

# *Bike & Pedestrian Safety*



**GREEN RIBBON MONTH**

# September is GREEN RIBBON MONTH

The Green Ribbon Month is an annual Utah program that focuses on the prevention of injuries from pedestrian, bicyclist, and motor vehicle crashes.

In Utah, 30 pedestrians are hit and killed by a car each year. Another 785 pedestrians are hospitalized or treated in an emergency department after being in a crash with a motor vehicle.

An average of 372 bicyclists are injured in crashes with motor vehicles and 5 are killed. Children ages 0 to 14 made up approximately 18% of all bicyclists in crashes.

Green Ribbon Month will help your school to create and implement safe routes to and from school, teach key traffic safety rules, and inform parents on how to help keep all children in the community safe.



# *How YOU can get involved!*

## GREEN RIBBON MONTH EVENTS/ACTIVITIES



DECORATE YOUR SCHOOL INSIDE AND OUT WITH GREEN RIBBONS!



UPDATE YOUR SAFE ROUTES TO SCHOOL MAP!



HAVE THE SAFE ROUTES BEAT THE STREET ASSEMBLY AT YOUR SCHOOL!



HAVE YOUR STUDENTS SIGN A GREEN RIBBON PLEDGE!



HOST A SCHOOL-WIDE WALKABILITY AUDIT!



HAVE PARENTS SIGN A GREEN RIBBON PARENT PLEDGE!



HANG SAFETY TIP POSTERS AROUND YOUR SCHOOL!



HAVE STUDENTS DESIGN A BANNER FEATURING BIKE AND PEDESTRIAN SAFETY - HANG IT FOR THE REST OF THE SCHOOL YEAR!



DO A DRAWING COMPETITION FOR EACH GRADE FOR WHY SAFETY ON THE ROADS IS IMPORTANT TO THEM!



RECOGNIZE YOUR CROSSING GUARDS FOR ALL THEY DO TO KEEP YOUR STUDENTS SAFE!



GET YOUR SCHOOL READY FOR WALK TO SCHOOL DAY IN OCTOBER!

# Green Ribbon Month Student Pledge



I PLEDGE TO WALK ON SIDEWALKS. IF THERE IS NO SIDEWALK  
I WILL WALK IN A SINGLE FILE FACING TRAFFIC.



I PLEDGE TO LOOK BOTH WAYS (LEFT-RIGHT-LEFT)  
WHEN CROSSING THE STREET.



I PLEDGE TO WALK, NOT RUN, ACROSS THE STREET & TO LOOK FOR  
CARS WHILE CROSSING.



I PLEDGE TO CROSS AT A CROSSWALK, OR AT A CORNER IF A  
CROSSWALK IS NOT AVAILABLE.



I PLEDGE TO NOT PLAY IN OR NEAR STREETS. STREETS ARE  
FOR CARS, NOT KIDS.



I PLEDGE TO BE SEEN AT NIGHT BY WEARING REFLECTIVE  
GEAR OR CLOTHING.



I PLEDGE TO WALK WITH A WALKING BUDDY.

N A M E

D A T E

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# Green Ribbon Month Parent Pledge



I PLEDGE TO DRIVE 5 MPH SLOWER THAN THE POSTED SPEED LIMIT IN SCHOOL ZONES AND RESIDENTIAL AREAS TO PROTECT THE LIVES OF CHILDREN IN MY COMMUNITY.



I PLEDGE TO STOP FOR PEDESTRIANS AT CROSSWALKS AND INTERSECTIONS.



I PLEDGE TO EDUCATE MY CHILDREN ON PEDESTRIAN SAFETY.



I PLEDGE TO GET INVOLVED IN MY COMMUNITY TO MAKE STREETS SAFER FOR CHILDREN.

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N A M E

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D A T E

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N A M E

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AFTER STUDENTS HAVE TAKEN THE PLEDGE TO FOLLOW ALL SAFETY RULES, HAVE THEM FILL OUT A STRIP WITH THEIR NAME AND GRADE. CUT EACH STRIP THEN ROLL AND ATTACH TO ANOTHER STRIP TO CREATE A CHAIN. HANG THE CHAIN IN PLACES AROUND THE SCHOOL AS A REMINDER OF THE PLEDGE THEY TOOK. USE THIS TEMPLATE TO COPY ENOUGH CHAIN LINKS FOR STUDENTS. COPY ONTO GREEN PAPER!

