

Bike & Pedestrian Safety



GREEN RIBBON MONTH

September is GREEN RIBBON MONTH

The Green Ribbon Month is an annual Utah program that focuses on the prevention of injuries from pedestrian, bicyclist, and motor vehicle crashes.

In Utah, 30 pedestrians are hit and killed by a car each year. Another 785 pedestrians are hospitalized or treated in an emergency department after being in a crash with a motor vehicle.

An average of 372 bicyclists are injured in crashes with motor vehicles and 5 are killed. Children ages 0 to 14 made up approximately 18% of all bicyclists in crashes.

Green Ribbon Month will help your school to create and implement safe routes to and from school, teach key traffic safety rules, and inform parents on how to help keep all children in the community safe.



How YOU can get involved!

GREEN RIBBON MONTH EVENTS/ACTIVITIES



DECORATE YOUR SCHOOL INSIDE AND OUT WITH GREEN RIBBONS!



UPDATE YOUR SAFE ROUTES TO SCHOOL MAP!



HAVE THE SAFE ROUTES BEAT THE STREET ASSEMBLY AT YOUR SCHOOL!



HAVE YOUR STUDENTS SIGN A GREEN RIBBON PLEDGE!



HOST A SCHOOL-WIDE WALKABILITY AUDIT!



HAVE PARENTS SIGN A GREEN RIBBON PARENT PLEDGE!



HANG SAFETY TIP POSTERS AROUND YOUR SCHOOL!



HAVE STUDENTS DESIGN A BANNER FEATURING BIKE AND PEDESTRIAN SAFETY - HANG IT FOR THE REST OF THE SCHOOL YEAR!



DO A DRAWING COMPETITION FOR EACH GRADE FOR WHY SAFETY ON THE ROADS IS IMPORTANT TO THEM!



RECOGNIZE YOUR CROSSING GUARDS FOR ALL THEY DO TO KEEP YOUR STUDENTS SAFE!



GET YOUR SCHOOL READY FOR WALK TO SCHOOL DAY IN OCTOBER!

Green Ribbon Month Student Pledge



I PLEDGE TO WALK ON SIDEWALKS. IF THERE IS NO SIDEWALK
I WILL WALK IN A SINGLE FILE FACING TRAFFIC.



I PLEDGE TO LOOK BOTH WAYS (LEFT-RIGHT-LEFT)
WHEN CROSSING THE STREET.



I PLEDGE TO WALK, NOT RUN, ACROSS THE STREET & TO LOOK FOR
CARS WHILE CROSSING.



I PLEDGE TO CROSS AT A CROSSWALK, OR AT A CORNER IF A
CROSSWALK IS NOT AVAILABLE.



I PLEDGE TO NOT PLAY IN OR NEAR STREETS. STREETS ARE
FOR CARS, NOT KIDS.



I PLEDGE TO BE SEEN AT NIGHT BY WEARING REFLECTIVE
GEAR OR CLOTHING.



I PLEDGE TO WALK WITH A WALKING BUDDY.

N A M E

D A T E

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Green Ribbon Month Parent Pledge



I PLEDGE TO DRIVE 5 MPH SLOWER THAN THE POSTED SPEED LIMIT IN SCHOOL ZONES AND RESIDENTIAL AREAS TO PROTECT THE LIVES OF CHILDREN IN MY COMMUNITY.



I PLEDGE TO STOP FOR PEDESTRIANS AT CROSSWALKS AND INTERSECTIONS.



I PLEDGE TO EDUCATE MY CHILDREN ON PEDESTRIAN SAFETY.



I PLEDGE TO GET INVOLVED IN MY COMMUNITY TO MAKE STREETS SAFER FOR CHILDREN.

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AFTER STUDENTS HAVE TAKEN THE PLEDGE TO FOLLOW ALL SAFETY RULES, HAVE THEM FILL OUT A STRIP WITH THEIR NAME AND GRADE. CUT EACH STRIP THEN ROLL AND ATTACH TO ANOTHER STRIP TO CREATE A CHAIN. HANG THE CHAIN IN PLACES AROUND THE SCHOOL AS A REMINDER OF THE PLEDGE THEY TOOK. USE THIS TEMPLATE TO COPY ENOUGH CHAIN LINKS FOR STUDENTS. COPY ONTO GREEN PAPER!

Green Ribbon Month Student Pledge
I've Promised to Follow All Safety Rules!

