



Walking Safety Kit for Parents and Guardians

Help your child become savvy, knowledgeable and safe while walking

Grades K-1



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Acknowledgements

The Walking Safety Kit was developed for the Alameda County Safe Routes to Schools Program.



Distribution Information

The Walking Safety Kit is available for download at alamedacountysr2s.org. This document was developed by Safe Moves in interest of information exchange and assumes no liability for its contents or use thereof.



Walking Safety Kit

How to use our Kit

We want to ensure that you have the tools necessary to teach and encourage safe walking behaviors in your child. Our Walking Safety Kit is complete with PowerPoint

presentations, activity sheets and resources. Below you will find an easy guide outlining our recommendations when using this kit.

step

1



step

2



step

3



step

4

Walking Safety
Presentation

Sign the
Walk Pledge

Safe Walking
Activities

Assess Safe
Walking
Knowledge
& Skills

Step 1



Walking Safety Presentation

Go through the age-appropriate Walking Safety Presentation with your child.

Grades K-1 Presentation, [Page 9](#)

Step 2



Sign the Walk Pledge

Sign our Walk Pledge! Have your child commit to behaving safely while walking and navigating traffic using the pledge on Page 36.

Walk Pledge, [Page 36](#)

Step 3

Safe Walking Activities

Continue educating your child and reinforcing positive walking behaviors using our activity sheets.

Knowing Your Neighborhood: Family Walk Audit, [Page 39](#)

Walking Treasure Hunt, [Page 40](#)

1,000 Steps Challenge, [Page 41](#)

Find the Hazards Game, [Page 42](#)

“Avoid Distracted Walking” Challenge, [Page 44](#)

Step 4

Assess Safe Walking Knowledge & Skills



Assess your child's knowledge by practicing with you in-person and having them take the age-appropriate Walking Safety Quiz.


Grades K-1 Quiz, [Page 47](#)


Assessing Your Child's Knowledge & Skills, [Page 48](#)


There are a lot of resources in this Walking Safety Kit! If you would like any of these materials sent to you as individual documents (the PowerPoint slides, the quizzes, the activities, etc.) please email info@alamedacountysr2s.org and those materials will be emailed to you.


Introduction


Did you walk to school when you were a child? Fifty years ago, 48 percent of children ages 5 to 14 walked or bicycled to school. In 2009, only 13 percent of children in the same age group were walking or bicycling to school (Safe Routes to School). Here are the benefits for children who walk to school:

 **Safety Education** – Providing children with the knowledge and tools about walking safety is essential in preparing them to walk to school safely. When children walk to and from school, it is an opportunity for them to practice responsible behaviors and make safe decisions. Discussing and setting walking routes, walking partners and walk-to-school days will help reinforce your child's safety habits when walking to and from school.

 **Social** – Walking to school gives kids (and parents) an ideal chance to catch-up and socialize before the school day begins. Walking with friends can help your child form bonds with their peers and to feel independent.

 **Health** – Walking to school and back can help children increase their physical activity. This will leave them feeling refreshed, energized and ready to tackle the day.

 **Environmental** – Walking to school can help reduce greenhouse gas emissions, as it decreases the number of cars out in traffic.

 **Saves Money** – In addition to all of the benefits listed above, walking to school is free!

However, there is a need for walking safety education to make sure your children are safe while they walk. Teaching children to safely navigate the road while walking will not only reduce the number of injuries and fatalities but will put students on the right path to use active modes of transportation to get to and from school.

- In 2017, 20 percent of children under the age of 15 killed in traffic crashes were walking when they were hit¹.
- During the 10-year period from 2009 to 2018, the number of pedestrian fatalities nationwide increased by 53 percent (from 4,109 deaths in 2009 to 6,283 deaths in 2018); by comparison, the combined number of all other traffic deaths increased by 2 percent².

So now that you know walking is great for health, socializing and for the environment & why safety education is important, it's time to leave the car at home, put your best foot forward and walk to school!