*Green Ribbon Month Student Pledge  
I've Promised to Follow All Safety Rules!*

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N A M E

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G R A D E

*Green Ribbon Month Student Pledge  
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N A M E

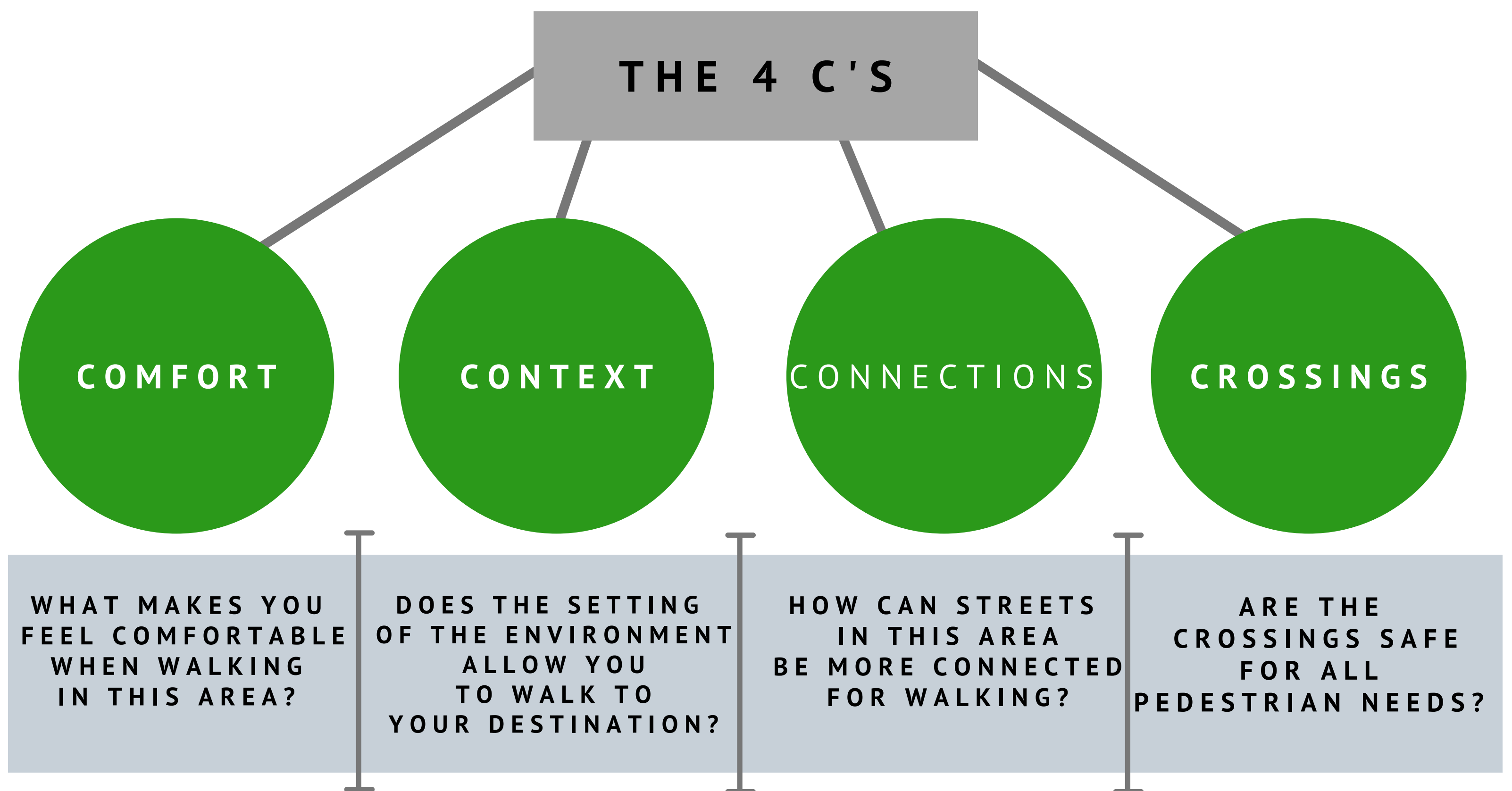
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N A M E

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G R A D E

# Walkability Information



## Key Measurements:

MIN. SIDEWALK WIDTH: **4 FT.**; **5 FT. PREFERRED**

MAX. CROSS SLOPE OF WALKING ROUTE: **2%**

AVG. HUMAN WALKING SPEED: **3.5 FT./SEC FOR CROSSING**

MIN. WIDTH OF SHARED USE PATH: **10 FT.**

PUSH BUTTONS SHOULD BE ACCESSIBLE FROM FLAT LANDING APPROX. **42 IN. HIGH.**

FLAT LANDINGS SHOULD BE **4 FT. BY 4 FT.**

MIN. HEIGHT OF THE BOTTOM OF SIGNS ABOVE PEDESTRIAN ACCESS ROUTE: **80 IN.**

# Walkability Checklist

QUESTIONS ABOUT THE SCHOOL ROUTE

## ON YOUR WALK...

- DID YOU HAVE A SIDEWALK/PATH FOR THE WHOLE TRIP?

