

Prevent Pedestrian Crashes: Parents and Caregivers of Elementary School Children

Elementary school children are very active and impulsive. Although they are learning and growing, school-age children 10 and younger still need guidance and supervision when playing and walking near traffic.

Did you know?

- Fatalities among young pedestrians most often occur during the after school hours.
- The majority of the young pedestrian fatalities are boys.

Here are some common myths that children may believe about being a pedestrian. Make sure your child knows the facts.

Myth: A green light means that it is safe to cross.

Fact: A green light means that you should stop and search for cars. Before you step off the curb, look LEFT-RIGHT-LEFT for traffic, and if it is safe to do so, cross and keep looking left and right as you do so. Be alert for vehicles making a right turn on red.

Myth: You are safe in a crosswalk.

Fact: You may cross at a crosswalk but before you do: stop at the curb and look LEFT-RIGHT-LEFT for cars. When it is clear, cross and keep looking left and right for cars.

Myth: If you see the driver, the driver sees you.

Fact: The driver may not see you. Make certain the driver stops before you cross the street.

Myth: The driver will stop if you are in a crosswalk or at a green light.

Fact: The driver may not see you. The driver may run a traffic light illegally. The driver may turn without looking for pedestrians.

Myth: Wearing white at night makes you visible to drivers.

Fact: White does not make you more visible at night. You must carry a flashlight and/or wear retro-reflective clothing to be more visible to drivers. Always walk facing traffic.

When crossing a street your child should always:

- Cross at the corner or at an intersection.
- Stop at the edge of parked cars, the curb, or other vehicles.
- Look LEFT-RIGHT-LEFT for moving cars.
- Cross when clear, and keep looking left and right.
- Walk, don't run or dart, into the street.
- Look for signs that a car is about to move (rear lights, exhaust smoke, sound of motor, wheels turning).
- Walk alertly; use your eyes and your ears to increase your safety.

Common Types of Collisions Between Young Pedestrians and Motorists

What Happens

- ① Child darting out into street at corner or mid-block.

This type of crash commonly occurs in neighborhoods where children are playing. A ball might roll into the street and the child runs to chase after it. Teach children to ask an adult for help before retrieving a ball or any object in the street.

- ② Vehicle turning into path of a child.

Children may assume that a green light or WALK signal clears them from danger. It is important to teach children to be responsible and cautious regardless of signs or signals.

- ③ Child hidden from view by an ice cream truck.

Anxious and excited children near ice cream trucks may not be aware of their surroundings and run into the street. Cars should stop before slowly passing the ice cream truck.

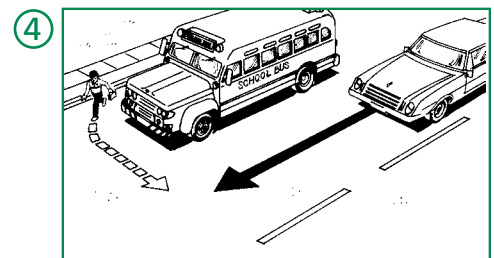
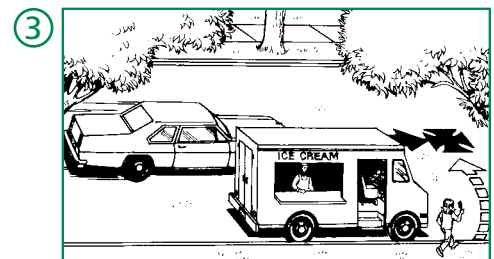
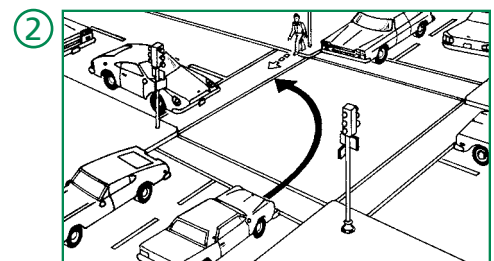
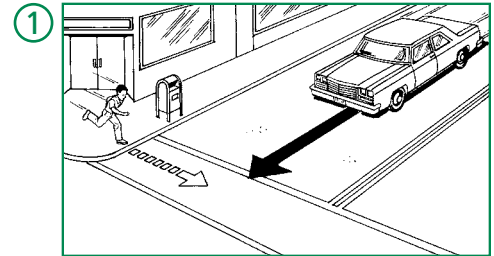
- ④ Child hidden from view by bus – driver does not stop.

All States require traffic in both directions to stop on undivided highways when students are getting on or off a school bus. Children who must cross the street after exiting the bus should walk to the edge of the bus, look left-right-left, and cross when it is clear and the bus driver has signaled it is safe to cross.

- ⑤ Vehicle backing up in roadways, driveways, or parking lots.

Children should be taught to look for people in the driver's seat and illuminated reverse tail lights before walking behind vehicles. Treat driveways like other intersections — stop at the edge and look LEFT-RIGHT-LEFT for cars pulling into or backing out of driveways.

What It Looks Like



Prevent Pedestrian Crashes: Parents and Caregivers of Preschool Children

As you probably know, preschool children move quickly and are often unaware of danger. Each year, many children are injured or killed when they suddenly dart into the paths of cars. Did you know that: (1) most preschoolers are injured near their homes, on their own streets or even in their own driveways, and (2) most traffic crashes involving preschoolers occur in fair and warm weather.

This Is How You Can Prevent These Tragedies:

Supervise preschoolers at all times.

Preschoolers should NOT be allowed to cross the street alone. Teach them who can help them cross the street safely (generally adults or siblings over the age of 12). Always hold the hand of a preschooler when crossing the street. Avoid making your driveway a “playground.” If you do allow children in this area, make sure that it’s only when there are no vehicles present.