¹ US CDC: https://www.cdc.gov/motorvehiclesafety/pedestrian_safety/index.html

² Governor's Highway Safety Association: Pedestrian Traffic Fatalities by State 2019 Preliminary Data <https://www.ghsa.org/resources/Pedestrians20>

Kindergarten – 1st Grade Walking Safety Kit Presentation

step **1**



Kindergarten-1st Grade

Walking Safety Kit



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Why do we walk?



Walking to school helps you practice staying safe by becoming familiar with signs, signals and hazards around you.



It's good for the environment!



Walking to school with friends can be fun!



Saves money!



It's good for your health!

So now that you know walking is great for health, socializing and for the environment, it's time to leave the car at home, put your best foot forward and walk to school!



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Explain reasons we walk places and identify common places to walk.

- It is good for exercise
- It reduces traffic congestion and air pollution
- It is good for the environment
- It makes the neighborhood more friendly

Walking Safely Near Traffic



Walking is an easy way to stay active, help the environment and reduce traffic around us!



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Section Objectives: Identify safe and unsafe practices to minimize traffic-related collisions

Walking Safely Near Traffic

Safe Practices: Always walk with a grownup



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Recognize and demonstrate safe practices near traffic such as:

- Walking with a grownup

Walking Safely Near Traffic

Safe Practices: Using sidewalks, pathways and trails



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Recognize and demonstrate safe practices near traffic such as:

- Walking on a sidewalk, pathways or other trails
- Walking in the street facing traffic when there is no sidewalk

Explain the importance of using sidewalks and pathways whenever possible.

Walking Safely Near Traffic

Safe Practices: Be seen, be safe!



Wear bright colors or reflective gear when out for a walk.

Make eye contact with drivers before and while crossing the street.



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Recognize and demonstrate safe practices near traffic such as:

- Making eye contact with drivers
- Safety precautions at night:
 - Wearing bright colored clothes to be visible to drivers
 - Wearing reflective gear and carrying a flashlight

Explain that these precautions are important because even though it is the driver's responsibility to look for people walking, there are times where drivers become distracted and will not see people walking.

Walking Safely Near Traffic

Unsafe Practices: Running or darting into street



Never run or dart into the street. Others will not see you and you can get seriously hurt.



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Recognize unsafe practices near traffic such as:

- Running or darting into the street
- Crossing midblock
- Running or playing on the sidewalk

Explain that these behaviors might not give drivers enough time to react and come to a full stop.

Walking Safely Near Traffic

Unsafe Practices: Distracted Walking

Always be aware and alert of your surroundings. Distractions are a danger to you and others.



No running!



No phones!



No headphones or earbuds!



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While it is a driver's responsibility to look for people walking and bicycling or others around them, it is important to be aware of your surroundings.

Explain that minimizing distractions can make us greatly aware and alert of our surroundings.

Traffic Signs, Signals and Street Markings

Identifying and understanding role of signs, signals and street markings around us



Traffic signs and signals help keep us safe. Recognizing them will help us make safe decisions, like when to stop and when to cross the street.



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Section Objectives: Identify and understand the role of traffic signals, signs and street markings

Traffic Signs, Signals and Street Markings

All people, whether they drive, walk or bike must come to a complete stop at all **STOP SIGNS**.



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Stop sign: Everyone must come to a complete stop at all STOP SIGNS, whether they are walking, bicycling or driving.

Traffic Signs, Signals and Street Markings



Traffic lights tell drivers when it is safe to go, slow down and stop.

- **Red**: Cars must come to a full stop when signal is red
- **Yellow**: Cars must slow down when the signal turns yellow
- **Green**: Cars go when signal turns green



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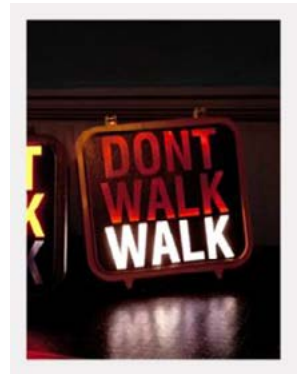
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Traffic light:

- Green: When signal turns green, cars go. When a child crosses the street at a signal, they wait for the walk signal.
- Yellow: When signal turns yellow, cars should slow down and prepare to stop. When the child waits to cross the street, they should not cross if the light is yellow.
- Red: When the signal turns red, cars stop. Students do not cross the street.