YES  NO

- HOW MANY TIMES DID YOU HAVE TO WALK OFF THE SIDEWALKS/PATH, DUE TO SOMETHING IN YOUR WAY? \_\_\_\_\_

- HOW MANY STREETS DID YOU CROSS? \_\_\_\_\_

- WHO/WHAT HELPED YOU CROSS THE BUSIEST STREET?

- CROSSING GUARD
- STOP SIGN
- CROSSWALK
- TRAFFIC LIGHT
- OTHER \_\_\_\_\_

- WERE CARS OR BUSES DROPPING KIDS OFF IN YOUR WAY, MAKING IT DIFFICULT TO ENTER THE SCHOOL GROUNDS?

YES  NO

PUT AN "X" IN EACH ROW TO SHOW US HOW MANY DRIVERS:

NO DRIVERS    SOME DRIVERS    MANY DRIVERS

DROVE SLOWLY AND SAFELY

WAITED FOR YOU TO CROSS THE STREET

BLOCKED THE CROSSWALK

SPED THROUGH INTERSECTIONS

WHAT ELSE DID DRIVERS DO? \_\_\_\_\_



# Encourage Your Students to Walk or Bike to School For...



**IMPROVED ACADEMICS**



**PHYSICAL ACTIVITY**



**CLEANER AIR**



**SAFER BEHAVIORS**



**SOCIAL DEVELOPMENT**

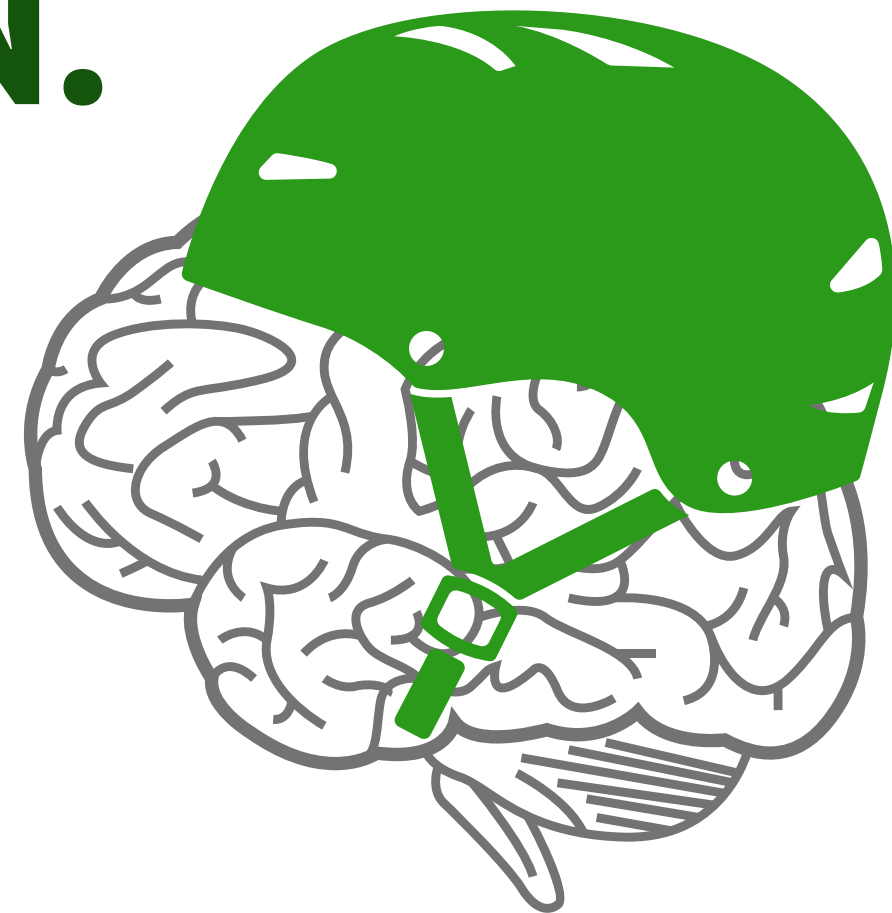


**SAVED TIME AND MONEY**

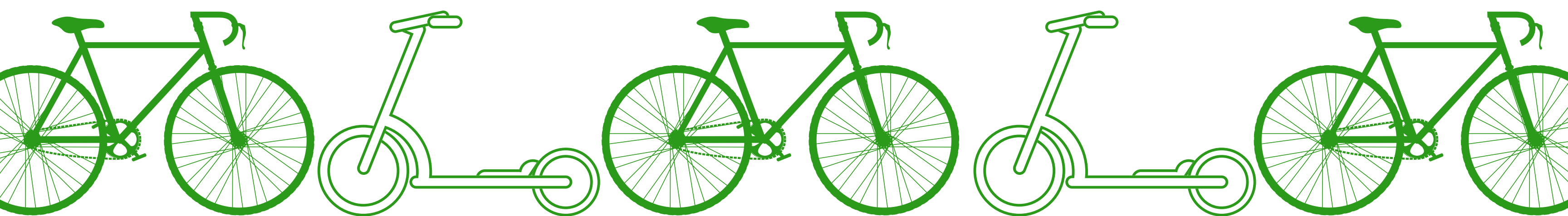
# PROTECT YOUR BRAIN.