To further protect children who may be outside playing, separate the driveway from the roadway with a physical barrier to prevent any cars from entering. Ensure your children are properly supervised at all times, especially wherever motor vehicles are present. Teach children not to play in, around, or under vehicles – ever.

Teach by explaining.

Explain to your child the safe way you cross a street. Say, “When I cross a street, I always stop at the curb. I look and listen for cars. I look left for any traffic coming, and then I look right for traffic coming that way. Then I look left again for any traffic coming. When it is clear, I cross the street, and keep looking left and right and listening for cars coming.” You can also explain how you look and listen for vehicles where they may be backing up (out of a driveway, parking lot, etc). Say: “Sometimes I can hear trucks backing up because they make a loud beeping sound to warn me. I also can look for a car or truck moving backward, and I can look and see white lights in the back of the car that tell me the driver is getting ready or is going backwards.” Use life as a teaching opportunity; quietly point out to your child when you notice others using safe pedestrian and unsafe pedestrian behavior. This reinforces your message and is also helpful for visual learners.

Teach by example – be a role model.

Your child watches and notices your actions as an adult. They think if you do the behavior it must be correct. Always do the right thing and show safe behavior.

When walking, always:

- Walk on the sidewalk, if one is available.
- Walk facing traffic if no sidewalk is available.

When crossing the street, always:

- Cross at a corner or crosswalk with the walk signal.
- Stop at the curb.
- Exaggerate looking LEFT-RIGHT-LEFT for traffic in all directions before and while crossing the street. Explain you are looking for either no traffic or that traffic has stopped for you to cross safely.
- Hold your child’s hand when crossing the street.
- Cross when it is clear.
- Keep looking for cars as you cross.

Encourage your child.

As you both safely cross the street together, praise the child for copying your safe actions or words. Practice what you teach at ALL times.

Bikeability Checklist

How bikeable is your community?

Riding a bike is fun!

Bicycling is a great way to get around and to get your daily dose of physical activity. It's good for the environment, and it can save you money. No wonder many communities are encouraging people to ride their bikes more often!



Can you get to where you want to go by bike?

Some communities are more bikeable than others: how does yours rate? Read over the questions in this checklist and then take a ride in your community, perhaps to the local shops, to visit a friend, or even to work. See if you can get where you want to go by bicycle, even if you are just riding around the neighborhood to get some exercise.



At the end of your ride, answer each question and, based on your opinion, circle an overall rating for each question. You can also note any problems you encountered by checking the appropriate box(es). Be sure to make a careful note of any specific locations that need improvement.



Add up the numbers to see how you rated your ride. Then, turn to the pages that show you how to begin to improve those areas where you gave your community a low score.

Before you ride, make sure your bike is in good working order, put on a helmet, and be sure you can manage the ride or route you've chosen. Enjoy the ride!

Go for a ride and use this checklist to rate your neighborhood's bikeability.



How bikeable is your community?

Location of bike ride (be specific): _____

Rating Scale:



1. Did you have a place to bicycle safely?

a) On the road, sharing the road with motor vehicles?

Yes Some problems (please note locations):
No space for bicyclists to ride
Bicycle lane or paved shoulder disappeared
Heavy and/or fast-moving traffic
Too many trucks or buses
No space for bicyclists on bridges or in tunnels
Poorly lighted roadways
Other problems: _____

b) On an off-road path or trail, where motor vehicles were not allowed?

Yes Some problems:
Path ended abruptly
Path didn't go where I wanted to go
Path intersected with roads that were difficult to cross
Path was crowded
Path was unsafe because of sharp turns or dangerous downhill
Path was uncomfortable because of too many hills
Path was poorly lighted
Other problems: _____

Overall "Safe Place To Ride" Rating: (circle one)

1 2 3 4 5 6

2. How was the surface that you rode on?

Good Some problems, the road or path had:
Potholes
Cracked or broken pavement
Debris (e.g. broken glass, sand, gravel, etc.)
Dangerous drain grates, utility covers, or metal plates
Uneven surface or gaps
Slippery surfaces when wet (e.g. bridge decks, construction plates, road markings)
Bumpy or angled railroad tracks
Rumble strips
Other problems: _____

Overall Surface Rating: (circle one)

1 2 3 4 5 6

3. How were the intersections you rode through?

Good Some problems:
Had to wait too long to cross intersection
Couldn't see crossing traffic
Signal didn't give me enough time to cross the road
Signal didn't change for a bicycle
Unsure where or how to ride through intersection
Other problems: _____

Overall Intersection Rating: (circle one)

1 2 3 4 5 6

Continue the checklist on the next page...

4. Did drivers behave well?

Yes Some problems, drivers:
Drove too fast
Passed me too close
Did not signal
Harassed me
Cut me off
Ran red lights or stop sign
Other problems: _____

Overall Driver Rating: (circle one)

1 2 3 4 5 6

5. Was it easy for you to use your bike?

Yes Some problems:
No maps, signs, or road markings to help me find my way
No safe or secure place to leave my bicycle at my destination
No way to take my bicycle with me on the bus or train
Scary dogs
Hard to find a direct route I liked
Route was too hilly
Other problems: _____

Overall Ease of Use Rating: (circle one)

1 2 3 4 5 6

6. What did you do to make your ride safer?

Your behavior contributes to the bikeability of your community. Check all that apply:

- Wore a bicycle helmet
- Obeyed traffic signal and signs
- Rode in a straight line (didn't weave)
- Signaled my turns
- Rode with (not against) traffic
- Used lights, if riding at night
- Wore reflective and/or retroreflective materials and bright clothing
- Was courteous to other travelers (motorist, skaters, pedestrians, etc.)

7. Tell us a little about yourself.

In good weather months, about how many days a month do you ride your bike?

