

Bike to School Passport, May 2007

(*Change date/location as needed)** We are thrilled that you've joined us for Bike to School Month, May 2007! Your Bike-to-School Passport is on the back of this sheet. Post the passport on your fridge, sign each day you bike to school (or somewhere you need to go)*, tally your total trips, and turn in your passport to the Bike to School box in the office by June 1st. We will deliver your prizes and add your trips to our school total for Cascade Bicycle Club's area-wide Bike to School challenge.

Each time you ride, remember the following safe cycling practices:

- 1. WEAR A HELMET, EVERYWHERE AND EVERY TIME YOU RIDE.** Do the EYES, EARS, MOUTH check to make sure your helmet fits and straps are snug enough:
 1. Look up with your EYES and make sure you can see the brim of your helmet, low on your forehead.
 2. Feel and make sure the straps make a "y" right below your EARS.
 3. Open your MOUTH wide and feel the strap under your chin pulling the helmet down on your head.
- 2. RIDE WITH TRAFFIC (or RIDE ON THE RIGHT).** When you ride in the direction of traffic you are safer because you are more predictable to drivers. Practice riding right even when you are on the sidewalk and you will develop safe cycling habits for street and trail as well.
- 3. STOP AND LOOK BOTH WAYS BEFORE ENTERING THE STREET.** Every time you leave a driveway or prepare to enter an intersection practice these steps:
 1. STOP before entering the street (or intersection).
 2. Scan LEFT-RIGHT-LEFT to make sure there are no cars coming before you go.
- 4. SCAN AND SIGNAL BEFORE TURNING.** Turning without warning makes it difficult for motorists (and other cyclists) to predict and react safely. Follow these steps to turn safely:
 1. Scan to make sure there are no cars coming.
 2. Signal left (left arm outstretched straight) or right (left arm out with elbow bent).
 3. Scan again and when it's safe move into the correct lane position and turn.
 4. If it is not safe to move into a left turn lane position you can always use the crosswalks and cross like a pedestrian instead.
- 5. OBEY ALL TRAFFIC SIGNS, SIGNALS, AND LAWS.** Stop at stop signs, red and yellow lights.
- 6. IF YOU ARE RIDING ON THE SIDEWALK, CHECK FOR CARS BEFORE LEAVING THE SIDEWALK** each time you enter a street, crosswalk, or intersection. Slow down and check for cars at driveways too.

Questions? Contact **(***add name and contact info. here)**

For more information visit Cascade's website at www.cbcef.org/commuting_btw.html.

* Because some children cannot cycle safely to school, and because the "work" that kids do also includes sports, music lessons, trips to the library, etc., commuter trips for Bike to School 2007 will include any trip made by bicycle **somewhere your child needs to go**, one round-trip per day.

Sponsored by **INSERT YOUR SCHOOL and Cascade Bicycle Club Education Foundation**