

Bike and Pedestrian Safety Handbook



Introduction



The El Portal Undercrossing Project

is funded in part with federal Active Transportation Funds that aim at providing Safe Routes to School. A key objective of the project is to provide education to students at Paul Ecke Central Elementary School (PEC) to encourage transportation mode shifts from cars to biking and walking, while educating students on safe walking and biking behavior. This handbook will serve as a guide to the school, parents, and students to promote safe walking, biking and rolling to and from PEC.



Introduction

How to Use the Bike and Pedestrian Safety Handbook

What's in the handbook?

This handbook can be a parent/teacher-led or student-led activity book to provide bicycling and pedestrian safety tips when traveling to and from Paul Ecke Central Elementary School (PEC). There are activities designed for children to get excited about bike and pedestrian safety. Review the activity pages with your child or student to talk about safety tips.

There is an aerial map on pages 4 and 5 that illustrates the community surrounding PEC, the El Portal Undercrossing, where there are dedicated cross walks, as well as shared bike and motorist lanes. This map can be used as a guide to teach children where it is safe to bike and walk to and from school.

Key Objectives:

The handbook is designed as a resource for adults to encourage and educate school-aged children to bike and walk to PEC. Additionally, PEC can use this as a tool to continue educating, encouraging and incentivizing parents and students to promote transportation mode shifts from cars to biking and walking.

- **Learn ways that school-aged children can safely bike or walk to PEC**
- **Integrate bike and pedestrian safety tips into daily behavior**
- **Customize your child/student's safe route to school**

Some Common Traffic Signs for Bicyclists and Pedestrians



Pedestrian Crossing



School Crossing



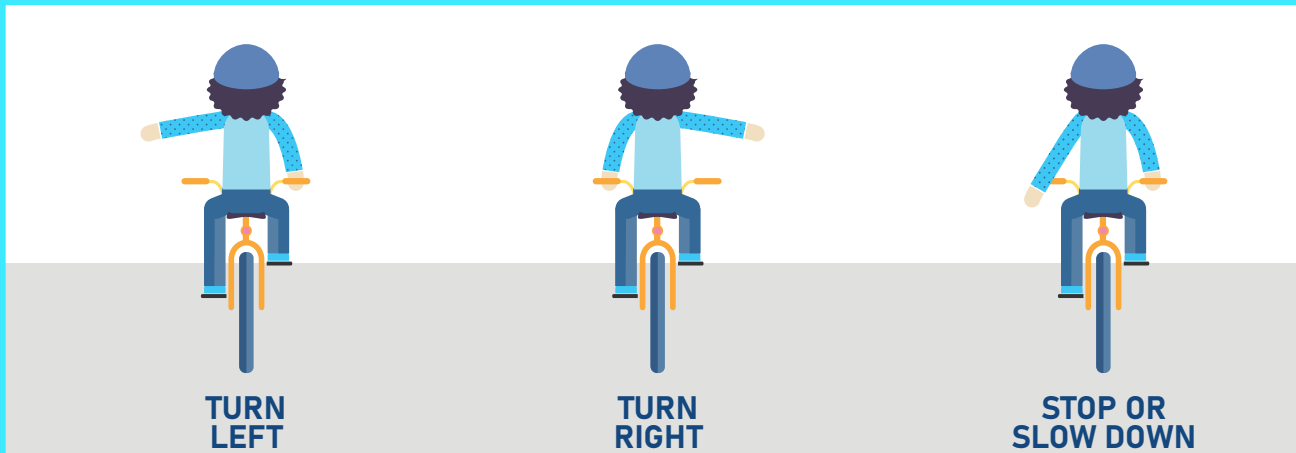
Shared Bicycle and Motorist Lane

Bicycling and Pedestrian Safety



Proper Hand Signaling When Riding Your Bike

Teach your student the proper hand signals when biking through the community.



For information about ebikes, check out the San Diego County Bike Coalition's website at bit.ly/SDCBC_Ebikes.

Bicycling Safety Word Hunt

Find the safety words in the word search. Walk your student how to use each safety topic with riding their bike to school. For example, wear your helmet each time you ride your bike.

HELMET	G	B	R	H	K	Q	R	R	X	R
	Y	R	W	G	B	I	K	E	D	H
	E	O	E	R	U	A	L	D	V	L
	L	Y	H	E	L	M	E	T	K	W
	L	W	V	O	N	G	R	S	S	N
	O	U	B	I	S	T	O	P	I	A
RED	W	X	K	R	E	N	J	K	P	K
STOP										
BIKE										
YELLOW										

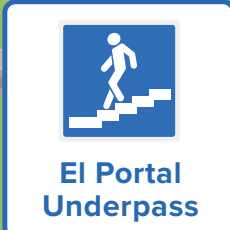
Trace your safe route to school!