## *Wear A Helmet.*

6 STEPS TO MAKE SURE YOUR HELMET FITS PROPERLY

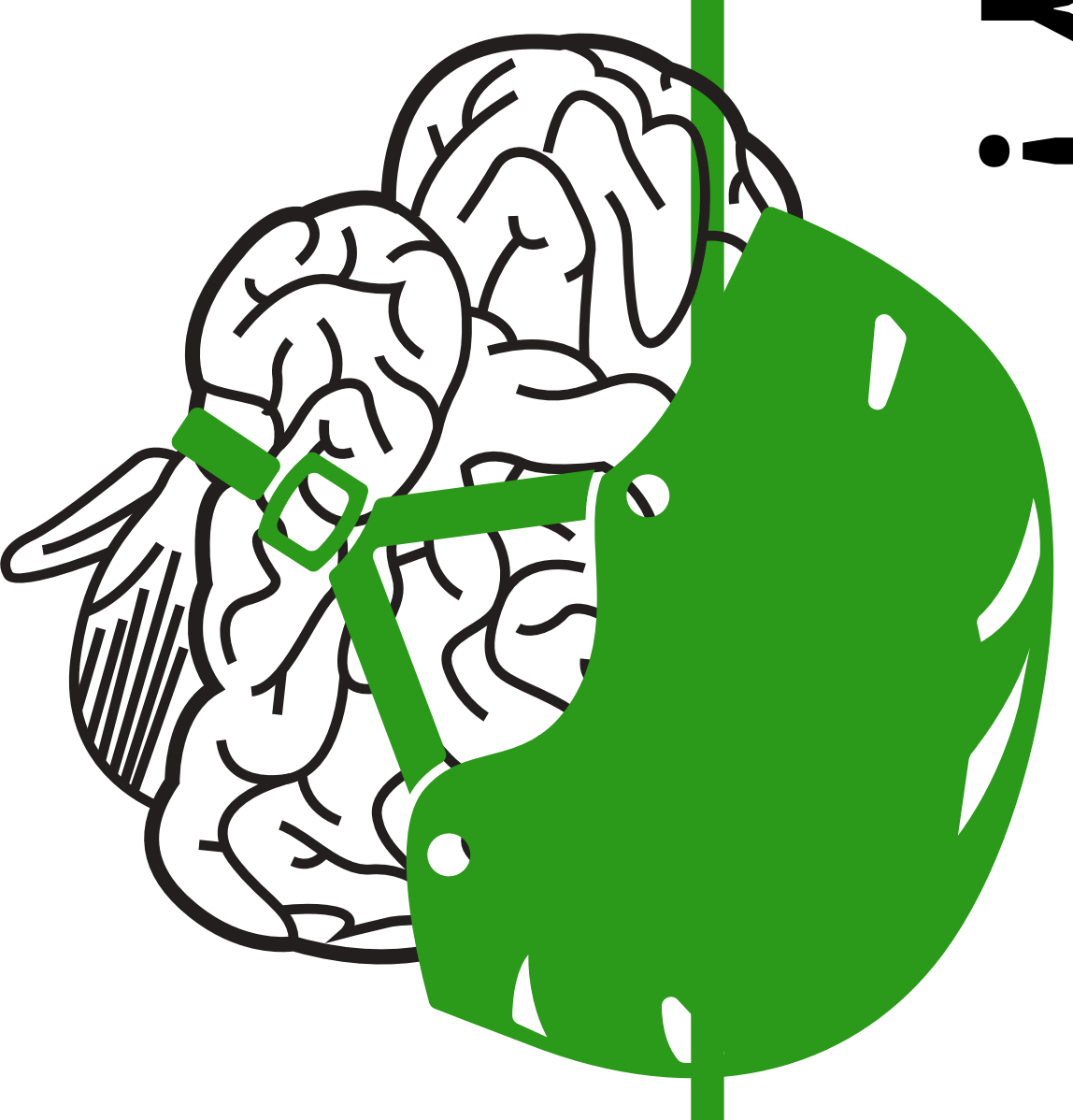


1. MEASURE HEAD FOR APPROXIMATE SIZE.
2. POSITION THE HELMET TO SIT LEVEL ON YOUR HEAD-- WITH TWO FINGER-WIDTHS ABOVE THE EYEBROW.
3. CENTER THE LEFT BUCKLE UNDER THE CHIN.
4. ADJUST THE SIDE STRAPS TO FORM A "V" SHAPE UNDER AND SLIGHTLY IN FRONT OF THE EARS.
