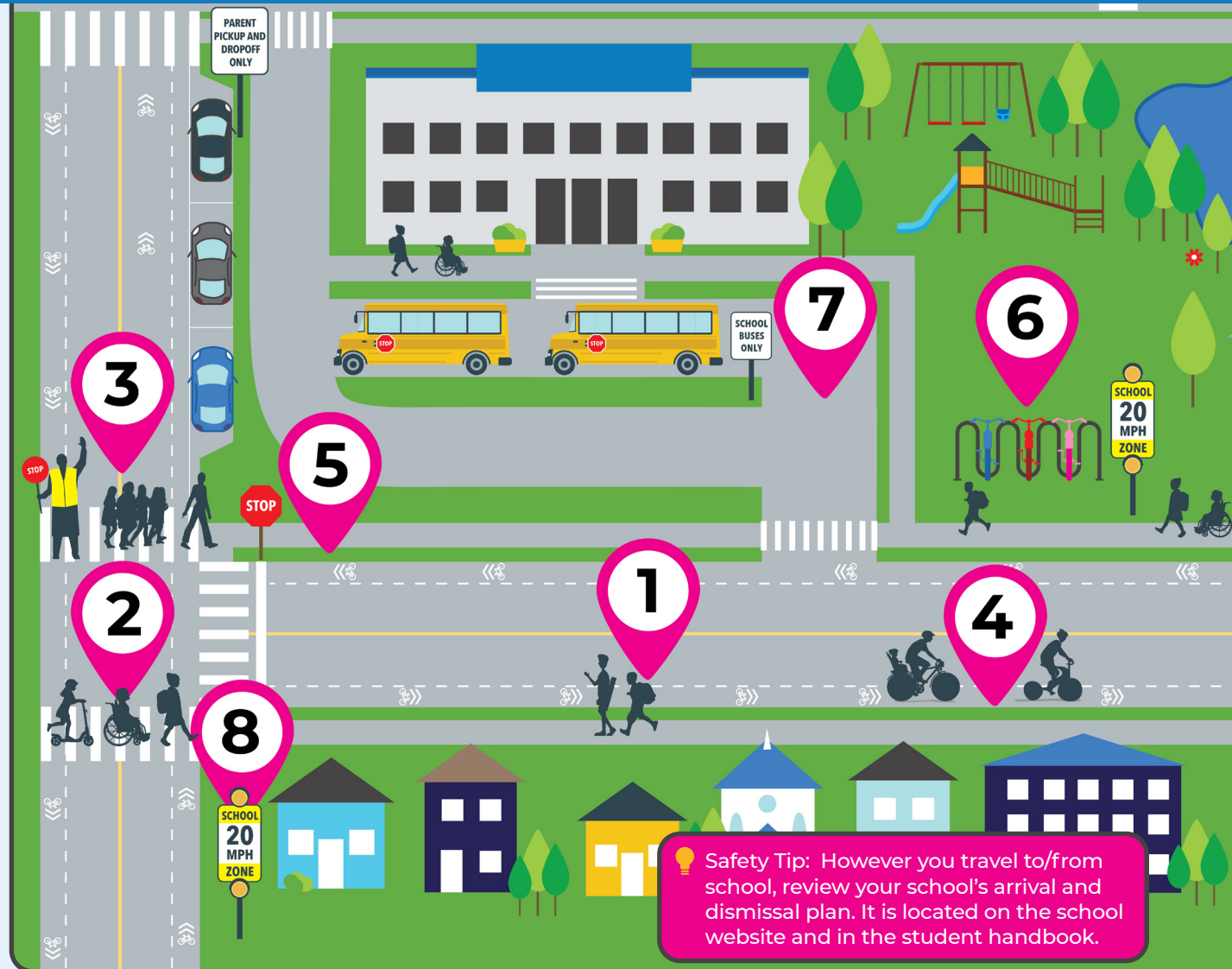


START THE SCHOOL DAY WITH CONFIDENCE

Student safety during arrival and dismissal is a school priority. By practicing these safety guidelines with your student, families can do their part to create a worry-free travel environment on and around school grounds.

- 1 Use sidewalks and walk facing traffic
- 2 Only cross at intersections or crosswalks
- 3 Follow Crossing Guard instructions
- 4 Ride your bike or scooter with traffic on the right side of the road
- 5 Follow all traffic signals and signs
- 6 Know biking routes and bike rack locations
- 7 School bus lanes are for school buses only
- 8 Be aware of school zones and obey their 20 MPH speed limits



Safety Tip: However you travel to/from school, review your school's arrival and dismissal plan. It is located on the school website and in the student handbook.

Safe Routes to School (SRTS) is a program offered by the Massachusetts Department of Transportation. The SRTS Program works to increase safe biking and walking among elementary and middle school students by using a collaborative, community-focused approach that bridges the gap between health and transportation.

Learn more: www.mass.gov/safe-routes-to-school

NEW SEASON. NEW ROUTINE.

Why not try something new? Consider walking, biking, and rolling to and from school with your student.



Lowers stress levels and adds exercise to your routine



Improves student concentration for better academic performance¹



Helps the environment by reducing traffic congestion around schools



Reduces tardiness and improves school attendance¹



Builds community & social connections

GET TO SCHOOL SAFELY WITH THESE ACTIVITIES

Walking School Bus and Bike Trains: Walk, bike, and roll to school along a fixed route and invite other students to join you along the way.

Park, Walk, & Roll: If you don't live within walking or biking distance of the school, designate a Park, Walk, & Roll location, and allow your student to walk, bike, or roll the remaining way to school.

Walking Wednesdays and Flagship Events: Celebrate arriving and departing school with a no-cost or low-cost themed event.



Visit the Safe Routes Encouragement page for more ideas and to view our Walking School Bus and Bike Train Guide:

www.mass.gov/info-details/safe-routes-to-school-encouragement



SIDEWALK 101

Be visible: Dress to be seen and always make eye contact with drivers.

Be aware of your surroundings: Look for cars in all directions and never assume the right of way.

Be courteous: Share the sidewalk and allow others to pass.

Be safe: Use sidewalks where available. If not available, be cautious of surroundings and walk facing traffic. Only cross streets at intersections and crosswalks.

Be alert: Unplug from distractions and avoid using phones and other devices.

READY TO ROLL

If your student plans to bike or roll to school, know your responsibilities:

Wear a helmet (legally required for ages 16 and under).

Mass. General Laws, chapter 85 sec. 11B1/2

Install bike lights (required after dusk; white light in front and red light or red reflector in rear).

Mass. General Laws, chapter 85 sec. 11B

Obey all traffic laws and regulations.

Mass. General Laws, chapter 85 sec. 11B

Ride bikes predictably and use hand signals to alert drivers of stops and turns.

Use sidewalks as needed unless prohibited by local laws.

Mass. General Laws, chapter 85 sec. 11B

 View a complete summary of MA bike laws: www.massbike.org/laws

FAMILY VEHICLE SAFETY

Give priority to pedestrians and cyclists.

Drive at a walking pace as you approach the school.

Follow Crossing Guard instructions.

Only load/unload in designated drop-off and pick-up areas.

Turn off your engine while waiting and place the vehicle in park ("P").

Students should only enter/exit on a vehicle's right passenger side.

Do not queue on public roadways.

 Read MassDOT Safe Routes to School's **Navigating School Zone Driving** for more information: <https://www.mass.gov/info-details/safe-routes-to-school-education#driver-education->

¹ [https://www.ajpmonline.org/article/S0749-3797\(08\)00005-6/fulltext](https://www.ajpmonline.org/article/S0749-3797(08)00005-6/fulltext)