- Never
- Occasionally (one or two)
- Frequently (5-10)
- Most (more than 15)
- Every day

Which of these phrases best describes you?

- An advanced, confident rider who is comfortable riding in most traffic situations
- An intermediate rider who is not really comfortable riding in most traffic situations
- A beginner rider who prefers to stick to the bike path or trail

How does your community rate? Add up your ratings and decide.

(Questions 6 and 7 do not contribute to your community's score)

- | | | |
|--------------------|--------------|--|
| 1. _____ | 26-30 | Celebrate! You live in a bicycle-friendly community. |
| 2. _____ | 21-25 | Your community is pretty good, but there's always room for improvement. |
| 3. _____ | 16-20 | Conditions for riding are okay, but not ideal. Plenty of opportunity for improvements. |
| 4. _____ | 11-15 | Conditions are poor and you deserve better than this! Call the mayor and the newspaper right away. |
| 5. _____ | 5-10 | Oh dear. Consider wearing body armor and Christmas tree lights before venturing out again. |
| Total _____ | | |

Did you find something that needs to be changed?

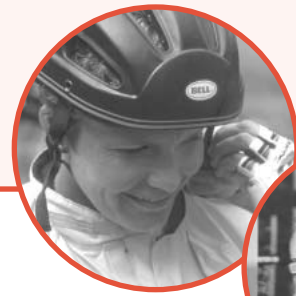
On the next page, you'll find suggestions for improving the bikeability of your community based on the problems you identified. Take a look at both the short- and long-term solutions and commit to seeing at least one of each through to the end. If you don't, then who will?

During your bike ride, how did you feel physically? Could you go as far or as fast as you wanted to? Were you short of breath, tired, or were your muscles sore? The next page also has some suggestions to improve the enjoyment of your ride.

Bicycling, whether for transportation or recreation, is a great way to get 30 minutes of physical activity into your day. Riding, just like any other activity, should be something you enjoy doing. The more you enjoy it, the more likely you'll stick with it. Choose routes that match your skill level and physical activities. If a route is too long or hilly, find a new one. Start slowly and work up to your potential.

Now that you know the problems,
you can find the answers.

Improving your community's score...



1. Did you have a place to bicycle safely?

a) On the road?

No space for bicyclists to ride (e.g. no bike lane or shoulder; narrow lanes)
Bicycle lane or paved shoulder disappeared
Heavy and/or fast-moving traffic
Too many trucks or buses
No space for bicyclists on bridges or in tunnels
Poorly lighted roadways

What you can do immediately

- pick another route for now
- tell local transportation engineers or public works department about specific problems; provide a copy of your checklist
- find a class to boost your confidence about riding in traffic

What you and your community can do with more time

- participate in local planning meetings
- encourage your community to adopt a plan to improve conditions, including a network of bike lanes on major roads
- ask your public works department to consider "Share the Road" signs at specific locations
- ask your state department of transportation to include paved shoulders on all their rural highways
- establish or join a local bicycle advocacy group

b) On an off-road path or trail?

Path ended abruptly
Path didn't go where I wanted to go
Path intersected with roads that were difficult to cross
Path was crowded
Path was unsafe because of sharp turns or dangerous downhill
Path was uncomfortable because of too many hills
Path was poorly lighted

- slow down and take care when using the path
- find an on-street route
- use the path at less crowded times
- tell the trail manager or agency about specific problems

- ask the trail manager or agency to improve directional and warning signs
- petition your local transportation agency to improve path/roadway crossings
- ask for more trails in your community
- establish or join a "Friends of the Trail" advocacy group

2. How was the surface you rode on?

Potholes
Cracked or broken pavement
Debris (e.g. broken glass, sand, gravel, etc.)
Dangerous drain grates, utility covers, or metal plates
Uneven surface or gaps
Slippery surfaces when wet (e.g. bridge decks, construction plates, road markings)
Bumpy or angled railroad tracks
Rumble strips

- report problems immediately to public works department or appropriate agency
- keep your eye on the road/path
- pick another route until the problem is fixed (and check to see that the problems are fixed)
- organize a community effort to clean up the path

- work with your public works and parks department to develop a pothole or hazard report card or online link to warn the agency of potential hazards
- ask your public works department to gradually replace all dangerous drainage grates with more bicycle-friendly designs, and improve railroad crossings so cyclists can cross them at 90 degrees
- petition your state DOT to adopt a bicycle-friendly rumble-strip policy

3. How were the intersections you rode through?

Had to wait too long to cross intersection
Couldn't see crossing traffic
Signal didn't give me enough time to cross the road
The signal didn't change for a bicycle
Unsure where or how to ride through intersection

- pick another route for now
- tell local transportation engineers or public works department about specific problems
- take a class to improve your riding confidence and skills

- ask the public works department to look at the timing of the specific traffic signals
- ask the public works department to install loop-detectors that detect bicyclists
- suggest improvements to sightlines that include cutting back vegetation; building out the path crossing; and moving parked cars that obstruct your view
- organize community-wide, on-bike training on how to safely ride through intersections

Improving your community's score...

(continued)

What you can do immediately

What you and your community can do with more time

4. Did drivers behave well?

Drivers:
Drove too fast
Passed me too close
Did not signal
Harassed me
Cut me off
Ran red lights or stop signs

- report unsafe drivers to the police
- set an example by riding responsibly; obey traffic laws; don't antagonize drivers
- always expect the unexpected
- work with your community to raise awareness to share the road

- ask the police department to enforce speed limits and safe driving
- encourage your department of motor vehicles to include "Share the Road" messages in driver tests and correspondence with drivers
- ask city planners and traffic engineers for traffic calming ideas
- encourage your community to use cameras to catch speeders and red light runners

5. Was it easy for you to use your bike?

No maps, signs, or road markings to help me find my way
No safe or secure place to leave my bicycle at my destination
No way to take my bicycle with me on the bus or train
Scary dogs
Hard to find a direct route I liked
Route was too hilly

- plan your route ahead of time
- find somewhere close by to lock your bike; never leave it unlocked
- report scary dogs to the animal control department
- learn to use all of your gears!