5. BUCKLE YOUR CHIN STRAP. ONLY ONE FINGER SHOULD FIT UNDER THE STRAP.
6. FINAL FITTING TO MAKE SURE YOU ARE READY TO RIDE SAFELY!



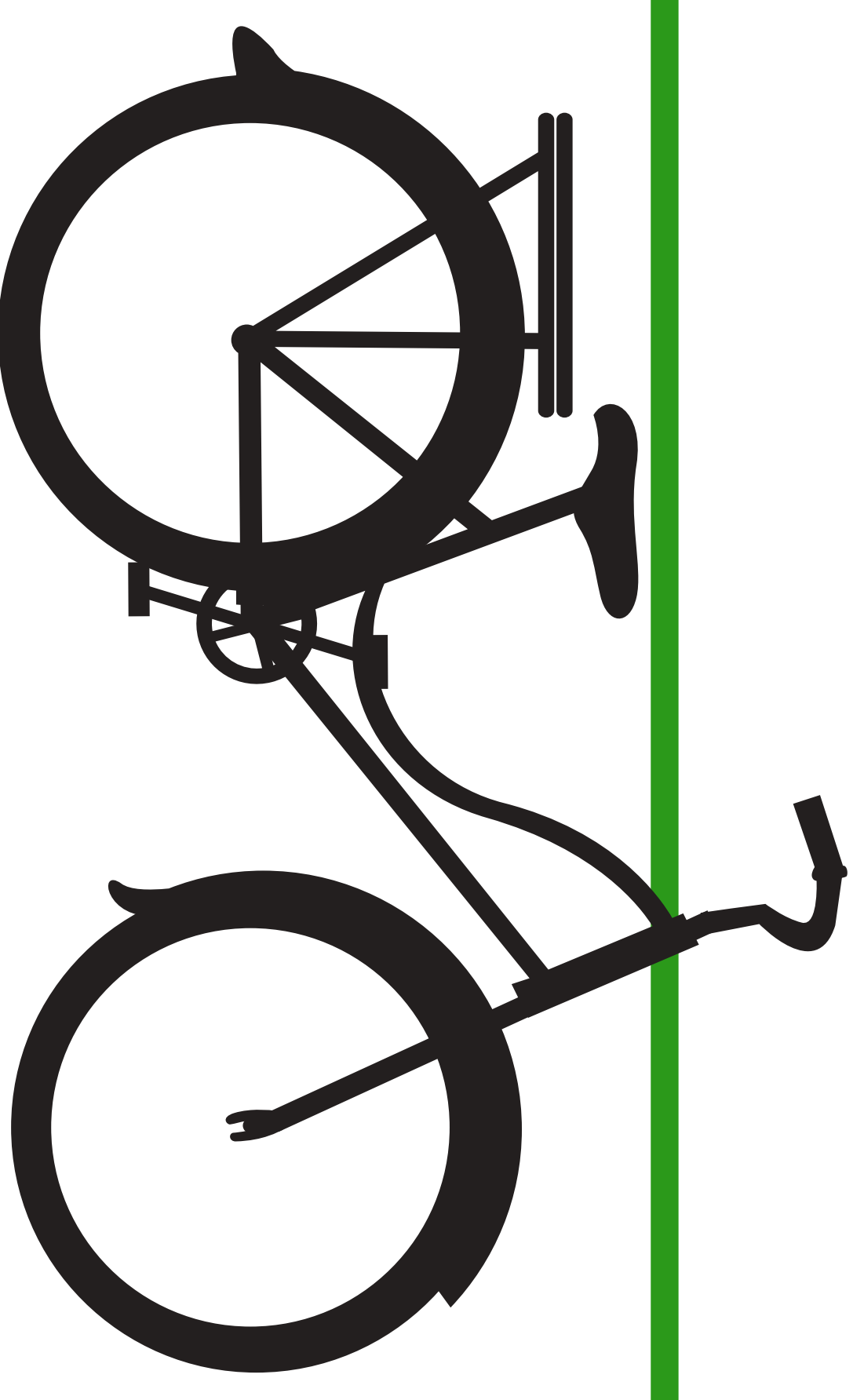
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**WEAR A SAFETY HELMET  
WHEN RIDING A BIKE TO  
PROTECT YOUR HEAD FROM  
SERIOUS INJURY!**