Traffic Signs, Signals and Street Markings

Walk signs and signals let us know when it is safe for us to cross.



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Walk signal (words):

- The walk signal is found at intersections with the traffic light. The WALK means students can cross the street.

Walk signal (symbol):

- The symbol is the same as the WALK signal. The person walking means it is safe to cross.

Traffic Signs, Signals and Street Markings

Do Not Walk signs and signals let us know when we must stop because it is not our turn to cross.



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Don't walk (words):

- The DON'T WALK signal is part of the walk signal. People don't cross the street until the signal changes to WALK.

Don't walk (symbol):

- This symbol is the same as the DON'T WALK signal. It is part of the signal with the picture of the person walking. This is a picture of a red hand, meaning you should STOP. You should wait to cross the street until the white picture of the person walking is showing.

Traffic Signs, Signals and Street Markings

Crosswalk signs let us know where it is safe to cross the street.



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Crosswalk sign:

- This sign means that a crosswalk is ahead. People driving and bicycling must stop to allow people in the crosswalk to cross the street. If you are using a crosswalk to cross the street, students need to look left, right, front and back for turning cars before crossing.

Traffic Signs, Signals and Street Markings

School crosswalk signs let us know that there are children crossing to get to school.



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School crosswalk sign:

- This sign means students crossing to school
- Drivers must slow down in these areas

Traffic Signs, Signals and Street Markings

Important signs to remember near railroads:



Railroad crossing signs: Two types



Railroad: Full view



Railroad crossing gate



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Railroad sign: (Yellow Sign)

- This sign means a railroad crossing is ahead.

Railroad crossing sign:

- This sign has red flashing lights that will flash, and a bell will ring when a train is coming.

Railroad crossing gate:

- The gate will be horizontal when a train is coming and in the upward position when it is safe to cross.

Crossing Streets Safely

Identifying safe and unsafe street conditions for people walking



It is important to remember that there are steps we must follow to ensure that we stay safe while on the road.



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Section Objectives: Identify and review common unsafe behaviors and street conditions for people walking.

Crossing Streets Safely

Before crossing the street: Stop, look and listen!

- **Stop:** Stop at the corner of the crosswalk before you start crossing.
- **Look:** Look for traffic, cars turning, people bicycling or people walking. We want to be aware of our surroundings.
- **Listen:** Listen for coming traffic, dogs who may be on a leash, trains or people bicycling using their bells.



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Identify and demonstrate steps to crossing a street:

- Cross with a grownup
- Stop at the corner / edge of the sidewalk
- Look for traffic
- Listen for traffic
- Locate traffic signs & signals
- Obey traffic signs & signals
- Make eye contact before stepping into the street
- Look left, right, forward and behind for turning cars
- Scan traffic while crossing
- Keep an eye on traffic signal
- Walk in a straight line in crosswalk
- Stay within in the crosswalk lines

Crossing Streets Safely

Things that may be unsafe on our walks

Cars blocking our crosswalks can prevent us from safely crossing the street.



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Explain that even though it is the responsibility of the person driving to to respect the right of way of the person walking, there are times where cars, trucks or other vehicles may be in the crosswalk or other boundaries pertaining to people walking.

Crossing Streets Safely

Things that may be unsafe on our walks

Bad weather can cause bad visibility for people driving. People walking risk falling or slipping.



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Be extra careful when walking in the rain.

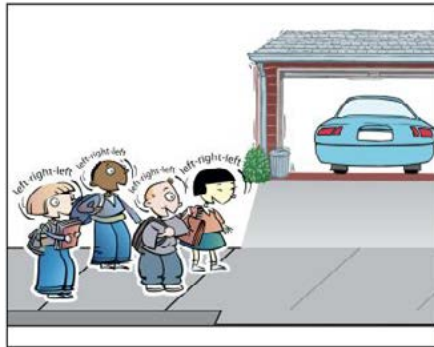
- People driving, walking and bicycling have poor visibility
- Wet surfaces can cause cars to skid
- Street and sidewalk are slippery when wet

Driveways and Parking Lots

Watch for unsafe driver behaviors to increase alertness and awareness



When passing near a driveway, treat it as if you're crossing the street!



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Section Objectives: Identify and explain unsafe driver behaviors to increase alertness and awareness.

Driveways and Parking Lots



- Make eye contact with driver so they know you are there
- Make sure to stop if a car is backing up; the person driving may not see you

White lights = Driver is backing up!



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Explain the dangers of driveways and parking lots:

- Poor visibility/limited vision: Though some cars have rear facing cameras to increase visibility, those that don't may not be able to see area behind them. If it is dark, there is less visibility for the driver.
- Distracted: Driver might be putting on some music for their drive or setting up their GPS which are distractions that may lead to poor visibility and awareness.
- Rushing: Driver might be rushing to get to work or school, which may lead to them not being thorough when checking surroundings.

Identification of moving cars in driveways/parking lots:

- White lights/backing up
- Red lights/braking
- Engine sounds indicate car is/will be moving

Driveways and Parking Lots

Never play around parking lots or driveways.



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Explain the dangers of driveways and parking lots:

- Running in or around driveways and parking lots is unsafe, as drivers will be pulling into parking spots or reversing out of their spots.

Thank you for your commitment to student safety!

For more information please visit us at <https://alamedacountysr2s.org/>.



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Thank you for reviewing. Please refer back to [Step 2](#)

Walk Pledge



Complete this on your computer

The materials in this section are computer-interactive, so you can fill them out directly on your screen. Or, print them out. The choice is yours!

step **2**

TAKE THE

Walk Pledge



I agree to be a responsible person when walking by:

- 1) Walking with an adult or friends when possible.**
- 2) Wearing brightly colored clothing so people driving can see me.**
- 3) Choosing a safe route approved by my parent/guardian with:**
 - a. Less traffic
 - b. Crosswalks
 - c. Sidewalks
 - d. Familiar surroundings, such as neighbors
- 4) Walking on the sidewalk and:**
 - a. Stopping and looking both ways at the driveways for cars backing out
 - b. Stopping at corners
 - c. Watching for other sidewalk users
 - d. Finding potential obstacles (bushes, potholes, cracks)
 - e. Not speaking with strangers
- 5) Crossing the street and:**
 - a. Using the crosswalks
 - b. Looking all ways – left, right, forward and behind
 - c. Making eye contact with people driving
 - d. Watch for traffic while walking in crosswalk
 - e. Not using a phone or earbuds
 - f. Obeying traffic signals and signs
- 6) Paying attention in parking lots and:**
 - a. Walking with a parent/guardian
 - b. Watching my surroundings
 - c. Watching for cars backing in and out of parking spaces
- 7) Crossing railroad tracks safely and:**
 - a. Obeying all railroads signals and signs
 - b. Avoiding railroad tracks, if possible

Your Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____



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Activities



Complete this on your computer

Most of the materials in this section are computer-interactive, so you can fill them out directly on your screen. Or, print them out. The choice is yours!

step **3**

Activities

After reviewing the presentations with your child, you can use the following fun activities to reinforce all of the information you have shared with them and emphasize what you expect of them.

Knowing Your Neighborhood: Family Walk

Audit – A Family Walk Audit is a great way to collect information about your neighborhood including street conditions, traffic (speed & volume), behaviors of people walking, biking and driving, signs, signals and the general environment. Knowing the conditions, the hazards and challenges can improve your children's safety as well as improve the health and quality of life for your family and your neighbors. The information you collect from your walk audit can be shared with your family, neighbors, and school SR2S Site Coordinator.

Find the Family Walk Audit on [Page 39](#).

Walking Treasure Hunt – This exercise helps children to get to know their neighborhood better and teaches them about traffic safety signs, signals, crosswalks, traffic and hazards.

Find the Walking Treasure Hunt on [Page 40](#).

1,000 Steps Challenge – Walking is free, simple and one of the easiest ways to get active as a family. Walking 1,000 steps a day might seem like an impossible target now but make a few changes to your routes and you and your children will see the steps add up! Here are a few changes you can make to add up walking steps:

- Leave the car and walk to school
- Go for a walk before dinner
- Take the stairs instead of the elevator
- Take a walking adventure on the weekends with friends

All of these walks will add up. The most important thing is just to get out and walk as a family, and together you could achieve something amazing – 1,000 daily steps.

Find the 1,000 Steps Challenge Tracking Sheet on [Page 41](#).

Find the Hazards Game – Have your child find the 11 hazards in our Find the Hazards Game.

Find the Find the Hazards Game on [Page 42](#).

“Avoid Distracted Walking” Challenge –

Talk about distracted walking with your child, then see if they can ace the “Avoid Distracted Walking” Challenge.

Find the Avoid Distracted Walking Challenge on [Page 44](#).

KNOWING YOUR NEIGHBORHOOD

Family Walk Audit



Location of your walk: _____

1) Walking: Did you encounter any of the following issues?

- Sidewalks or paths started and stopped
- Sidewalks broken, cracked or blocked
- No sidewalks, paths or shoulders

NO

YES

What you and your child can do immediately

- Pick another route for now
- Tell local traffic engineering or public works department about specific problems and provide a copy of the checklist

What you and your community can do with more time

- Speak up at board meetings
- Write or petition city for walkways and gather neighborhood signatures

2) Crossing streets: Did you experience any of the following issues?

- Traffic signals made us wait too long or did not give us enough time to cross
- Street was too wide
- View of traffic blocked by parked cars, trees or plants

NO

YES

- Pick another route for now
- Share problems and checklist with local traffic engineering or public works department
- Trim your trees or bushes that block the street and ask your neighbors to do the same

- Push for crosswalks/ signals/ parking changes/ curb ramps at city meetings
- Report to traffic engineer where parked cars are safety hazards
- Request that public works departments trim trees or plants

3) People driving: Did you notice any of the following behaviors?

- Backed up without looking
- Turned into people walking or did not yield
- Sped up to make traffic lights or drove through red lights

NO

YES

- Pick another route for now
- Set an example: slow down and be considerate of others
- Encourage your neighbors to do the same

- Request protected turns
- Ask city planners and traffic engineers for traffic calming ideas
- Ask schools about getting crossing guards at key locations

4) People walking: Did you notice any of the following behaviors?

- Did not obey signs and signals
- Crossed mid-block
- Did not make eye contact with people driving or watch for traffic as they crossed

NO

YES

- Educate yourself and your child about safe walking
- Organize parents in your neighborhood to walk children to school

- Encourage schools to teach walking safety
- Help schools start safe walking programs
- Encourage corporate support for flex schedules so parents can walk children to school

5) Experience: Did you see any of these unpleasant things?

- Areas without grass, flowers or trees
- Dogs or pets off-leash or lots of traffic
- Areas that were dark or full of trash

NO

YES

- Point out areas to avoid to your child; agree on safe routes or select alternative route with less traffic
- Report scary dogs to the animal control department
- Report lighting needs to the public works department

- Organize a community clean-up day
- Sponsor a neighborhood beautification or tree-planting day
- Initiate support to provide routes with less traffic to schools in your community

Did you notice anything else on your walk? What could make your walk more enjoyable? _____



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TAKE THE

Walking Treasure Hunt

Check off the people, signs, signals or other objects you see while on your walk!