G R A D E

Green Ribbon Month Student Pledge
I've Promised to Follow All Safety Rules!

GRADE

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GRADE

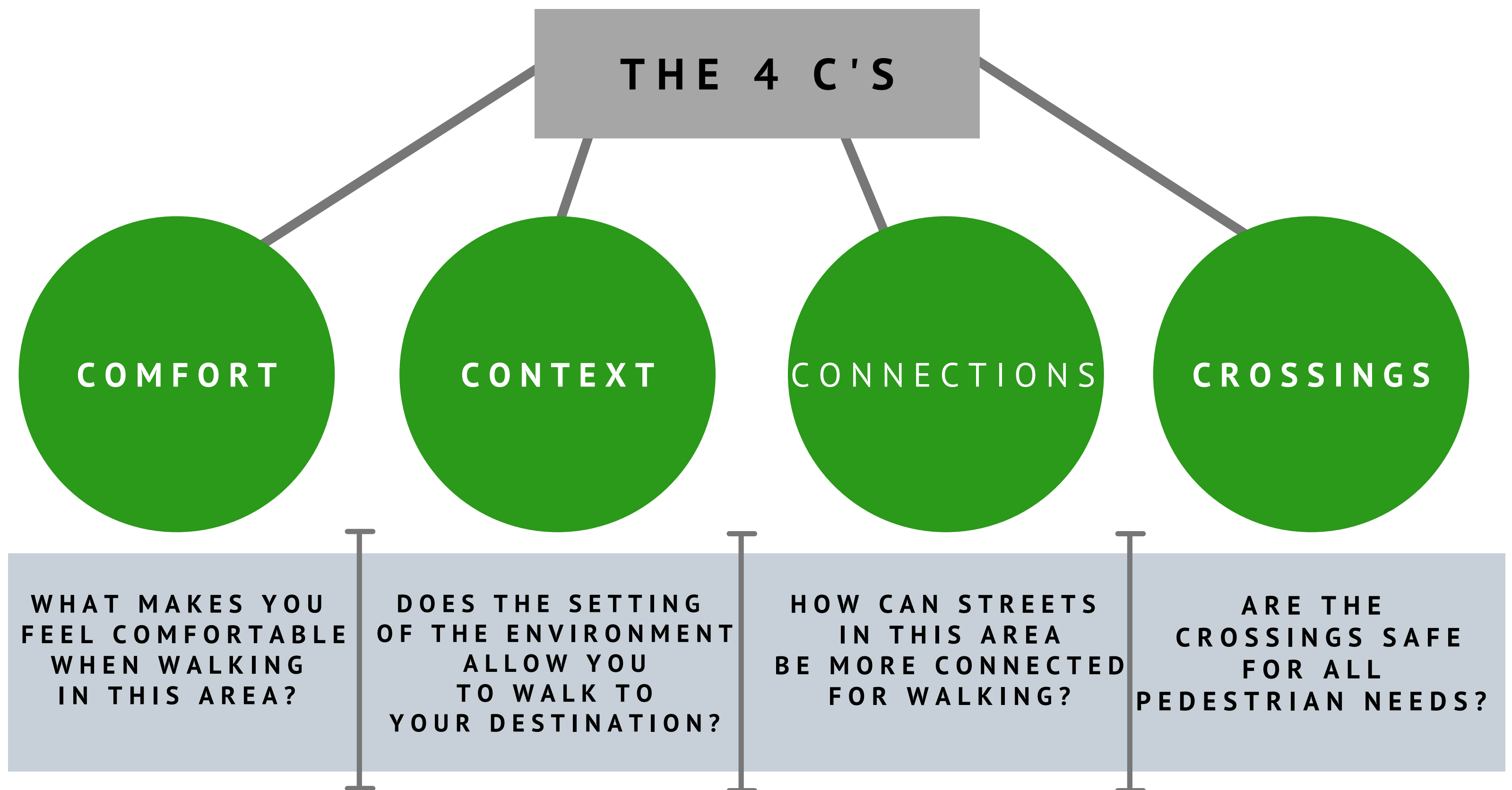
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G R A D E

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Walkability Information



Key Measurements:

MIN. SIDEWALK WIDTH: **4 FT.**; **5 FT. PREFERRED**

MAX. CROSS SLOPE OF WALKING ROUTE: **2%**

AVG. HUMAN WALKING SPEED: **3.5 FT./SEC FOR CROSSING**

MIN. WIDTH OF SHARED USE PATH: **10 FT.**

PUSH BUTTONS SHOULD BE ACCESSIBLE FROM FLAT LANDING APPROX. **42 IN. HIGH.**

FLAT LANDINGS SHOULD BE **4 FT. BY 4 FT.**

MIN. HEIGHT OF THE BOTTOM OF SIGNS ABOVE PEDESTRIAN ACCESS ROUTE: **80 IN.**

Walkability Checklist

QUESTIONS ABOUT THE SCHOOL ROUTE

ON YOUR WALK...