- ask your community to publish a local bike map
- ask your public works department to install bike parking racks at key destinations; work with them to identify locations
- petition your transit agency to install bike racks on all their buses
- plan your local route network to minimize the impact of steep hills
- establish or join a bicycle user group (BUG) at your workplace

6. What did you do to make your ride safer?

Wore a bicycle helmet
Obeyed traffic signals and signs
Rode in a straight line (didn't weave)
Signaled my turns
Rode with (not against) traffic
Used lights, if riding at night
Wore reflective materials and bright clothing
Was courteous to other travelers (motorists, skaters, pedestrians, etc.)

- go to your local bike shop and buy a helmet; get lights and reflectors if you are expecting to ride at night
- always follow the rules of the road and set a good example
- take a class to improve your riding skills and knowledge

- ask the police to enforce bicycle laws
- encourage your school or youth agencies to teach bicycle safety (on-bike)
- start or join a local bicycle club
- become a bicycle safety instructor



Need some guidance?
These resources might help...

Great Resources

STREET DESIGN AND BICYCLE FACILITIES

American Association of State Highway and Transportation Officials
444 North Capitol Street, NW, Suite 249
Washington, DC 20001
Tel: (202) 624-5800
www.aashto.org

Institute of Transportation Engineers
1099 14th Street, NW, Suite 300 West
Washington, DC 20005-3438
Tel: (202) 289-0222
www.ite.org

Association of Pedestrian and Bicycle Professionals (APBP)
P.O. Box 23576
Washington, DC 20026
Tel: (202) 366-4071
www.apbp.org

Pedestrian and Bicycle Information Center (PBIC)
UNC Highway Safety Research Center
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC 27599-3430
Tel: (919) 962-2202
www.pedbikeinfo.org
www.bicyclinginfo.org

Federal Highway Administration
400 Seventh Street, SW
Washington, DC 20590
www.fhwa.dot.gov/environment/bikeped/index.htm

EDUCATION AND SAFETY

National Highway Traffic Safety Administration
400 Seventh Street, SW
Washington, D.C. 20590
Tel: (202) 366-1739
www.nhtsa.dot.gov/people/injury/pedbimot/bike/

League of American Bicyclists
1612 K Street NW, Suite 401
Washington, DC 20006
Tel: (202) 822-1333
www.bikeleague.org

National Bicycle Safety Network
www.cdc.gov/ncipc/bike/default.htm

National Safe Kids Campaign
1301 Pennsylvania Ave NW, Suite 1000
Washington, DC 20004
Tel: (202) 662-0600
www.safekids.org

PATHS AND TRAILS

Rails to Trails Conservancy
1100 17th Street SW, 10th Floor
Washington, DC 20036
Tel: (202) 331-9696
www.railtrails.org

National Park Service
Rivers, Trails and Conservation Assistance Program
1849 C Street, NW, MS-3622
Washington, DC 20240
www.nrc.nps.gov/rtca/rtca-ofh.htm

HEALTH

Centers for Disease Control and Prevention
Division of Nutrition and Physical Activity
4770 Buford Highway, NE
Atlanta, GA 30341-3724
www.cdc.gov/nccdphp/dnpa
Tel: (770) 488-5692

National Center for Injury Prevention and Control
Childhood Injury Prevention
4770 Buford Highway, NE
Atlanta, GA 30341
www.cdc.gov/ncipc

ADVOCACY AND USER GROUPS

Thunderhead Alliance
1612 K Street, NW, Suite 401
Washington, DC 20006
Tel: (202) 822-1333
www.thunderheadalliance.org

League of American Bicyclists
1612 K Street, NW, Suite 401
Washington, DC 20006
Tel: (202) 822-1333
www.bikeleague.org

National Center for Bicycling and Walking
1506 21st Street, NW, Suite 200
Washington, DC 20036
Tel: (202) 463-6622
www.bikewalk.org

Surface Transportation Policy Project
1100 17th Street, NW, 10th Floor
Washington, DC 20036
Tel: (202) 466-2636
www.transact.org

OTHER USEFUL RESOURCES

Bikes and transit: www.bikemap.com

Bicycle information: www.bicyclinginfo.org

Bicycle-related research:
www.tfhr.gov/safety/pedbike/pedbike.htm

Bicycling Magazine: www.bicycling.com/

Bicycle touring:
Adventure Cycling Association
P.O. Box 8308
Missoula, MT 59807
(800) 755-2453
(406) 721-8754
www.adv-cycling.org

Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

Everyone benefits from walking. These benefits include: improved fitness, cleaner air, reduced risks of certain health problems, and a greater sense of community. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall.

After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.



Partnership for a Walkable America



Pedestrian and Bicycle Information Center



U.S. Department of Transportation

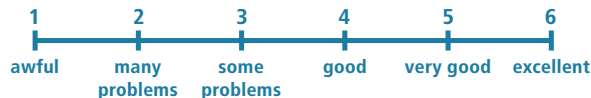


Take a walk and use this checklist to rate your neighborhood's walkability.

How walkable is your community?

Location of walk _____

Rating Scale:



1. Did you have room to walk?

- Yes Some problems:
- Sidewalks or paths started and stopped
 - Sidewalks were broken or cracked
 - Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 - No sidewalks, paths, or shoulders
 - Too much traffic
 - Something else _____
- Locations of problems: _____

Rating: (circle one) _____
1 2 3 4 5 6

4. Was it easy to follow safety rules?

Could you and your child...

