



## Safety tips and bike laws

**Be predictable! Be alert! Be prepared!**

Obey traffic signs and lights

Use hand signals when biking

Go slowly on sidewalks when biking and ride in the roadway when safe

Use caution when cars are turning across bike lanes or through sidewalks

Be visible! Wear bright clothing

Ride and walk so drivers can see you and predict your movements

## Why walk and bike to school?

Walking and biking promotes healthy, active living and is a great source of exercise! It can promote weight loss and heighten energy levels. Walking and biking also reduces the need to drive, which costs money and produces greenhouse emissions. METRO found that households that walk and cycle as the primary modes of travel save an average of \$694 per month."

## Additional Resources

Visit the state and national Safe Routes to School program websites for more information about safe routes in the community and safe walking and biking practices. Also, METRO and the Bicycle Transportation Alliance (BTA) also have great resources for families. See the following websites below.

[www.saferoutes.org](http://www.saferoutes.org)

[www.bta.org](http://www.bta.org)

[www.metro.gov/drivelessavemore](http://www.metro.gov/drivelessavemore)

[www.oregonsaferoutes.org](http://www.oregonsaferoutes.org)

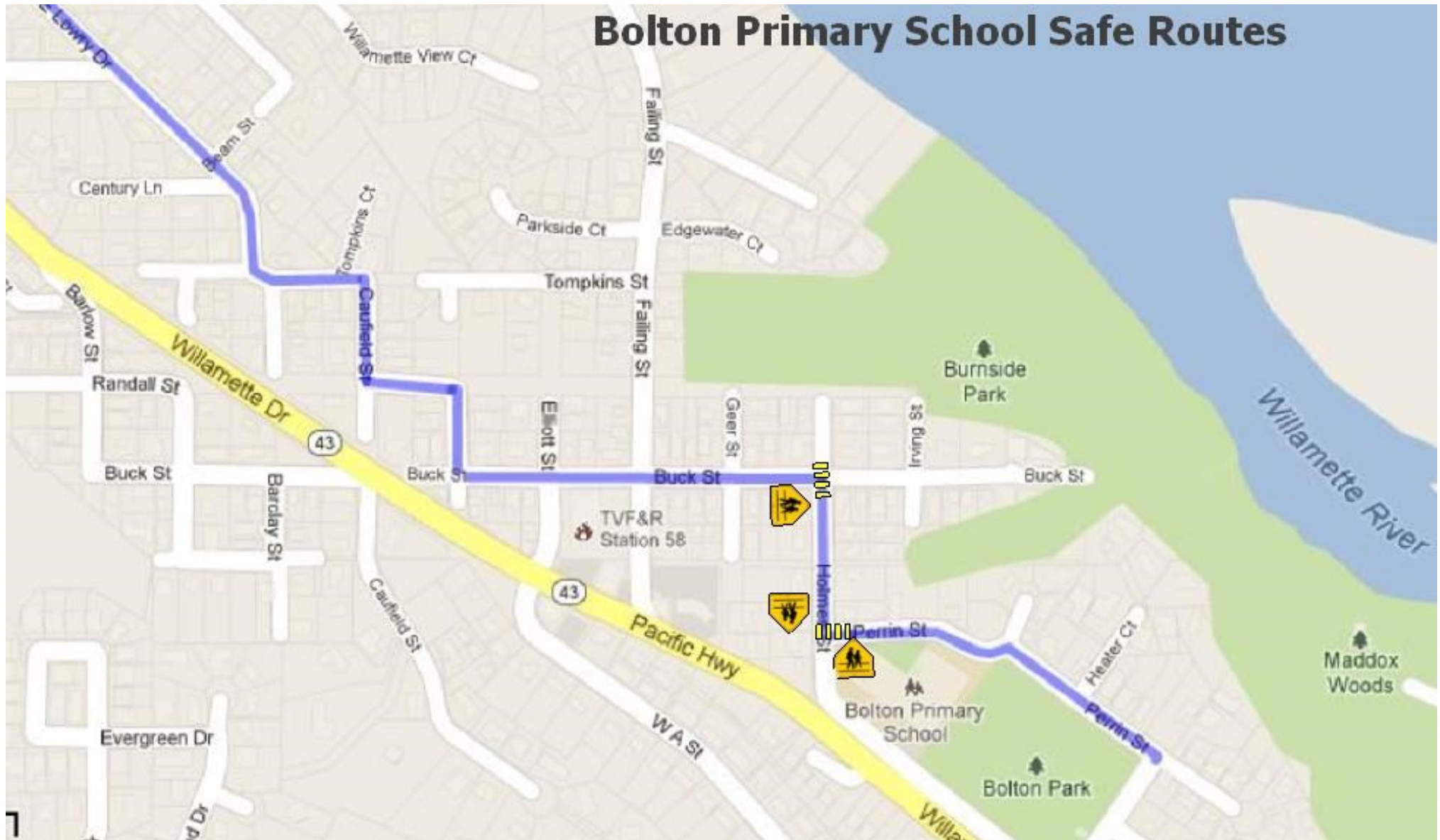
### **Bolton Primary School**

5933 SW Holmes  
West Linn, OR 97068  
[www.wlww.k12.or.us](http://www.wlww.k12.or.us)



# Walk and Bike To School!

**A guide and map to encourage safe walking and biking**



Developed collaboratively with parents, the school principal, community members, School District staff and with support from the City of West Linn