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**R I D E O N T H E R I G H T S I D E O F  
T H E S T R E E T , I N T H E S A M E  
D I R E C T I O N A S T R A F F I C .**



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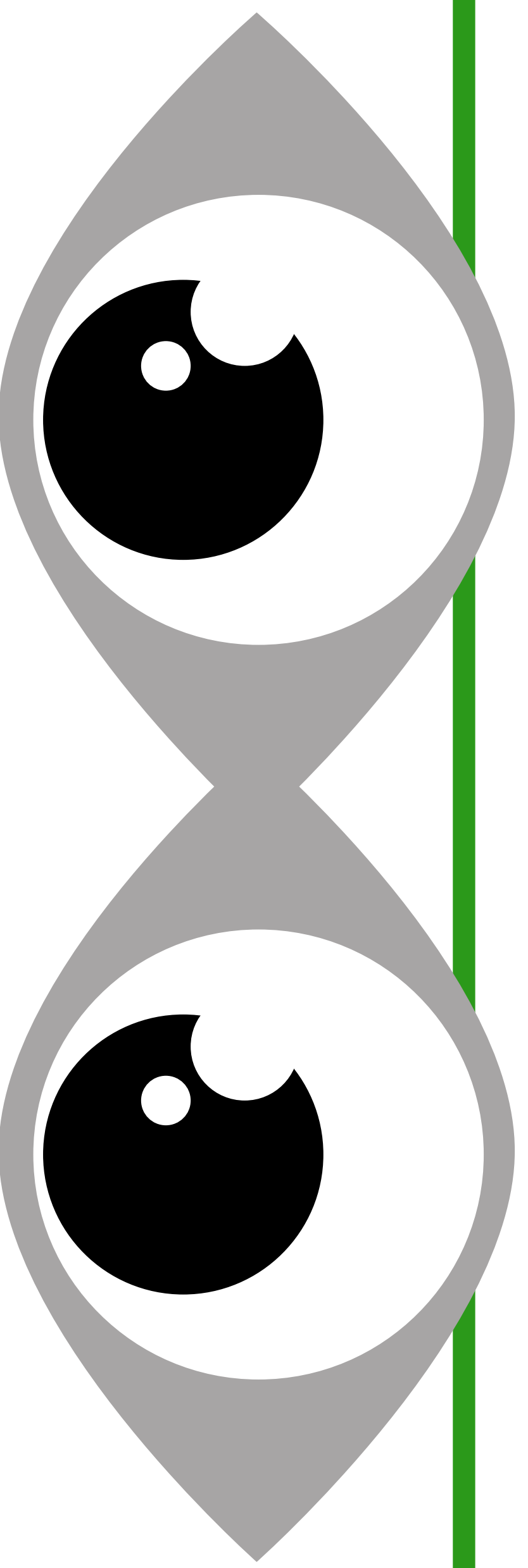
**IF YOU BIKE AT NIGHT, MAKE  
SURE TO HAVE BRIGHT  
LIGHTS OR REFLECTIVE GEAR  
ON THE FRONT AND BACK OF  
YOUR BIKE.**



