

Be a good role model: Teach your children safe walking skills



Heart of New Ulm
Supporting a culture of wellness

ship
statewide health
improvement partnership
BROWN, NICOLLET, LE SUEUR
& WASECA COUNTIES



Safety tips for walkers

- Cross streets only at corners or at a marked crosswalk where drivers expect to see you.
- Do not walk between parked buses.
- Look left, right and left again before crossing.
- Make eye contact with drivers at intersections and driveways to make sure they see you.
- Continue to look both ways for cars while crossing the street.
- Walk with other kids or adults when possible.
- Follow directions from crossing guards and safety patrols.
- Use sidewalks when available.
- Wear reflective clothing.
- If there is no sidewalk, walk on the side of the road facing oncoming traffic.

Walking to school can be a safe and healthy way for your children to get to school! **The facts:**

- Walking keeps children active daily. It can also help them gain independence.
- When children walk, there is less traffic around the school. It also helps improve air quality because there are fewer idling cars.
- Research shows that physical activity helps children do better in school. It helps improve their concentration, classroom behavior and test scores.

What can you do to help your children get ready to walk to school?

Test a route with your children in preparation for their daily trips to school. On this trial run, show them the best places to safely cross the street. Reinforce the safety tips listed on this page.

What's the best walking route from your home?

To determine the best route from your home, look at the designated walking routes developed by New Ulm's Safe Routes to School Action Team at www.tinyurl.com/NewUlmWalking

Walk to School video: <http://youtu.be/Eo8yzi13qsA>

Join us for



Be a good role model: Teach your children safe biking skills

Biking is a fun and healthy way to spend quality time with your children while teaching them skills that can serve them well for a lifetime.

Safety tips for bicycling

- Check the ABCs of your bike before every ride: Air, Brakes and Chain.
- Always wear a well-fitted helmet and reflective clothing.
- Obey all traffic laws.
- Kids under age 10 or just learning to ride can ride on the sidewalk.
- When riding on the sidewalk, use extra caution at driveways and intersections.
- On the street, ride with traffic far to the right.
- Make eye contact with motorists.
- Use a white front light and red back light or reflector.
- Before turning, scan traffic and use hand signals to turn.



If you must drive your children to school or pick them up, follow your school's designated drop-off and pick-up processes

School officials have designed these processes to separate modes of transportation whenever possible to make the area safer for everyone and reduce congestion.

To learn more about the drop-off and pick-up process at your school, call the school office.

Nearby bike shops (all located in Mankato)

Nicollet Bike Shop • 507.388.9390

Nicollet is the region's largest bike shop and offers gear, accessories, clothing, expertise and programming, including bike rides and classes.

Scheels • 507.386.7767

Discover a large selection of high-quality bike equipment and gear for the entire family, including bikes, accessories, clothing, footwear and more.

Key City Bike • 507.304.1936

Key City is a nonprofit, community bike shop where you can donate a bike, purchase recycled parts and use the workspace to safely fix your bicycle.

Join us for



Bike to School video:
<http://y2u.be/fF8ASbpfZY8>