

## 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 and always leave one door length of space when riding next to parked cars. 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:** It's key! Make eye contact with other road users such as drivers and cyclists, especially when crossing intersections.

**Right hand side:** Ride single file and as far to the right hand side of the road as practical.

## Use Your Street SMARTS

**Sidewalks:** Walk on the sidewalk, 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 other family members or friends.

**Stranger-aware:** On no account ever 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.

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



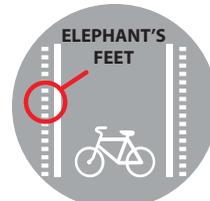
**LOOKTHINKGO**

*share the journey*

### BIKE ROAD MARKINGS AND SIGNAGE



**Shared Pathway** symbol are shared by pedestrians and cyclists. When cycling, yield to people walking.



**Elephant's Feet**, dots that are parallel to the crosswalk markings, tell cyclists they do not need to dismount (as they would on a regular crosswalk). Cyclists should slow down and only cross when it is safe.



A painted **Bike Box** at an intersection is where cyclists wait ahead of traffic. Motorists stop behind the box and cannot make a right turn on red if there are cyclists in the box.



**Sharrows** are used where cyclists share the lane with motorists, either in single file or side-by-side. They guide cyclists to the safest place on the street to ride and inform drivers to share the lane with cyclists.



A painted **Buffer** along a bike lane increases the gap between vehicles and cyclists. Cars should not travel in or park in a painted buffer.

## Why Walk or Bike to School?



### BENEFITS FOR STUDENTS

**BEING ACTIVE BUILDS HEALTHY BONES AND MINDS.** Walking or biking to school is not only a great way to be healthy and keep moving but has also shown to increase alertness and grades at school.



### FAMILY AND FRIEND TIME

**TIME SPENT WALKING TOGETHER** allows families and friends to connect without stressful distractions. It is a time to unwind, play or share stories about each other's day.



### COMMUNITY LIVABILITY

**KNOW YOUR COMMUNITY.** Walking and cycling is a great way to meet your neighbours. People feel safer when they know other people in their community.



### CARE FOR OUR EARTH

**VEHICLE EMISSIONS ARE THE LARGEST CAUSE OF POOR AIR QUALITY IN BC** and are individual Canadians' greatest source of green house gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change.

To find out more about safe, active trips to school visit



HASTE: [hastebc.org](http://hastebc.org)

National: [saferoutestoschool.ca](http://saferoutestoschool.ca)

TravelSmart: [TravelSmart.ca](http://TravelSmart.ca)

City of North Vancouver: [www.cnv.org](http://www.cnv.org)



# Best Routes to School



**Queen Mary Elementary School**

