

# Walk N Roll Safety Tips

Follow these safety tips while you walk and roll!

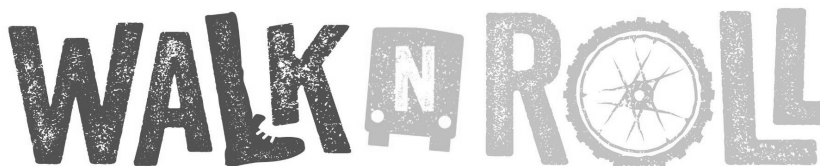
## Safe Rolling Tips:

- Wear a properly-fitted helmet.
- Ride in the same direction as traffic.
- Walk your bike in crosswalks.
- Look left, right, left for traffic.
- Use hand signals when turning and stopping.
- Make eye contact with drivers.



## Safe Walking Tips

- Walk on the sidewalk.
- If there are no sidewalks, walk facing traffic.
- Cross at intersections and use the crosswalk.
- Before you cross the road, check left, right, left for traffic.
- Make eye contact with drivers.
- Walk, don't run.
- Stay alert! Don't use a phone or wear headphones.
- Wear reflective gear and bright clothing.
- Plan a safe route and stick to it.



A Youth Education Program of **Intercity Transit**  
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