- Yes No Cross at crosswalks or where you could see and be seen by drivers?
- Yes No Stop and look left, right and then left again before crossing streets?
- Yes No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
- Yes No Cross with the light?
- Locations of problems: _____

Rating: (circle one) _____
1 2 3 4 5 6

2. Was it easy to cross streets?

- Yes Some problems:
- Road was too wide
 - Traffic signals made us wait too long or did not give us enough time to cross
 - Needed striped crosswalks or traffic signals
 - Parked cars blocked our view of traffic
 - Trees or plants blocked our view of traffic
 - Needed curb ramps or ramps needed repair
 - Something else _____
- Locations of problems: _____

Rating: (circle one) _____
1 2 3 4 5 6

5. Was your walk pleasant?

- Yes Some unpleasant things:
- Needed more grass, flowers, or trees
 - Scary dogs
 - Scary people
 - Not well lighted
 - Dirty, lots of litter or trash
 - Dirty air due to automobile exhaust
 - Something else _____
- Locations of problems: _____

Rating: (circle one) _____
1 2 3 4 5 6

3. Did drivers behave well?

- Yes Some problems: Drivers...
- Backed out of driveways without looking
 - Did not yield to people crossing the street
 - Turned into people crossing the street
 - Drove too fast
 - Sped up to make it through traffic lights or drove through traffic lights?
 - Something else _____
- Locations of problems: _____

Rating: (circle one) _____
1 2 3 4 5 6

How does your neighborhood stack up?

Add up your ratings and decide.

1. _____ 26-30 Celebrate! You have a great neighborhood for walking.
2. _____ 21-25 Celebrate a little. Your neighborhood is pretty good.
3. _____ 16-20 Okay, but it needs work.
4. _____ 11-15 It needs lots of work. You deserve better than that.
5. _____ 5-10 It's a disaster for walking!

Total _____

Now that you've identified the problems,
go to the next page to find out how to fix them.

Now that you know the problems,
you can find the answers.

Improving your community's score...



1. Did you have room to walk?

Sidewalks or paths started and stopped
Sidewalks broken or cracked
Sidewalks blocked
No sidewalks, paths or shoulders
Too much traffic

What you and your child can do immediately

- pick another route for now
- tell local traffic engineering or public works department about specific problems and provide a copy of the checklist

What you and your community can do with more time

- speak up at board meetings
- write or petition city for walkways and gather neighborhood signatures
- make media aware of problem
- work with a local transportation engineer to develop a plan for a safe walking route

2. Was it easy to cross streets?

Road too wide
Traffic signals made us wait too long or did not give us enough time to cross
Crosswalks/traffic signals needed
View of traffic blocked by parked cars, trees, or plants
Needed curb ramps or ramps needed repair

- pick another route for now
- share problems and checklist with local traffic engineering or public works department
- trim your trees or bushes that block the street and ask your neighbors to do the same
- leave nice notes on problem cars asking owners not to park there

- push for crosswalks/signals/ parking changes/curb ramps at city meetings
- report to traffic engineer where parked cars are safety hazards
- report illegally parked cars to the police
- request that the public works department trim trees or plants
- make media aware of problem

3. Did drivers behave well?

Backed without looking
Did not yield
Turned into walkers
Drove too fast
Sped up to make traffic lights or drove through red lights

- pick another route for now
- set an example: slow down and be considerate of others
- encourage your neighbors to do the same
- report unsafe driving to the police

- petition for more enforcement
- request protected turns
- ask city planners and traffic engineers for traffic calming ideas
- ask schools about getting crossing guards at key locations
- organize a neighborhood speed watch program

4. Could you follow safety rules?

Cross at crosswalks or where you could see and be seen
Stop and look left, right, left before crossing
Walk on sidewalks or shoulders facing traffic
Cross with the light

- educate yourself and your child about safe walking
- organize parents in your neighborhood to walk children to school

- encourage schools to teach walking safely
- help schools start safe walking programs
- encourage corporate support for flex schedules so parents can walk children to school

5. Was your walk pleasant?

Needs grass, flowers, trees
Scary dogs
Scary people
Not well lit
Dirty, litter
Lots of traffic



- point out areas to avoid to your child; agree on safe routes
- ask neighbors to keep dogs leashed or fenced
- report scary dogs to the animal control department
- report scary people to the police
- report lighting needs to the police or appropriate public works department
- take a walk with a trash bag
- plant trees, flowers in your yard
- select alternative route with less traffic

- request increased police enforcement
- start a crime watch program in your neighborhood
- organize a community clean-up day
- sponsor a neighborhood beautification or tree-planting day
- begin an adopt-a-street program
- initiate support to provide routes with less traffic to schools in your community (reduced traffic during am and pm school commute times)

A Quick Health Check

Could not go as far or as fast as we wanted
Were tired, short of breath or had sore feet or muscles
Was the sun really hot?
Was it hot and hazy?

- start with short walks and work up to 30 minutes of walking most days
- invite a friend or child along
- walk along shaded routes where possible
- use sunscreen of SPF 15 or higher, wear a hat and sunglasses
- try not to walk during the hottest time of day

- get media to do a story about the health benefits of walking
- call parks and recreation department about community walks
- encourage corporate support for employee walking programs
- plant shade trees along routes
- have a sun safety seminar for kids
- have kids learn about unhealthy ozone days and the Air Quality Index (AQI)

Need some guidance?
These resources might help...