- DID YOU HAVE A SIDEWALK/PATH FOR THE WHOLE TRIP?

☐

YES

☐

NO

- HOW MANY TIMES DID YOU HAVE TO WALK OFF THE SIDEWALKS/PATH, DUE TO SOMETHING IN YOUR WAY? _____

- HOW MANY STREETS DID YOU CROSS? _____

- WHO/WHAT HELPED YOU CROSS THE BUSIEST STREET?

- CROSSING GUARD

- STOP SIGN

- CROSSWALK

- TRAFFIC LIGHT

- OTHER -----

- WERE CARS OR BUSES DROPPING KIDS OFF IN YOUR WAY, MAKING IT DIFFICULT TO ENTER THE SCHOOL GROUNDS?

☐

YES

☐

NO

PUT AN "X" IN EACH ROW TO SHOW US HOW MANY DRIVERS:

NO DRIVERS SOME DRIVERS MANY DRIVERS

DROVE SLOWLY AND SAFELY

☐☐☐

WAITED FOR YOU TO CROSS THE STREET

☐☐☐

BLOCKED THE CROSSWALK

☐☐☐

SPED THROUGH INTERSECTIONS

☐☐☐

WHAT ELSE DID DRIVERS DO? -----

Encourage Your Students to Walk or Bike to School For...



