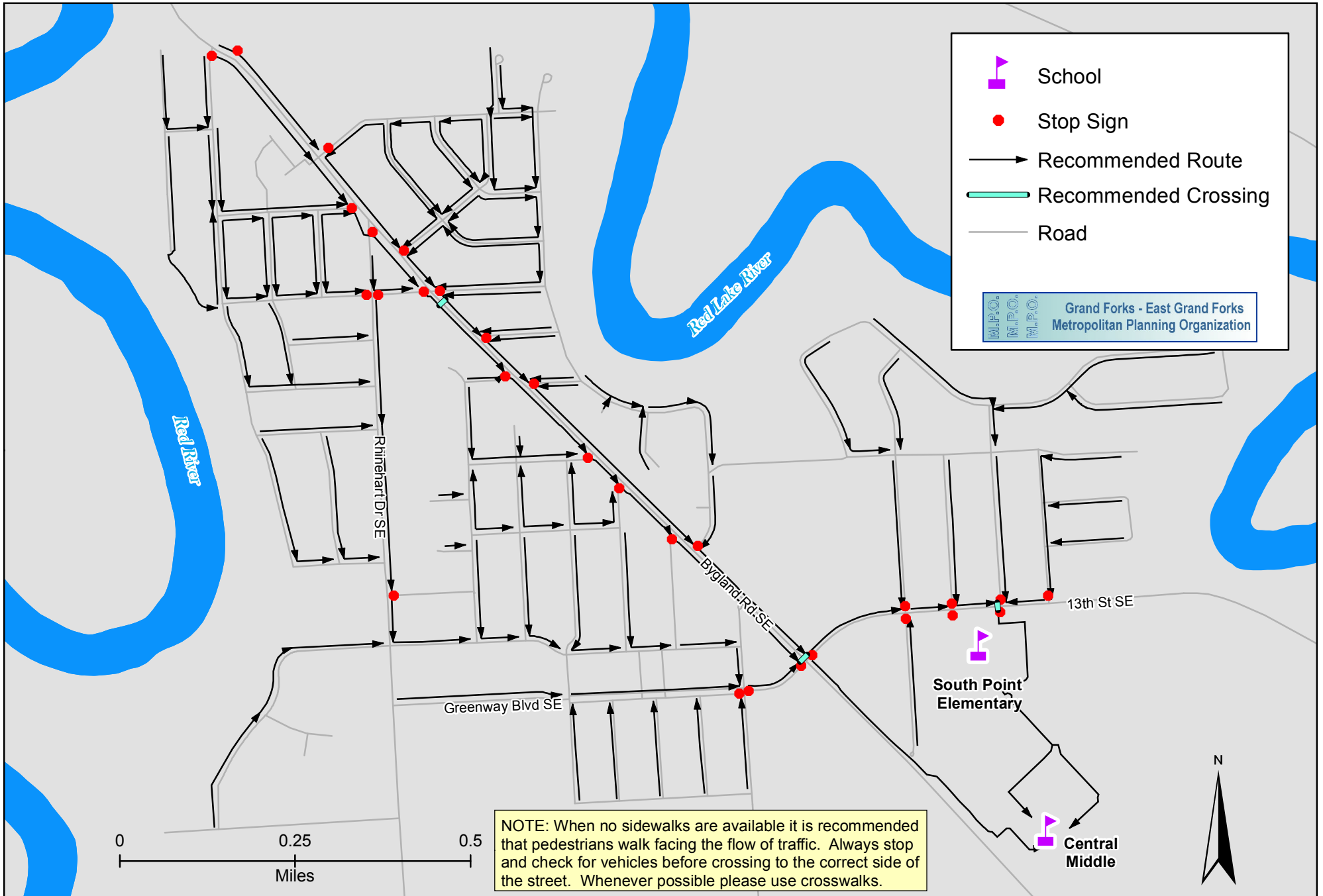


Central Middle School and South Point Elementary School Safe Routes to School 2015



The Safe Routes To School Maps are developed by the Grand Forks and East Grand Forks Metropolitan Planning Organization, in partnership with Safe Kids Grand Forks and your school district, as a guide for parents and caregivers. We are all committed to providing information to families to help them make decisions regarding transportation to and from school. We recommend that families “practice” walking and biking to school. Remember, while a student may know the route to school, they may not be able to make safe decisions when crossing the street. Following are some additional safety tips.

Pedestrian Safety: Walking is a healthy, fun way to get places and many elementary schools have incentive programs for walking.

- Provide children under age 10 supervision while walking and crossing streets. Young children do not possess the cognitive skills or depth perception to safely judge the distance and speed of oncoming vehicles.
- Cross only at corners and crosswalks.
- Look left, right, left before crossing and make eye contact with the driver. Many drivers are distracted and you want to be sure they see you and have come to a stop.
- Make sure to keep looking as you cross.
- Don't be a distracted pedestrian. Remind tweens and teens to remove ear buds and not use their cell phone when crossing the street.
- Be a role model and show students pedestrian behaviors that you want them to follow.

Bicycle Safety: Riding a bike can also be a safe and fun way to get to and from school.

- WEAR A HELMET. It is the most effective way to prevent a head injury in the event of a crash when participating in any wheeled sport.
- Walk your bike on school property and when using crosswalks.
- A bicycle should not carry more people than it was designed for, such as on the handlebars or pegs. One seat, one rider.
- When riding a bicycle, don't carry anything in your hands. Make sure backpack straps do not hang down into wheels or pedals.

For more information on school or pedestrian safety and other children injury topics, visit www.safekidsgf.com or contact us at safekids@altru.org.