Great Resources

WALKING INFORMATION

Pedestrian and Bicycle Information Center (PBIC)
UNC Highway Safety Research Center
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC
27599-3430
Phone: (919) 962-2202
www.pedbikeinfo.org
www.walkinginfo.org

National Center for
Bicycling and Walking
Campaign to Make
America Walkable
1506 21st Street, NW
Suite 200
Washington, DC 20036
Phone: (800) 760-NBPC
www.bikefed.org



WALK TO SCHOOL DAY WEB SITES

USA event: www.walktoschool-usa.org
International: www.iwalktoschool.org

STREET DESIGN AND TRAFFIC CALMING

Federal Highway Administration
Pedestrian and Bicycle Safety Research Program
HSR - 20
6300 Georgetown Pike
McLean, VA 22101
www.fhwa.dot.gov/environment/bikeped/index.htm

Institute of Transportation Engineers
www.ite.org

Surface Transportation Policy Project
www.transact.org

Transportation for Livable Communities
www.tlcnetwork.org

WALKING COALITIONS

America Walks
P.O. Box 29103
Portland, Oregon 97210
Phone: (503) 222-1077
www.americawalks.org

Partnership for a Walkable America
National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
Phone: (603) 285-1121
www.nsc.org/walkable.htm



PEDESTRIAN SAFETY

National Highway Traffic Safety Administration
Traffic Safety Programs
400 Seventh Street, SW
Washington, DC 20590
Phone: (202) 662-0600
www.nhtsa.dot.gov/people/injury/pedbimot/ped

National SAFE KIDS Campaign
1301 Pennsylvania Ave. NW
Suite 1000
Washington, DC 20004
Phone: (202) 662-0600
Fax: (202) 393-2072
www.safekids.org

WALKING AND HEALTH

US Environmental Protection Agency
Office of Children's Health Protection (MC 1107A)
Washington, DC 20460
Phone: 202-564-2188
Fax: 202-564-2733
www.epa.gov/children/
www.epa.gov/airnow/
www.epa.gov/air/urbanair/ozone/what.html
www.epa.gov/sunwise/uvindex.html
www.epa.gov/otaq/transp/comchoic/ccweb.htm

President's Task Force on Environmental Health Risks and
Safety Risks to Children
www.childrenshealth.gov

Centers for Disease Control and Prevention
Division of Nutrition and Physical Activity
Phone: (888) 232-4674
www.cdc.gov/nccdphp/dnpa/readysset
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

Prevention Magazine
33 East Minor Street
Emmaus, PA 18098
www.itsallaboutprevention.com

Shape Up America!
6707 Democracy Boulevard
Suite 306
Bethesda, MD 20817
www.shapeup.org

ACCESSIBLE SIDEWALKS

US Access Board
1331 F Street, NW
Suite 1000
Washington, DC 20004-1111
Phone: (800) 872-2253;
(800) 993-2822 (TTY)
www.access-board.gov



Lista de revisión para peatones

¿Qué tan fácil es caminar en su comunidad?

Tome un paseo o caminata con su niño y decida usted mismo.

Todo el mundo se beneficia en caminar. Estos beneficios incluyen: mejora física, aire más puro, se reducen riesgos en ciertos problemas de salud, y un mejor sentido de comunidad. Pero el caminar necesita ser seguro y fácil.

De un paseo con su niño y use la lista de revisión para ver si es agradable caminar en su comunidad. Si encuentran problemas o dificultades, esta guía le ofrecerá sugerencias para mejorar la situación.

Empezando:

Primero, usted necesitará escoger un lugar a donde caminar, como la ruta que usa para ir a la escuela, a la casa de un amigo, o un lugar que sea divertido ir. El segundo paso es la guía. Lea esta guía antes de salir y, mientras estén caminando, tome nota de los sitios que le gustaría modificar o mejorar.

Al terminar su paseo responda cada pregunta, y basado en su opinión, marque con un círculo la calificación general para cada una de ellas. Sume los puntajes para saber la calificación que le ha dado a su experiencia de caminar.

Después que usted ha calificado su caminata y ha identificado aéreas que tienen problemas, el siguiente paso es ver cómo usted puede mejorar la calificación de su comunidad. Usted encontrará respuestas inmediatas y soluciones de término largo bajo la sección “Mejorando la Calificación de su Comunidad” en la tercera página.



U.S. Department of Transportation
Federal Highway Administration



U.S. Department of Transportation
National Highway Traffic Safety
Administration

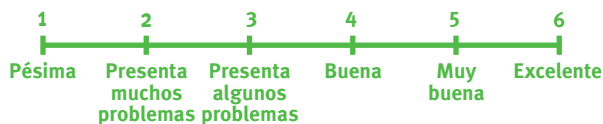


Tome una caminata y use esta lista de revisión para calificar que tan caminable es su vecindario

¿Qué tan caminable es su comunidad?

Trayecto de su Caminata: _____

Escala de calificación:



1. ¿Tenía suficiente espacio para caminar sin problemas?

- Sí Algunos Problemas:
- Las aceras o caminos empiezan o terminan abruptamente
 - Las aceras están quebradas o rotas
 - Las aceras están bloqueadas por arbustos, basureros, letreros, o postes
 - No hay aceras, caminos, ni bordes
 - Hay demasiado tráfico
 - Otra cosa _____

Lugares problemáticos: _____

Marcar con un círculo la calificación:

1 2 3 4 5 6

2. ¿Era fácil cruzar las calles?

- Sí Algunos Problemas:
- La calle es demasiada ancha
 - Las señales de tráfico nos hacían esperar mucho tiempo o no nos dan suficiente tiempo para cruzar
 - El área necesita señales de tráfico o cruces peatonales
 - Vehículos estacionados obstruyen nuestra vista del tráfico
 - Árboles o plantas obstruyen nuestra vista del tráfico
 - Necesitan rampas de acceso o las rampas necesitan reparo
 - Otra cosa _____

Lugares problemáticos: _____

Marcar con un círculo la calificación:

1 2 3 4 5 6

3. ¿Se comportaron bien los conductores?