IMPROVED ACADEMICS



PHYSICAL ACTIVITY



CLEANER AIR



SAFER BEHAVIORS



SOCIAL DEVELOPMENT

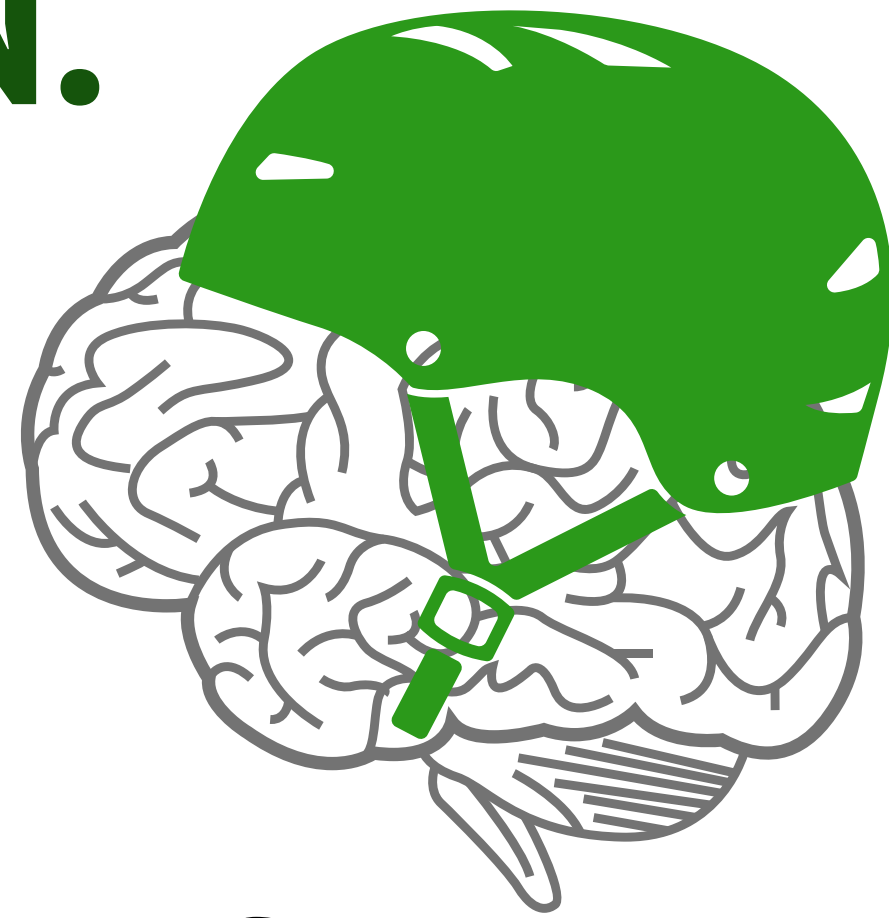


SAVED TIME AND MONEY

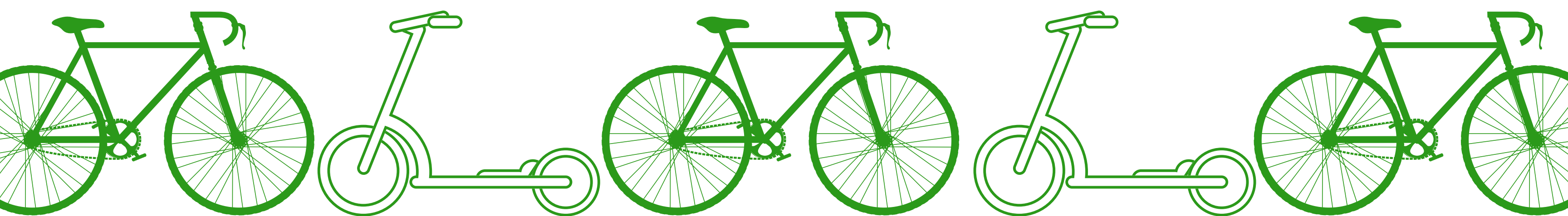
PROTECT YOUR BRAIN.

Wear A Helmet.

