

# Central Middle Safe Routes to School



San Mateo County  
**SAFE ROUTES TO SCHOOL**  
Healthy Kids • Green Communities • Safe Journeys



# Central Middle

# Safe Routes to School

## How To Fit Your Bike Helmet:

**Fit** - Make sure your helmet is the correct size. It should fit snugly while not sitting flat on top of your head

**Position** - The helmet should sit level on your head and low on your forehead with no more than 2 finger-widths above your eyebrow.

**Buckles** - Center the chin buckle underneath the chin and clip.

**Side Straps** - Adjust the slider so that both straps form a "V" shape under and slightly in front of the ears.

**Chin Strap** - Tighten the chin strap until it is snug so that no more than 2 fingers fit under the strap.

### Walking:

- Always walk with a parent or buddy
- Be alert. Look left, right, and left again before crossing an intersection
- Cross at corners or marked crosswalks
- Use pedestrian flags correctly
- Use eye contact and hand signals to communicate with drivers
- Follow directions from crossing guards
- Use sidewalks when available

### Rolling:

- Always wear a helmet when biking, scooting, or skating
- Make sure your helmet fits properly
- Obey all stop signs and yield to pedestrians
- When riding on the street, ride in the same direction as traffic
- When riding on the sidewalk, ride slowly and watch out for pedestrians
- Make eye contact and hand signals to communicated with drivers

## About Safe Route to School (SR2S):

SR2S is a countywide program offered by the San Mateo County Office of Education. The goal of the program is to encourage and enable school children to walk and bicycle to school by implementing projects and activities that improve the health, well-being, and safety of children and result in less traffic congestions and emissions caused by school related travel.

## Special Events 2017-18:

**Walk to School Day**  
Wed, Oct 4th

**Bike to School Day**  
Wed, May 9th

## Benefits of Active

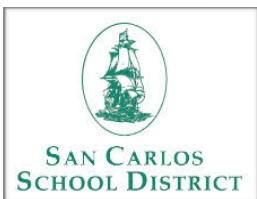
### Transportation:

- Safer transportation to school
- Community connectedness
- Physical health benefits
- Decreased traffic
- Mental health benefits
- Reduced air pollution

## How to Use

### Pedestrian Flags:

1. Take a flag
2. Look and listen
3. Cross safely
4. Leave flag at other side



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