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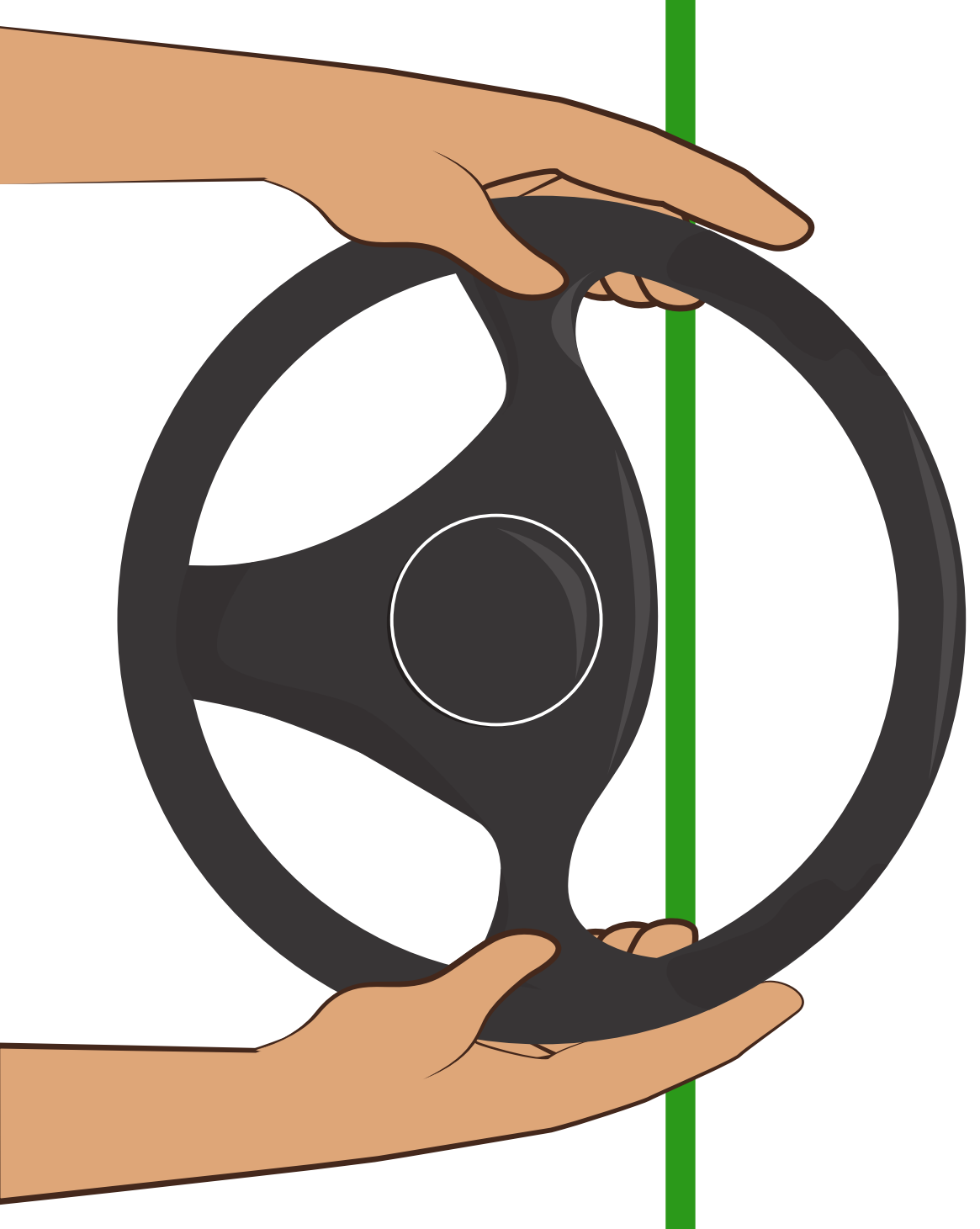
**LOOK LEFT, RIGHT AND LEFT  
AGAIN BEFORE CROSSING THE  
STREET. CONTINUE LOOKING  
BOTH WAYS AS YOU FINISH  
CROSSING THE STREET.**

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**MAKE EYE CONTACT WITH  
DRIVERS BEFORE CROSSING  
IN FRONT OF THEM.**