Blind Turn
No Crossing
(Watch for
Oncoming Traffic)



**PAUL ECKE CENTRAL
ELEMENTARY SCHOOL**



LEGEND

- El Portal Underpass
- Dedicated Pedestrian Crossing
- Shared Bike / Motorist Lanes

City of Encinitas

El Portal Bike and Pedestrian Undercrossing Project



Bicycling and Pedestrian Safety



Below are some reminders when biking and walking to and from school.



Keep your **eyes up**, and your phone down.



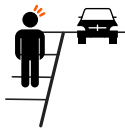
Wear **bright-colored clothing** or reflective gear when walking.



Look **left, right, and left again** before crossing the street.



Make **eye contact** with drivers before crossing the street.



Always walk on sidewalks. If there are no sidewalks, walk facing traffic as far to the left as possible.



Do not run or dart out into the street or cross between parked cars.

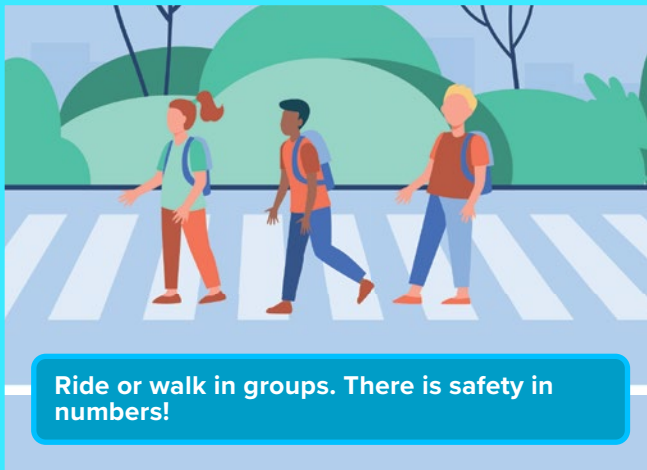
Ride your bike in the same direction of traffic flow. Parents decide when child is ready to ride in the road vs. on the sidewalk.



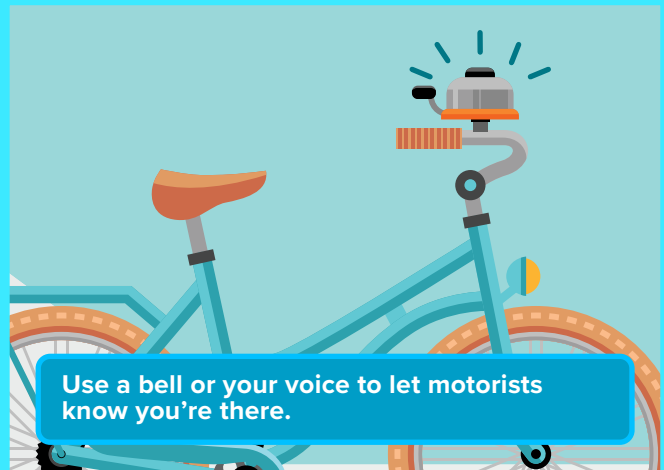
Treat each driveway as an intersection, and be aware when riding or walking across.



Ride or walk in groups. There is safety in numbers!



Use a bell or your voice to let motorists know you're there.



Teacher and Parent Resources

Below is a sample calendar of encouragement and education events Paul Ecke Central Elementary School may utilize to promote safe walking, biking and rolling to school. This calendar can be customized to meet the needs of the school and exhibited biking and walking behaviors of parents and students. In addition, the links below are great resources to view Caltrans' Active Transportation Plan and map as well as rail safety.

Outreach, Encouragement and Education Events		
Date	Event	Event Type
FALL	BOWWOW	Encouragement
WINTER	BOWWOW	Encouragement
WINTER	Incentive Program Workshop	Workshop/Education
SPRING	Pancake Carnival Bike Rodeo	Education
SPRING	BOWWOW	Encouragement

Operation Lifesaver - Rail Safety and Education



Operation Lifesaver helps kids and adults learn about staying safe when it comes to railroad tracks and trains. Check out materials for kids and their caregivers at

<https://oli.org/info/kids>



Scan the QR Code, or visit the link below to learn about Encinitas' Active Transportation Plan!

bit.ly/EncinitasATP

