# **WALKING SAFETY**









LOOK
left, right, and
behind you



Make
Eye Contact
with drivers



Cross
with heads up and
looking around



## **BIKING SAFETY**



Follow all traffic laws and stop at stop signs.

**Be aware of traffic.** Ride single file in the direction of traffic. Ride in a straight line on the right side of the road. Use lights when riding at night.

### **Use Hand Signals**



Right Turn



Slow or Stop



Left Turn

#### **Wear Your Helmet**

**Your helmet** should coveryour forehead and rest just above your eyebrows.

Straps should form a V under ears when buckled.



**Tighten the strap** so it is snug under your chin.

#### Watch for Shared Lane Markings

Ride down the center of this "sharrow" symbol to stay outside the door zone on streets without bike lanes.

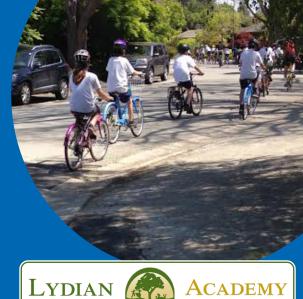


# **DRIVING TIPS**

**Slow Down:** Watch and stop for students and families crossing, especially when other vehicles block your view.

Park Safely: Park, stop, and load students only in designated spaces.

**Follow Traffic Laws:** Avoid mid-block U-turns and keep crosswalks, accessible parking spaces, fire hydrants, bus stops, and driveways clear.





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# LYDIAN ACADEMY SUGGESTED WALK AND ROLL MAP



The City of Menlo Park supports children and families in walking and bicycling to school through safety education, fun events, and traffic safety improvements around schools.

#### Learn more and get involved:

Lydian Academy: lydianacademy.com

City of Menlo Park Safe Routes to School: menlopark.org/saferoutestoschool

Parents for Safe Routes: parents4saferoutes.org