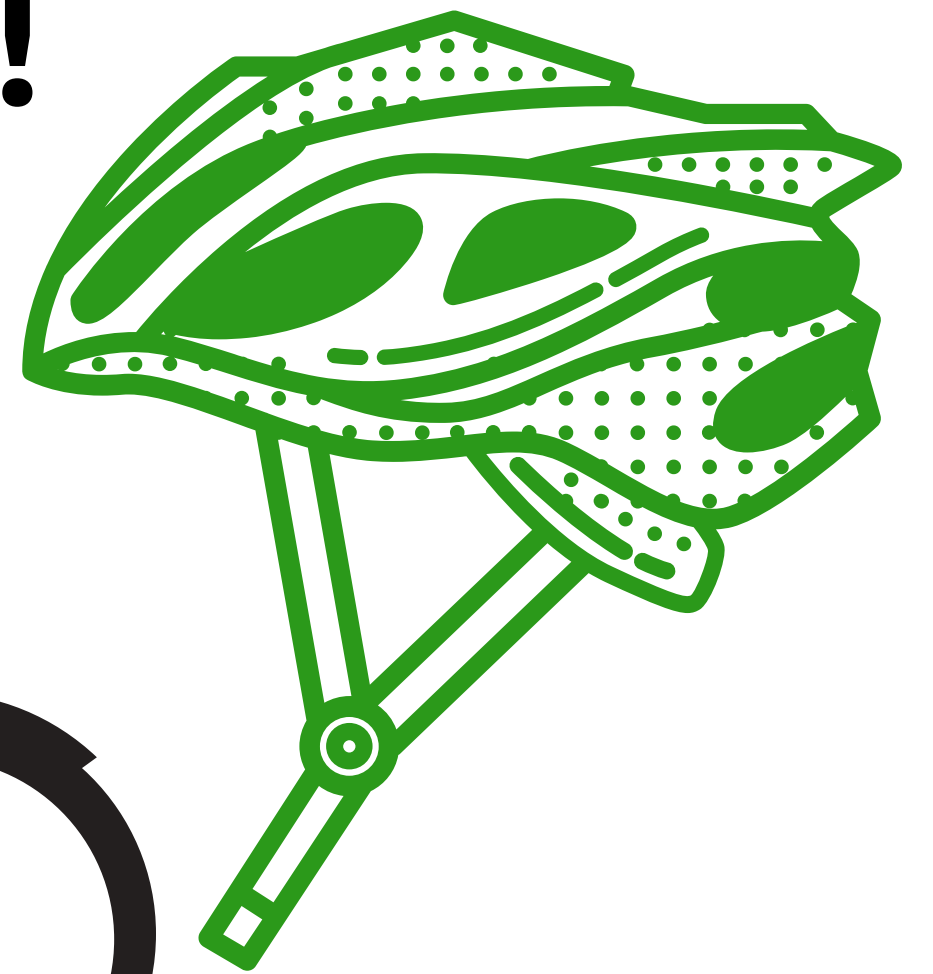
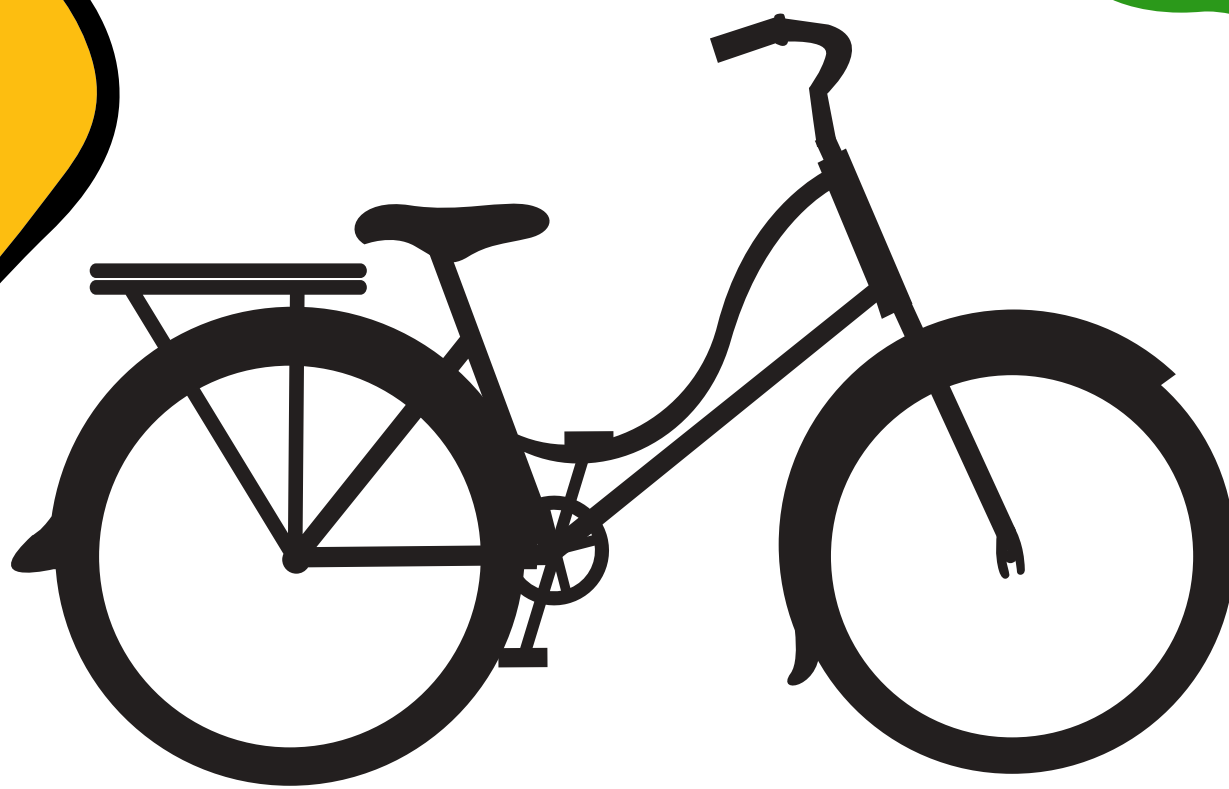
**A L W A Y S W A L K A C C R O S S T H E  
S T R E E T .  
D O N O T R U N !**





*Thanks for  
participating in  
Green Ribbon Month!*

**GET READY FOR WALK  
TO SCHOOL DAY IN  
OCTOBER!**



**MERCEDES MAESTAS  
HEALTH EDUCATOR - ACTIVE TRANSPORTATION  
SALT LAKE COUNTY HEALTH DEPARTMENT**

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