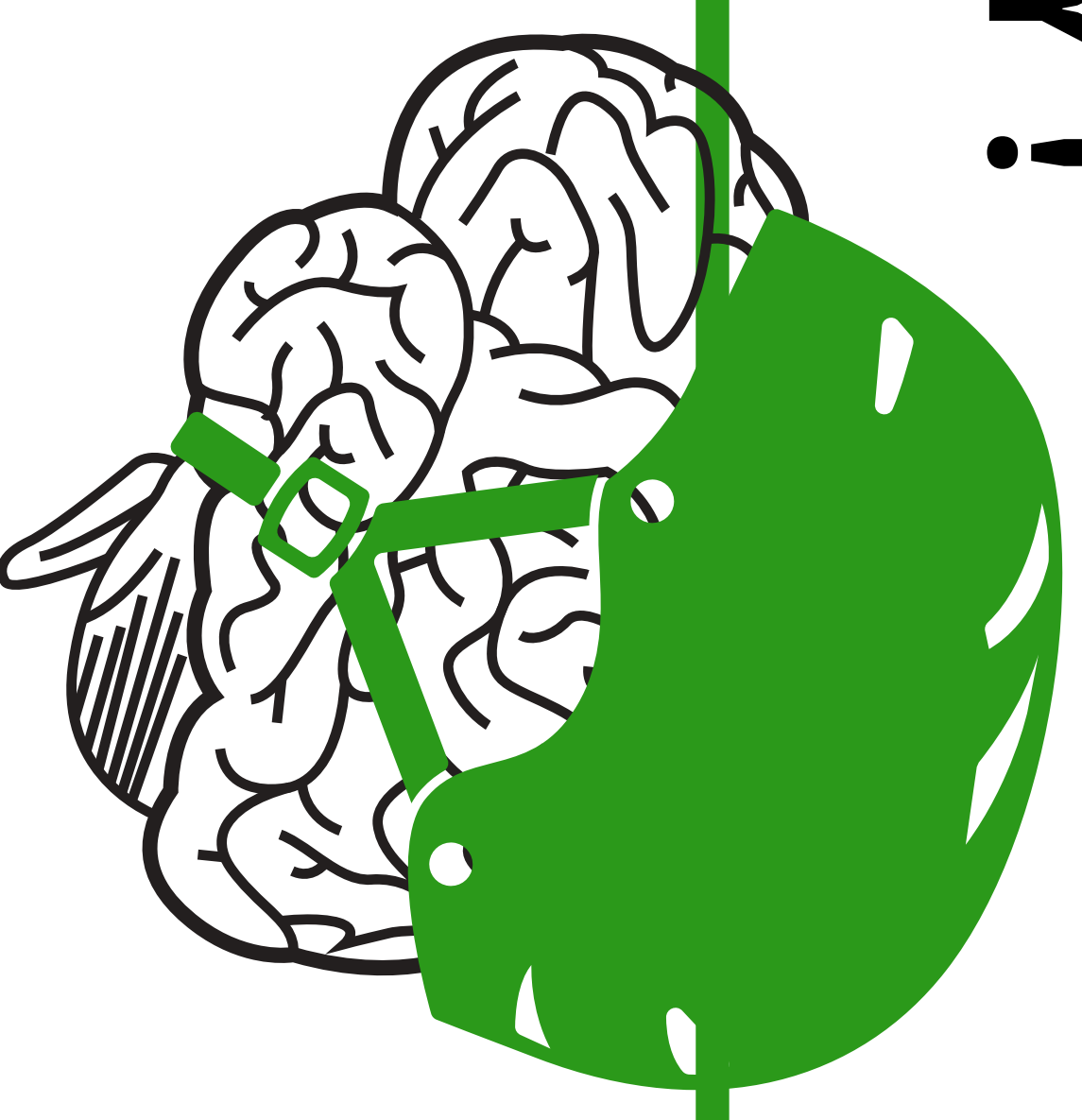
6 STEPS TO MAKE SURE YOUR HELMET FITS PROPERLY



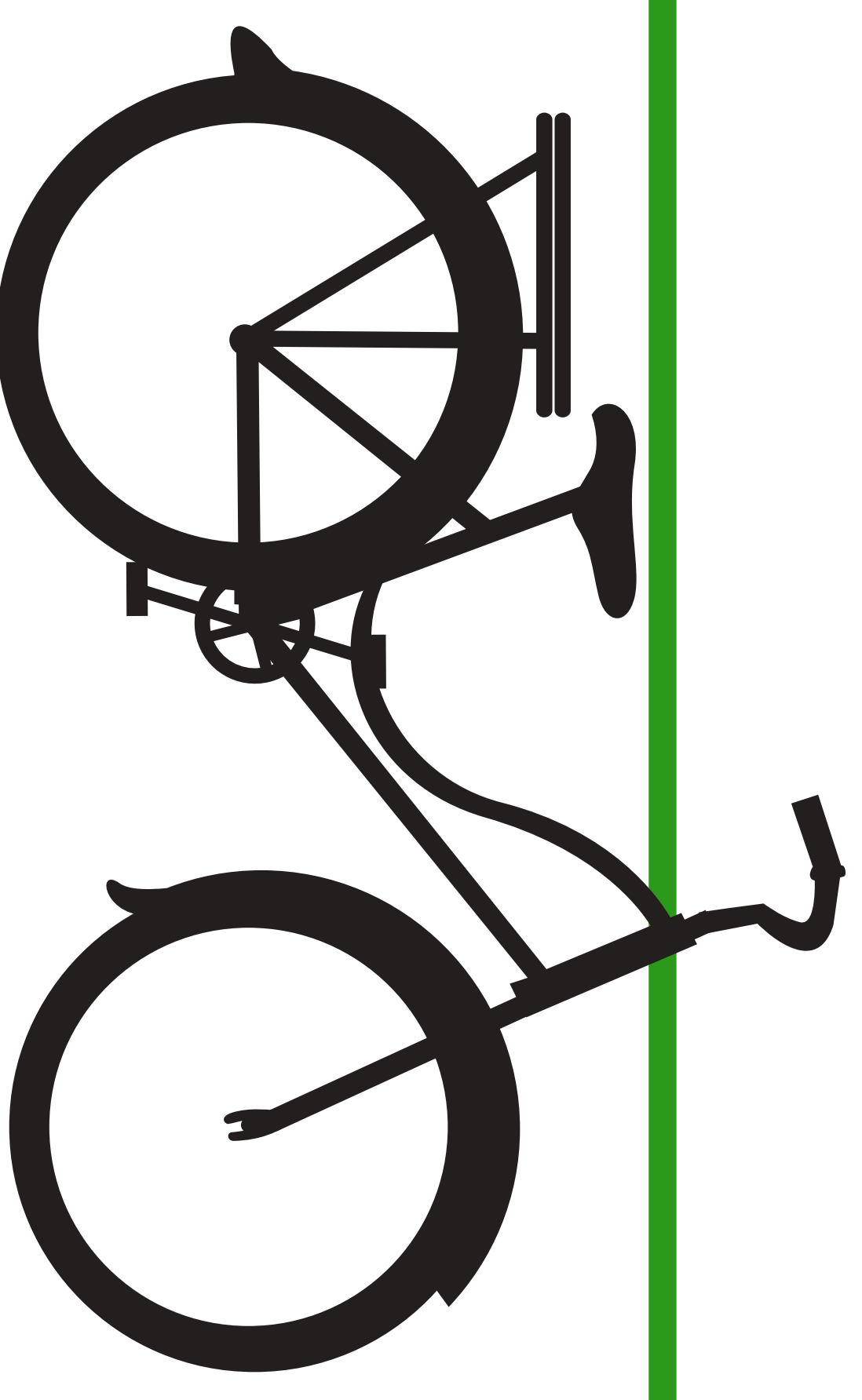
1. MEASURE HEAD FOR APPROXIMATE SIZE.
2. POSITION THE HELMET TO SIT LEVEL ON YOUR HEAD--
WITH TWO FINGER-WIDTHS ABOVE THE EYEBROW.
3. CENTER THE LEFT BUCKLE UNDER THE CHIN.
4. ADJUST THE SIDE STRAPS TO FORM A "V" SHAPE UNDER
AND SLIGHTLY IN FRONT OF THE EARS.
5. BUCKLE YOUR CHIN STRAP. ONLY ONE FINGER
SHOULD FIT UNDER THE STRAP.
6. FINAL FITTING TO MAKE SURE YOU ARE READY TO
RIDE SAFELY!



