



Take the steps to make your school route more walkable

Have you identified problems on your route to school? If so, try these suggestions to make your route safer and nicer for everyone in the future.

WHAT FAMILIES CAN DO RIGHT AWAY:

For most problems:

- Pick another walk route for now, or arrange a buddy system or walking school bus with adults.
- Tell the principal or event coordinator about the problem(s) you found on your walk. Put the location of problems on your walkability checklist, and give the checklist to the principal or event coordinator.

If you see parents putting children at risk when dropping them off at school:

- Ask the principal to hold a problem-solving meeting with police and parents.

If dogs are not in their yards or are scary:

- Call the Animal Control Department, it's either a city or county department.

If trees, bushes, trash bins, or parked cars are blocking your walk path:

- Ask neighbors to trim their trees and bushes, and/or move their trash bins and cars.

If you had difficulty crossing the street because crosswalk paint has faded:

- Write a letter to the Public Works Department, it's either a city or county department.

If you were tired, out of breath, or had sore muscles:

- Walk more often to strengthen your lungs and leg muscles. Start with short walks within your neighborhood to visit friends!
- If you experience dizziness, shortness of breath or chest pain while walking STOP and seek medical attention.
- Remember, always talk to your doctor before beginning an exercise program.

WHAT YOU AND YOUR COMMUNITY CAN DO:

Tell school and community leaders about the problems on your walk. Ask them to help your school and neighborhood get improvements that make walking safer for children and families. For example:

Call, write or e-mail city or county officials and Public Works Department:

- Ask for more enforcement by traffic officers along school routes and at drop-off areas.
- Request new walkways, traffic signals or crosswalks.
- Apply for a Safe Routes to School grant from Caltrans.

Contact TV, radio or newspaper reporters:

- Ask for stories to increase public awareness about the need for safer routes to school.

Call, write or e-mail the principal, school board or PTA:

- Ask for better education and enforcement of parents in drop-off and pick-up areas.
- Request crossing guards at places where cars don't yield to children.
- Ask for more traffic safety lessons and "rodeos" to reinforce children's skills when walking or biking.
- Ask for a Safe Routes to School program.

Make your neighborhood more pleasant by **organizing a community clean up day**, and planting flowers and trees.

For more info, visit our website:
California Walk to School HQ:
www.caphysicalactivity.org
or call 1-888-393-0353

Local Contact information:

