross and wait for cars to stop (they may stop even before an arm is extended). Once you have ensured that all vehicles have stopped look left, right and left again before stepping into the road.
 - Always make eye contact with a vehicle driver and ensure that the vehicle is stopped before stepping off the curb to cross a road. Look left, right and left again before you cross.
- When crossing a multi-lane road, do not assume that when one vehicle stops the car in the next lane will also stop. Pedestrians must ensure that vehicles in each travel lane are stopped before they proceed across the road. Approaching vehicles may pass or go around a stopped car. To be sure, before you cross the second lane take a look to make eye contact with the driver in the second lane of traffic.
- When crossing at a signalized crosswalk a pedestrian light will indicate that you can cross the road. Always check to ensure vehicles have actually stopped. Look left, right, and left again to confirm that traffic is stopped before stepping off the curb, into the street.
- Never assume a driver has seen you, particularly in poor weather. Heavy rain, fog or snow makes it much harder for a driver to notice pedestrians and bicyclists. Make eye contact with the driver and ensure the vehicle is stopped before crossing in front of it.
- Wear bright clothes in low light conditions, and additional reflective materials or little lights at dawn, dusk and night when vehicle lights are in use.
- Remove at least one ear piece of your portable music player before crossing the street; you need to be able to hear any signs of danger.
- Never cross a street mid-block. Cross only at corners or crosswalks.
- Parking lots require special consideration. Vehicles often move without warning. Children must stay well back from cars in parking lots, and be taught to anticipate that vehicles may back out or move unexpectedly.