- Sí Algunos Problemas: Los conductores. . .
- Retroceden de sus parqueos sin mirar
 - No suelen esperar a que los peatones crucen
 - Dan vuelta en una esquina mientras que peatones cruzan la calle
 - Manejan demasiado rápido
 - Aceleran para alcanzar la luz verde o se pasan la luz
 - Otra cosa _____

Lugares problemáticos: _____

Marcar con un círculo la calificación:

1 2 3 4 5 6

4. ¿Era fácil seguir las reglas de seguridad peatonal? ¿Pueden usted y su hijo ...

- Sí No ¿Cruzar en los cruces peatonales o donde pueden ver y ser vistos por los conductores?
- Sí No ¿Parar y mirar a la izquierda, a la derecha, y nuevamente a la izquierda antes de cruzar las calles?
- Sí No ¿Caminar en las aceras o en los bordes de las calles mirando hacia el tráfico (si no existen aceras)?
- Sí No ¿Cruzar con la luz verde?

Lugares problemáticos: _____

Marcar con un círculo la calificación:

1 2 3 4 5 6

5. ¿Fue agradable su paseo?

- Sí Algunos Problemas:
- Necesitamos más césped, flores, o árboles
 - Hay perros que dan miedo
 - Hay personas que dan miedo
 - No hay suficiente luz
 - Hay mucha basura por todas partes
 - Hay aire sucio debido al gas de escape de los carros
 - Otra cosa _____

Lugares problemáticos: _____

Marcar con un círculo la calificación:

1 2 3 4 5 6

¿Cómo calificó su comunidad?

Sume los puntos para ver cómo anda su vecindario.

1. ____ 26 – 30 ¡Celebre! Su comunidad es perfecta para caminar.
2. ____ 21 – 25 Celebre un poco. Tiene una comunidad buena para caminar.
3. ____ 16 – 20 Está bien, pero necesita mejoramientos.
4. ____ 11 – 15 Su comunidad necesita mucho trabajo. Su familia merece más.
5. ____ 5 – 10 ¡Su comunidad es un desastre!

Total _____

Ahora que usted conoce los problemas, usted puede encontrar las soluciones.

Como mejorar el puntaje de su comunidad.

Un nuevo concepto llamado “traffic calming” (calmando al tráfico) está convirtiendo a muchas calles donde conductores suelen exceder la velocidad a calles donde se puede caminar con seguridad.

Lo que usted y su niño pueden hacer de inmediato

Lo que usted y su comunidad pueden hacer con más tiempo

1. ¿Tenían suficiente espacio para andar sin problemas?

- Las aceras o caminos empiezan o terminan abruptamente.
- Las aceras están quebradas o rotas.
- Las aceras están bloqueadas por basureros, letreros, o postes.
- No hay aceras, veredas, ni bordes en las calles.
- Hay demasiado tráfico.
- Por el momento, escoja otra ruta.
- Contacte ingenieros de tráfico o trabajadores de proyectos públicos en su vecindario e infórmeles sobre problemas específicos. Déles una copia de esta lista de revisión.
- En juntas cívicas ofrezca sus comentarios sobre el tráfico.
- Escriba cartas al gobierno local y circule una petición pidiendo aceras y mejoramientos en su vecindario.
- Contacte los medios de comunicación y deles información sobre los problemas.
- Trabaje con un ingeniero de transporte local para desarrollar un plan para tener una ruta segura para caminar.

2. ¿Era fácil cruzar las calles?

- La calle es demasiado ancha.
- Las señales dejan a uno esperando demasiado tiempo o no dan suficiente tiempo para cruzar la calle.
- Se necesitan señales de tráfico o cruces peatonales.
- Vehículos estacionados obstruyen nuestra vista del tráfico.
- La vista del tráfico es obstruida por carros estacionados, árboles o plantas.
- Se necesitan rampas de acceso o las rampas necesitan reparo.
- Por el momento, escoja otra ruta.
- Comparta los problemas y esta lista de revisión con los ingenieros de tráfico o trabajadores en proyectos públicos en su vecindario. Recorte árboles y arbustos que obstruyen la vista a la calle y pida a sus vecinos que hagan lo mismo.
- Escriba una nota breve de buen gusto en los vehículos que son un problema pidiéndole a los dueños no estacionar allí.
- En las reuniones cívicas de su comunidad, solicite mejoramientos a cruces peatonales, señales de tráfico, estacionamiento y rampas de acceso.
- Repórtele al ingeniero de tráfico dónde los vehículos estacionados son un peligro.
- Repórtele a la policía los vehículos estacionados ilegalmente.
- Pida que los trabajadores públicos recorten los árboles y las plantas en su vecindario.
- Contacte a los medios de comunicación y déjeles saber de los problemas.

3. ¿En qué condiciones se encontraban las intersecciones que usted utilizó?

- Los conductores suelen retroceder sin mirar.
- No suelen esperar que los peatones crucen.
- Los conductores manejar sus vehículos hacia peatones mientras éstos cruzan la calle.
- Manejan demasiado rápido.
- Conductores aceleran para poder alcanzar la luz verde o se pasan la luz roja.
- Por el momento, escoja otra ruta.
- Sea un ejemplo para otros conductores; disminuya la velocidad y sea respetuoso de los peatones.
- Anime a sus vecinos hacer lo mismo.
- Informe a la policía sobre los conductores irresponsables.
- Demande un aumento de presencia policía en su vecindario.
- Pregunte a oficiales locales e ingenieros de tráfico por sugerencias de cómo educar y calmar al tráfico en su vecindario.
- Solicite señales de tráfico que mejorarían el control del tráfico que vira.
- Pida a las escuelas en su vecindario que designen voluntarios para ayudar a los niños cruzar las calles en lugares donde hay mucho tráfico.
- Organice un programa “speed watch” (vigilancia de velocidad) en su vecindario.