Dog on a leash

Red car

Blue car

White car

Park

Fire hydrant

Parents/guardians walking with children

Cars backing out of the driveway

All-or four-way stop intersection

Traffic light

Pedestrian push button

"Walk/Don't Walk" pedestrian signal

Bicycle lane

School crossing sign

Cat

Streetlight

Ice cream truck

School

Person skateboarding with a helmet

Person skateboarding without a helmet

Person biking with a helmet

Person biking without a helmet

Delivery truck

Crosswalk



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TAKE THE

1,000 Steps Challenge

Each day, log your steps after going for a walk. See if you can make it to 1,000 steps daily!



GO FOR 1,000 STEPS A DAY!

Write in your steps each day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Total							

Note: For children, a mile is approximately 3,000 steps. For adults, a mile is approximately 2,000 steps.



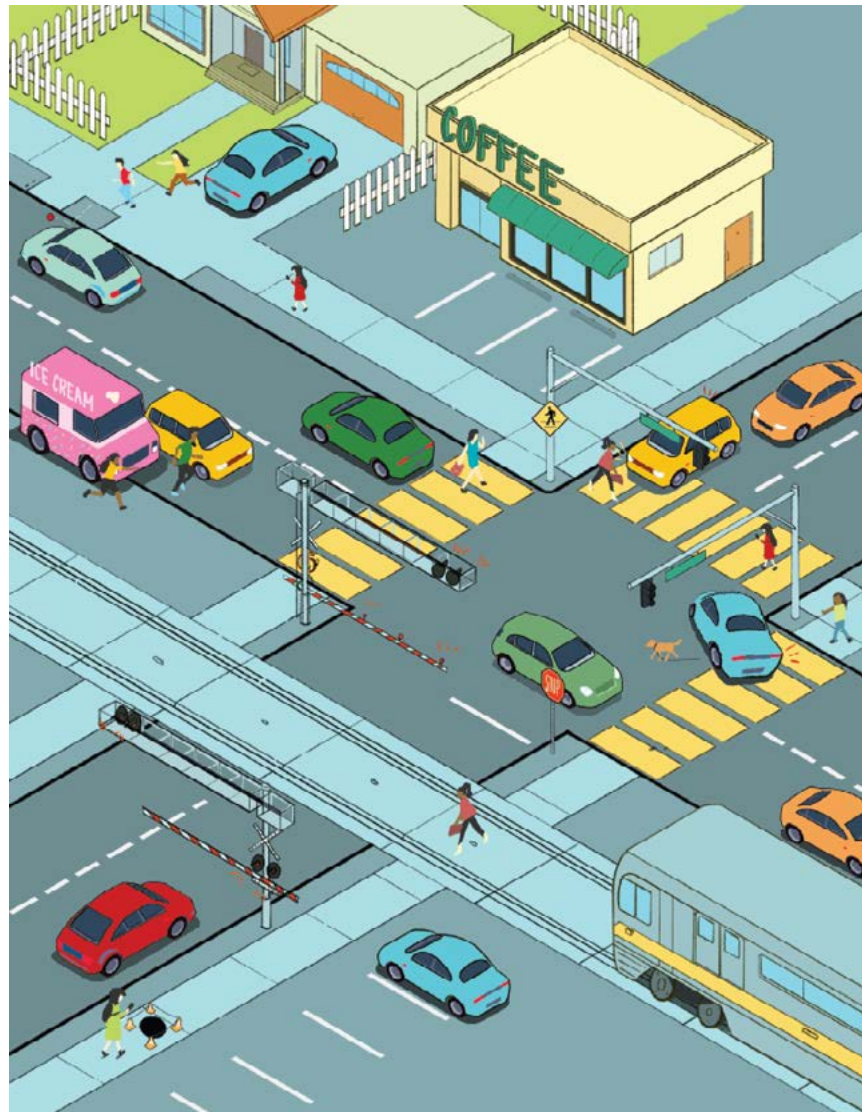
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Find the Hazards!

