

# SUPER Road Cycle Safety

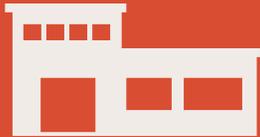
**Signs:** Use your hand signals when turning, slowing down or stopping. Follow all posted signs and obey the traffic laws.

**Urban Awareness:** See and be seen! Be aware of your surroundings. Wear light or bright coloured clothing, and use your lights and reflectors in low-light and at night.

**Protection:** It's the law to wear your helmet when riding – plus it protects your brain!

**Eye contact:** Communication is key! Make eye contact with other road users such as drivers and cyclists, especially when crossing intersections.

**Right hand side:** Ride single file and on the right-hand side of the road. Always leave one door length of space when riding next to parked cars.



# Use Your Street SMARTS

**Sidewalks:** Walk on the sidewalks, if possible. Stay on the inside edge, and stand back from the curb when waiting to cross the street. No sidewalk? Walk facing traffic so you can see approaching vehicles.

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

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

**Road Crossing:** Always cross at an intersection or crosswalk if available. Make eye contact with the drivers to make sure you are seen. Be bold; extend your arm to indicate you want to cross!

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

**Stranger-aware:** Do not go with a stranger. Practice and remember a special family password that only a trusted adult knows. With your family, identify safe places to go for help.



## Northridge Elementary

September 2016

# Best Routes To School Map

Best Routes to School are developed based on information we've received from parents, your school community and the municipality's transportation department. They are chosen to use the safest crossing points and to enable more people walk and cycle together.

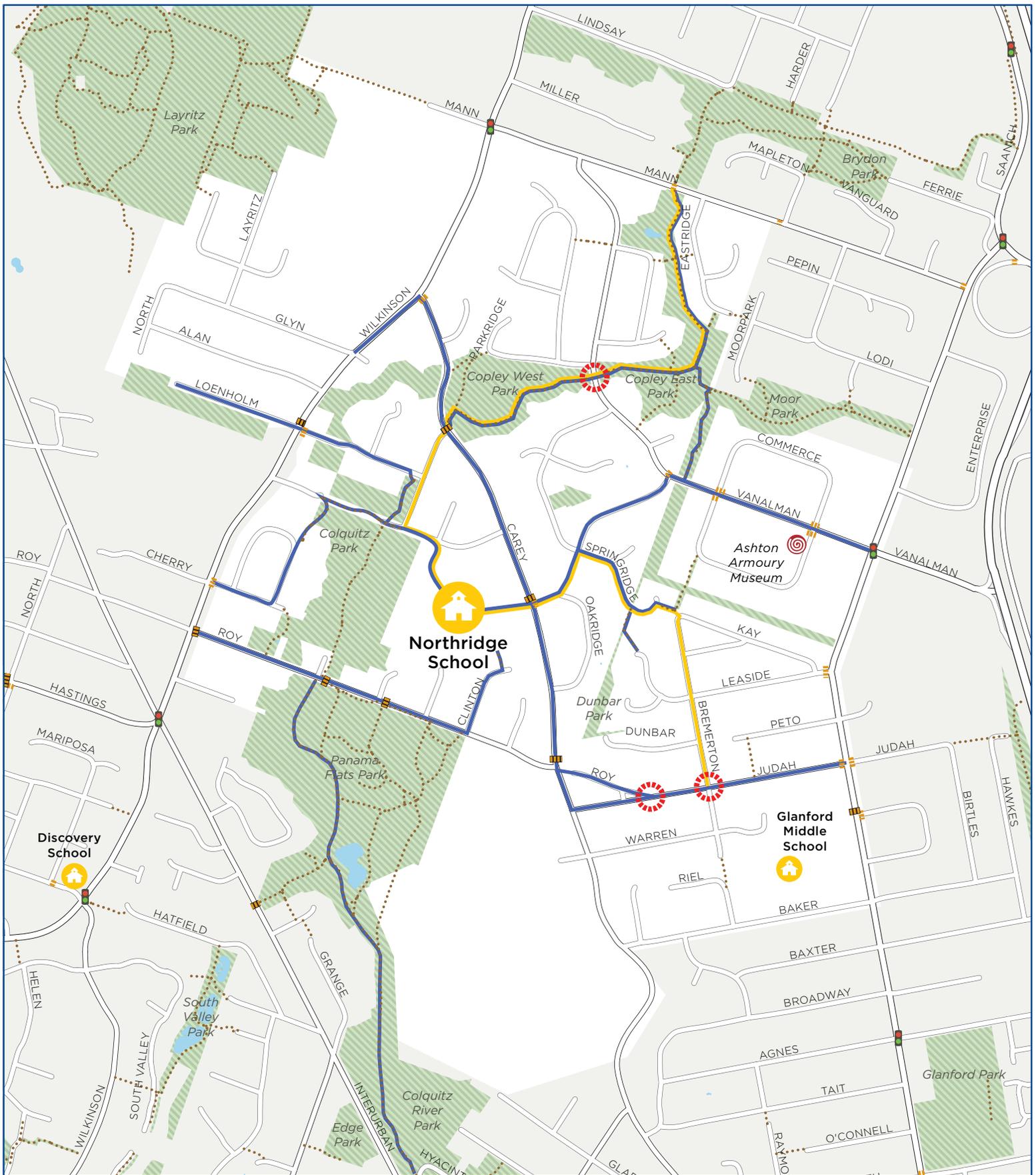
## Safety in Numbers

Time pressure? On your way to somewhere else? Team up with another parent or neighbour to share the responsibilities of walking to or from school. If students are older, encourage them to walk or cycle with friends or with their younger siblings.



The Best Routes to School Maps is a product of The District of Saanich's 2015-2016 Active and Safe Routes to School program, to encourage and enable students and families to choose active modes of transportation to and from school. The program is funded by The District of Saanich, and delivered by HASTe, the Hub for Active School Travel. For more information visit [www.saanich.ca](http://www.saanich.ca)





# Northridge Elementary School

# September 2016

-  Walk Route
-  Bike Route
-  Caution Crossing
-  Trail
-  Traffic Signal
-  Crosswalk
-  Enhanced Crosswalk
-  School
-  Park
-  Catchment Area
-  Recreational/Cultural

The Capital Regional District (CRD) does not warrant or guarantee the safety or suitability of any route depicted. This information is provided for general information purposes only and the use of this document by any person or entity will be entirely at their own risk.