Como mejorar el puntaje de su comunidad.

Lo que usted y su niño pueden hacer de inmediato

Lo que usted y su comunidad pueden hacer con más tiempo

4. ¿Pudo Ud. seguir las reglas de seguridad peatonal?

- Cruzar en los cruces peatonales o donde pueden ver y ser visto por los conductores.
- Parar y mirar a la izquierda, a la derecha, y nuevamente a la izquierda antes de cruzar.
- Caminar en las aceras o en los bordes de las calles mirando hacia el tráfico Cruzar con la luz verde.
- Edúquese y su niño sobre la seguridad peatonal.
- Organice un grupo de padres de familia en su vecindario que acompañen a niños cuando caminen a la escuela.
- Fomente la enseñanza de seguridad peatonal en las escuelas.
- Ayude a las escuelas a iniciar un programa de caminar seguros.
- Apoye los horarios flexibles en el trabajo para que los padres puedan acompañar a los niños a la escuela.

5. ¿Fue agradable su paseo?

- El vecindario necesita más césped, flores o árboles.
- Hay perros atemorizantes.
- Hay gente y actividades sospechosas.
- No hay suficiente luz en las calles.
- Hay mucha basura por todas partes.
- Mucho tráfico.
- Enséñele a su niño qué aéreas debe evitar; pónganse de acuerdo en rutas seguras.
- Pida a los vecinos que mantengan sus perros sujetos con correas o dentro de sus patios.
- Informe a la oficina de control de animales sobre perros atemorizantes.
- Reporte a la policía gente o actividades sospechosas.
- Informe a la policía o al departamento de servicios públicos sobre problemas con las luces.
- De un paseo, lleve una bolsa consigo y recoja basura.
- Plante árboles, flores y arbustos en su patio.
- Escoja rutas alternas con menos tráfico.
- Pida más policías en su vecindario
- Inicie un programa de “Crime-Watch” (Vigilancia contra Criminales) en su vecindario.
- Organice en su comunidad un día para recoger la basura. Patrocine un día para plantar árboles y embellecer su vecindario.
- Promueva un programa para adoptar una calle.
- Organice apoyo para proveer rutas con menos tráfico a las escuelas de su comunidad (que tengan menos tráfico durante las horas de la mañana y tarde cuando los niños van a la escuela).

Un chequeo de salud rápido

- No pudo caminar tan lejos o rápido como quería.
- Estaba cansado, corto de aliento o tenía pies y músculos adoloridos ¿Estaba el sol bien caliente?
- ¿Estaba caliente y nebuloso?
- Empiece con caminatas cortas y después camine por 30 minutos casi cada día.
- Invite a un amigo o su niño a acompañarlo en su caminata.
- A veces, camine en vez de manejar a los lugares cercanos.
- Camine por el área con sombra cuando le sea posible.
- Use protección contra el sol de 15 o más SPF, use un sombrero y anteojos.
- Trate de no caminar durante el periodo más caliente del día.
- Pida a los medios de comunicación que hagan un reporte sobre los beneficios de caminar para la salud.
- Pida a los oficiales de parques y recreo que organicen caminatas para la comunidad.
- Pídale el apoyo a las corporaciones para programas de caminar sus empleados.
- Siembre árboles que den sombra a lo largo de las rutas.
- Organice un seminario para niños sobre la seguridad con el sol.
- Haga que los niños aprendan sobre los días no-saludables debido al medioambiente y el Índice de la Calidad del Aire (AQI).

¿Necesita alguna guía? Estos recursos le podrían ayudar...

RECURSOS ÚTILES

INFORMACIÓN PARA PEATONES

(Disponible en inglés solamente en su mayoría)

Pedestrian and Bicycle Information Center (PBIC)

UNC Highway Safety Research Center
(Centro de Información para Peatones y Ciclistas -
Centro de Investigación de Seguridad en las Carreteras -
Universidad de Carolina del Norte)
Chapel Hill, NC
www.pedbikeinfo.org o www.bicyclinginfo.org

National Center for Safe Routes to School (NCSRTS)

UNC Highway Safety Research Center
(Centro Nacional para la Seguridad en las Rutas Escolares
- Centro de Investigación de Seguridad en las Carreteras -
Universidad de Carolina del Norte)
Chapel Hill, NC
www.saferoutesinfo.org

PARA OBTENER INFORMACIÓN ADICIONAL SOBRE LA MANERA DE RESOLVER LOS PROBLEMAS DE LA COMUNIDAD

State Pedestrian and Bicycle Coordinators

(Coordinadores Estatales para Peatones y Bicicletas)
www.walkinginfo.org/assistance/contacts.cfm

POLÍTICAS FEDERALES, PAUTAS Y RECURSOS DE FINANCIACIÓN PARA INSTALACIONES PEATONALES

Federal Highway Administration (FHWA)

Bicycle and Pedestrian Program
Office of Natural and Human Environment
(Administración Federal de Carreteras - Programa para
Ciclistas y Peatones - Oficina de Ambiente Natural y
Humano)
Washington, DC
www.fhwa.dot.gov/environment/bikeped/index.htm

National Highway Traffic Safety Administration (NHTSA)

Office of Safety Programs
(Administración Nacional de Seguridad del Tráfico en las
Carreteras - Oficina de Programas de Seguridad)
Washington, DC
<http://www.nhtsa.gov/people/injury/pedbimot/pedSAFE>

INFORMACIÓN SOBRE LA FACILIDAD DEL ACCESO A LAS ACERA

US Access Board

(Consejo para garantizar el acceso a las aceras)
Washington, DC
Teléfono: (800)872-2253
(800)993-2822 (TTY)
www.access-board.gov



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