Find the 11 hazards and people not walking safely in the drawing. Explain to your parent/guardian why these hazards or actions are dangerous and how you would stay safe.



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“Avoid Distracted Walking”

CHALLENGE



Before taking the “Avoid Distracted Walking” Challenge, below are some topics to talk to your child about regarding distractions that they may encounter.

What is a distraction?

A distraction is something or someone that takes away our full attention from a task or activity.

People driving: A person driving is responsible for their surroundings and they should be aware of and look for people walking and bicycling. However, sometimes people driving become distracted and may not see us while we are walking.

What are examples of distractions that may affect people driving?

- Changing the song in their car
- Putting on makeup
- Eating or drinking
- Looking at their GPS

People walking: A person who is walking should be aware and alert at all times so that they make safe decisions.

What are examples of distractions that may affect people walking?

- Texting and walking
- Talking on the phone while walking
- Using earbuds or headphones while walking

Why is it important to recognize and avoid distractions?

- Recognizing and avoiding activities that may distract us when walking can help us remain alert and aware of our surroundings.
- Remaining alert and aware can help us make safer decisions.



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TAKE THE “Avoid Distracted Walking” Challenge AND STAY ALERT!

Test what you know about being safe by checking True or False for each question. The right answers are listed below.

1) I am distracted when I look at my phone while walking.

True False

2) If I have to call or text while walking, I should stop walking, move out of the way of others and stand on the sidewalk in a safe place.

True False

3) It is safe to walk with headphones or earbuds in my ears.

True False

4) Eating and drinking is a distraction when I am walking.

True False

5) When crossing in the crosswalk, I need to watch for cars the entire time I am in the street.

True False

6) Cars backing out of driveways, parking lots and alleyways can be dangerous to me.

True False

7) It is dangerous for drivers to text, talk on the phone, eat, drink or put on make-up while driving.

True False

Correct Answers: 1) True; 2) True; 3) False; 4) True; 5) True; 6) True; 7) True



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Assessment



Complete this on your computer

The materials in this section are computer-interactive, so you can fill them out directly on your screen. Or, print them out. The choice is yours!

step **4**

Walking Safety Quiz:

Kindergarten to 1st Grade



1) Which color is a stop sign?

- A. Black
- B. White
- C. Yellow
- D. Red

2) You should always cross the street:

- A. Between parked cars
- B. At a crosswalk
- C. Wherever you want

3) When you cross the street, you should

- A. Skip
- B. Walk
- C. Run
- D. Jog

4) If you can see a car, then the driver can see you.

- A. True
- B. False

5) What kind of things do we need to be careful of when walking?

- A. Cars
- B. Trucks

C. Bicycles

D. Trains

E. All of the above

6) A flashing “don’t walk” signal means it is safe to begin crossing.

- A. True
- B. False

7) You should be very careful around traffic on the way to and from school.

- A. True
- B. False

8) Cross streets

- A. Anywhere you want
- B. Only at corners
- C. Wherever you want

9) Which three colors are on a traffic signal?

- A. Red, white, blue
- B. Red, yellow, green
- C. Red, purple, pink
- D. Red, green, blue

Correct Answers: 1) D; 2) B; 3) B; 4) B; 5) E; 6) B; 7) A; 8) B; 9) B



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Assessing Your Child's Knowledge & Skills

After your child takes the Walking Safety Quiz, ask them to demonstrate their understanding of walking safety. You can observe their demonstration to evaluate their knowledge, skills and understanding of traffic safety.

There are **four steps** to be taken in order to assess your child's knowledge.

STEP 1

Use the materials in this kit to teach them the basics that apply to their age group. **Demonstrate safe behaviors for them.**

STEP 2

Walk with them and **observe to see** if they are **practicing safe walking behavior**.

STEP 3

Demonstrate the behaviors that they are **not practicing correctly**.

STEP 4

Repeat steps 2 and 3 as needed.



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