



Arkansas Safe Routes to School

Safe Routes to School is a national program which aims to encourage children to bicycle and walk to school everyday by making it convenient, fun and safe.

At the Injury Prevention Center, our goal within the Arkansas Safe Routes to School program is to disseminate safety information for schools interested in participating in this program. We are developing a toolkit, a workshop series, and an informational website for Arkansans to utilize in their Safe Routes to School planning.

Bike Safety Checklist

- Always wear a helmet and ensure proper fit and use.
- Wear reflective and brightly colored clothing. It is a good idea to wear reflective bands around both of you're ankles. **Never** ride at night!
- Always **RIDE RIGHT!** Stay on the right side of the road or sidewalk. Never ride on the road without your parent's permission and supervision.
- Always look both ways before crossing a street or intersection. **Look LEFT, RIGHT, then LEFT again.**
- Always do the **ABC Quick Check** before riding your bike.
 - A = Air**
Be sure your tires are properly inflated.
 - B = Brakes**
Check your brakes before you get on your bike
 - C = Chain, Cassette, and Crank**
Be sure your crank arms are tight and the chain and cassette are running smoothly.
 - Quick = Quick Releases**
If your bike has quick releases, make sure they are secure and pointing toward the rear of the bike.
 - Check = Check your bike over before you ride away!**

Pedestrian Safety Checklist

- Walk!** Don't run!
- Be visible.** Wear brightly colored and reflective clothing. Make sure drivers can see you.
- Always **walk on sidewalks or paths** when possible, and if you have to walk on the road, walk **FACING** traffic and only with your parent's permission and supervision.
- Always look both ways before crossing a street or intersection. **Look LEFT, RIGHT, then LEFT again.**
- Don't cross the street without an adult** if you are under age 10 and always have your parent's permission and supervision.
- Never play in the road!**



For more information contact:

The Injury Prevention Center
(501) 364-3400
(866) 611-3445

Stephannie Baker
SRTS Program Coordinator
501-364-4954

