

For You

BEING ACTIVE builds healthy bodies and minds. Biking or walking to school makes you feel good about yourself, helps you perform better at school and can be a great time to hang out with your friends.

For Your Community

More people on the streets means improved safety for **EVERYONE**: pedestrians, cyclists, and people in cars. Young people active and comfortable outdoors are role models for all ages, and key indicators of safe and healthy neighbourhoods. It's **YOUR COMMUNITY!** The **CHANGE** can start with **YOU!!!**

For Our Earth

Vehicle emissions are individual Canadians' greatest source of green house gas emissions, and the largest cause of poor air quality in BC. Every vehicle trip replaced by walking reduces our contribution to climate change. Driving part-way, carpooling, and never idling parked vehicles outside your school, all help to reduce emissions.

TRAFFIC CIRCLES

Walking? Never walk across an intersection via the traffic circle. Cross each road carefully from road edge to road edge, in a crosswalk if there is one. Be aware: vehicles do not have to stop at a traffic circle, only slow down.

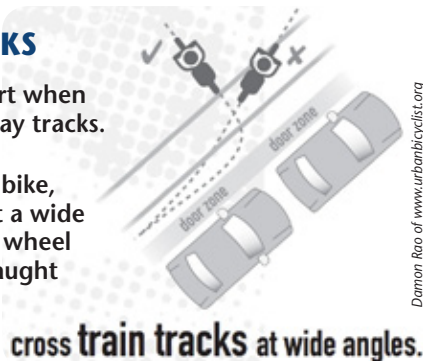
Cycling? Be assertive: it is very important to approach the traffic circle in the center of your lane:

- 1) to be more visible to other traffic approaching the circle, and
- 2) so as to not encourage vehicles to pass you while you are in the circle.

TRAIN TRACKS

Always be alert when crossing railway tracks.

If you're on a bike, cross tracks at a wide angle so your wheel doesn't get caught or slip.



"SUPER" ROAD CYCLE SAFETY

Signs: Use your hand-signals when turning, slowing down or stopping. Follow all posted traffic signs and obey all traffic laws.

Urban Awareness: See and be seen! Be aware of your surroundings and always leave one door length of space when riding next to parked cars. Wear light or bright coloured clothing, and use your lights and reflectors in low-light and at night.

Protection: Wear your helmet when riding – it's a law to protect your brain.

Eye Contact: Communication is key! Making eye contact with other road users such as drivers and pedestrians will increase safety for everyone.

Right hand side: Ride single file and as far to the right hand side of the road as practicable.

BE STREET "SMART"

Sidewalks: If there is a sidewalk, walk on it! Stay on the inside edge, and stand back from the curb when waiting to cross the street - the farther you are from moving vehicles the better. If there is no sidewalk, walk facing traffic so that you can see oncoming vehicles.

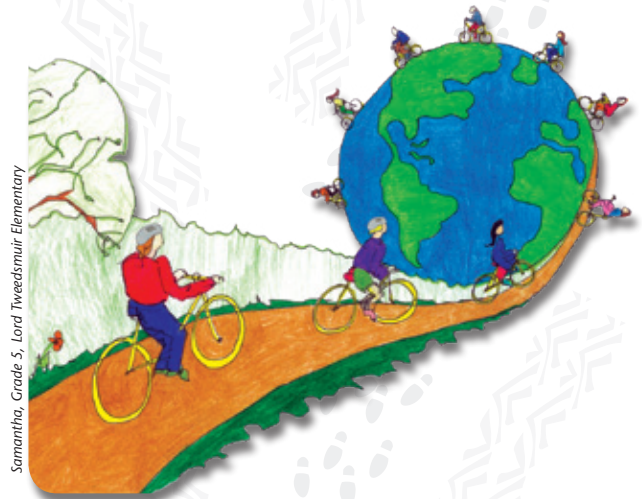
Music? If you are listening to music, remove an ear piece before crossing the street or walking in less populated areas.

Attention: Watch out for moving vehicles at driveways, back lanes, and in parking lots.

Road Crossing: Always cross at a road intersection or crosswalk. To cross safely at an intersection without lights, make eye contact with the drivers - in all lanes - to make sure they are stopped. Be bold, extend your arm to indicate you want to cross!

Team-Up: It is safer and more fun to walk to school with family or friends.

Best Routes to School



Samantha, Grade 5, Lord Tweedsmuir Elementary



Transport Canada

Transports Canada

Glenbrook
Middle School - East



Date Spring 2012 **BEST ROUTES - EAST**



Glenbrook Middle School
New Westminster, BC