



## WHY PASADENA SAFE ROUTES TO SCHOOL?

SRTS programs aim at increasing the number of students who choose active (walking, bicycling, scooter, skateboarding) or shared (public transit, carpooling) modes of transportation to school by making it safer and more accessible to walk, bicycle and/or take transit. Here are some benefits of walking and biking to school:



### MENTAL BENEFITS

- Better academic performance
- Reduced anxiety and depression
- Better concentration, memory, and sleep



### PHYSICAL BENEFITS

- Reduces risk of obesity and diabetes
- Weight and blood pressure control
- Stronger bones, joints, and muscles.

When students walk to school they arrive ***focused and ready to learn.***



# GO

walk it  
scoot it  
bike it

#PasadenaSafeRoutes

FOR MORE INFORMATION ABOUT THE PASADENA SAFE ROUTES TO SCHOOL PROGRAM, PLEASE CONTACT:

**Pasadena Unified School District Wellness Coordinator**  
Katia Ahmed - ahmed.katia2@pusd.us

## SAFE ROUTES TO SCHOOL PASADENA

For more information visit:  
<http://saferstreets.cityofpasadena.net/pages/school-safe-routes>

 @SafeRoutesPasadena

 SafeRoutesPasadena

 @SafeRoutesPasadena

 **PASADENA**  
DEPARTMENT OF TRANSPORTATION



# GO

walk it  
scoot it  
bike it

#PasadenaSafeRoutes



## PASADENA SAFE ROUTES TO SCHOOL PROGRAM FAMILIES ON FOOT

*In Pasadena, we are working to make our streets safer for children and families to walk to school.*

## SCHOOL ZONE SAFETY REMINDERS

As parents/guardians and older siblings, our actions speak as loud as our words. Let us all set good examples:

- › **SLOW DOWN**  
The safe speed may be less than 25 MPH.
- › **LOOK FOR CHILDREN**  
Walking, crossing, and bicycling on the street from all directions.
- › **STOP FOR PEOPLE**  
Crossing in the middle of the street, at crosswalks, and intersections.
- › **GO WITH THE FLOW**  
Follow school drop-off and pickup rules. Pull to the curb instead of dropping students off in the street.
- › **RESPECT YOUR COMMUNITY**  
Park in legal spaces and avoid double parking or blocking neighbors' driveways. Consider walking, biking, or carpooling to school.
- › **IT'S THE LAW**  
Avoid mid-block U-turns, turning against "No Right on Red" signs, and dropping off along red curb zones.
- › **BE AN EXAMPLE**  
Follow directions from safety patrol and crossing guards. It's the law.

## PARENTS: GET INVOLVED

To sign up, volunteer, and learn more about how you can support Safe Routes at your school, please visit: <http://saferstreets.cityofpasadena.net/pages/school-safe-routes> or contact:

**Pasadena Unified School District Wellness Coordinator**  
Katia Ahmed - ahmed.katia2@pusd.us



**SIGN UP**  
for your school's SRTS Core Team.



**VOLUNTEER**  
Help your school conduct a walk audit, or to participate in surveys.



**WORK WITH SCHOOL STAFF**  
Help organize fun events like the Walking School Bus, Golden Sneaker Contest, or Bike to School Day.

## START A WALKING SCHOOL BUS/BIKE TRAIN



Contact potential participants (parents and students, principal, school staff, law enforcement officers, and community leaders).



Pick a route.



Decide how often the group will walk/bike together.

## HOW?



**EDUCATION**  
Equipping people with the knowledge, skills and confidence to bike and walk.



**EVALUATION**  
Monitoring efforts to increase active transportation and planning for the future.



**ENFORCEMENT**  
Building safe responsible behaviors on the road and building respect among all road users.



**EQUITY**  
Increasing access and opportunity for all residents, including disadvantaged, minority and low income populations.



**ENCOURAGEMENT**  
Fostering a culture that supports and encourages active transportation.



**ENGINEERING**  
Creating safe, connected, and comfortable places for bicycling and walking.

## KID ZONE: FITTING A HELMET

### 1 PUT A HELMET ON YOUR HEAD

The helmet should cover your forehead and rest just above your brow bone.

### 2 STRAPS SHOULD FORM A V

under ears when buckled.

3 Is the chin strap snug on your chin? If not, **TIGHTEN THE STRAPS.**

4 **RIDE!**