**WEAR A SAFETY HELMET
WHEN RIDING A BIKE TO
PROTECT YOUR HEAD FROM
SERIOUS INJURY!**



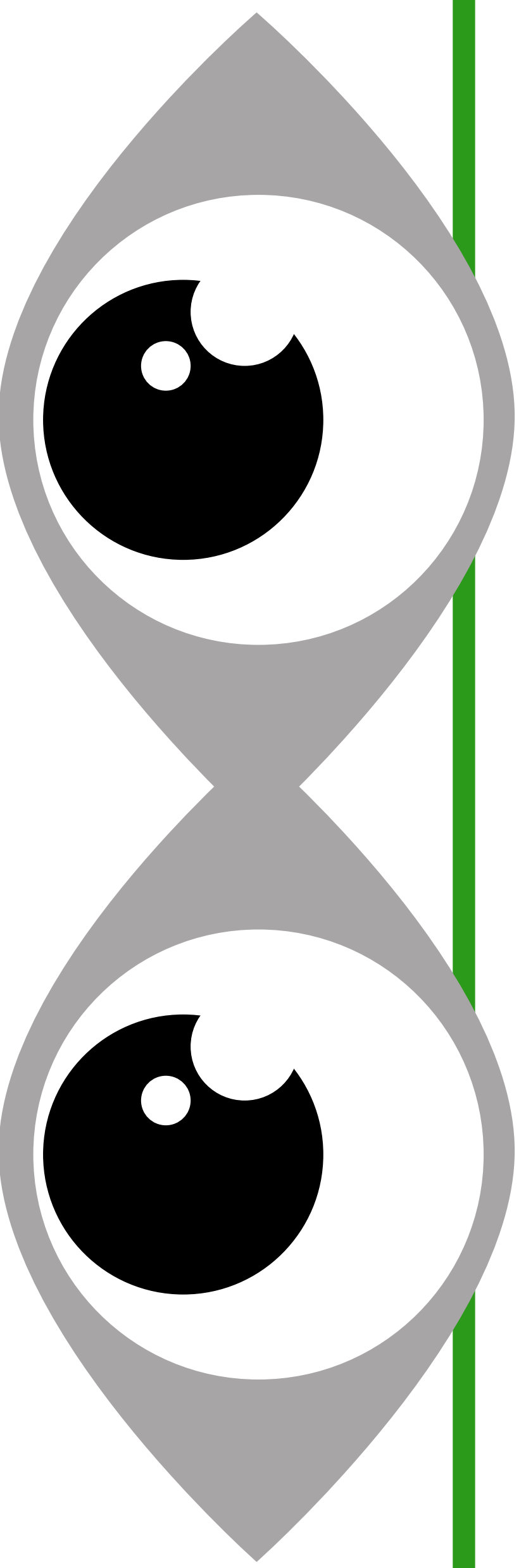
**RIDE ON THE RIGHT SIDE OF
THE STREET, IN THE SAME
DIRECTION AS TRAFFIC.**



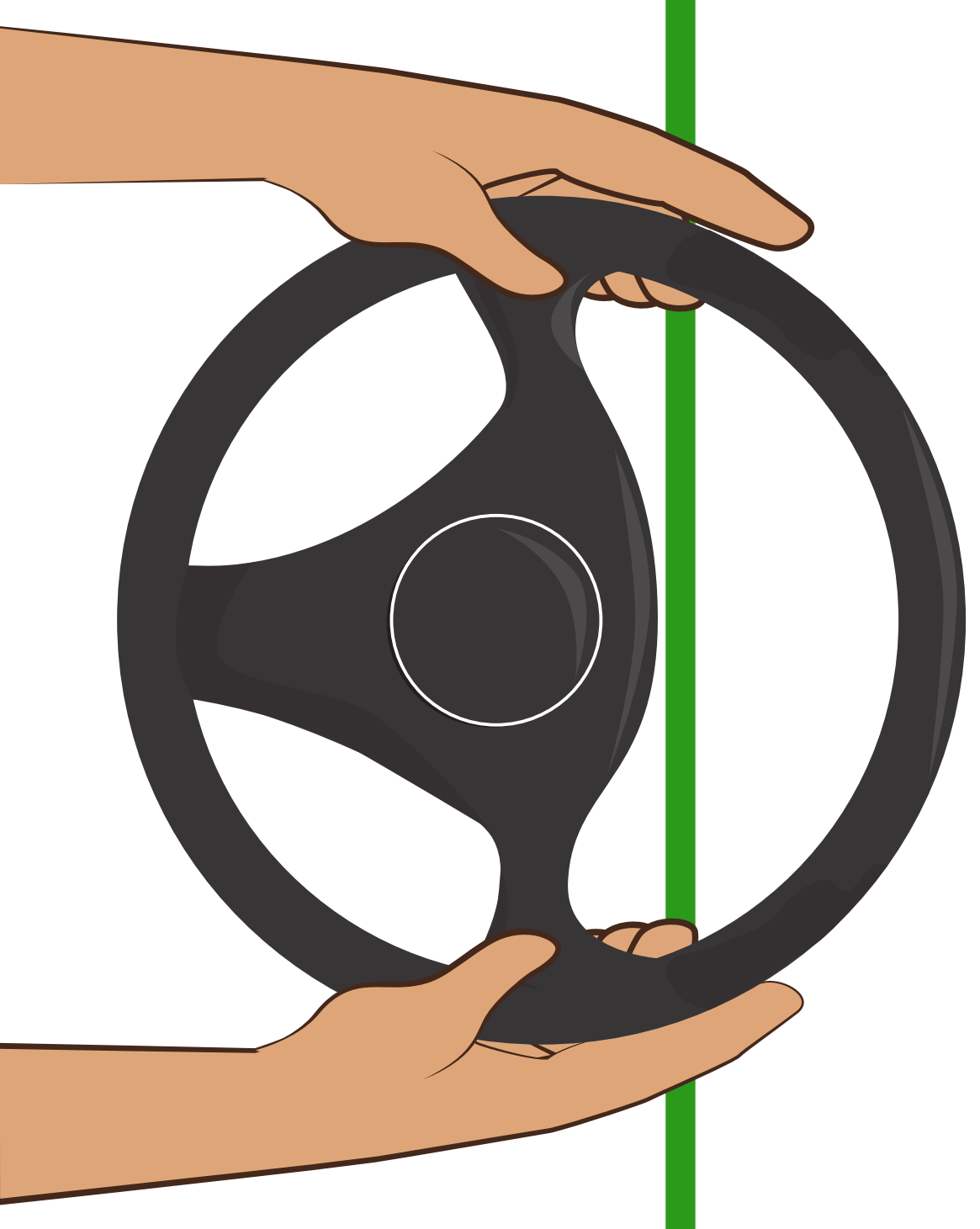
**IF YOU BIKE AT NIGHT, MAKE
SURE TO HAVE BRIGHT
LIGHTS OR REFLECTIVE GEAR
ON THE FRONT AND BACK OF
YOUR BIKE.**



**LOOK LEFT, RIGHT AND LEFT
AGAIN BEFORE CROSSING THE
STREET. CONTINUE LOOKING
BOTH WAYS AS YOU FINISH
CROSSING THE STREET.**



**MAKE EYE CONTACT WITH
DRIVERS BEFORE CROSSING
IN FRONT OF THEM.**

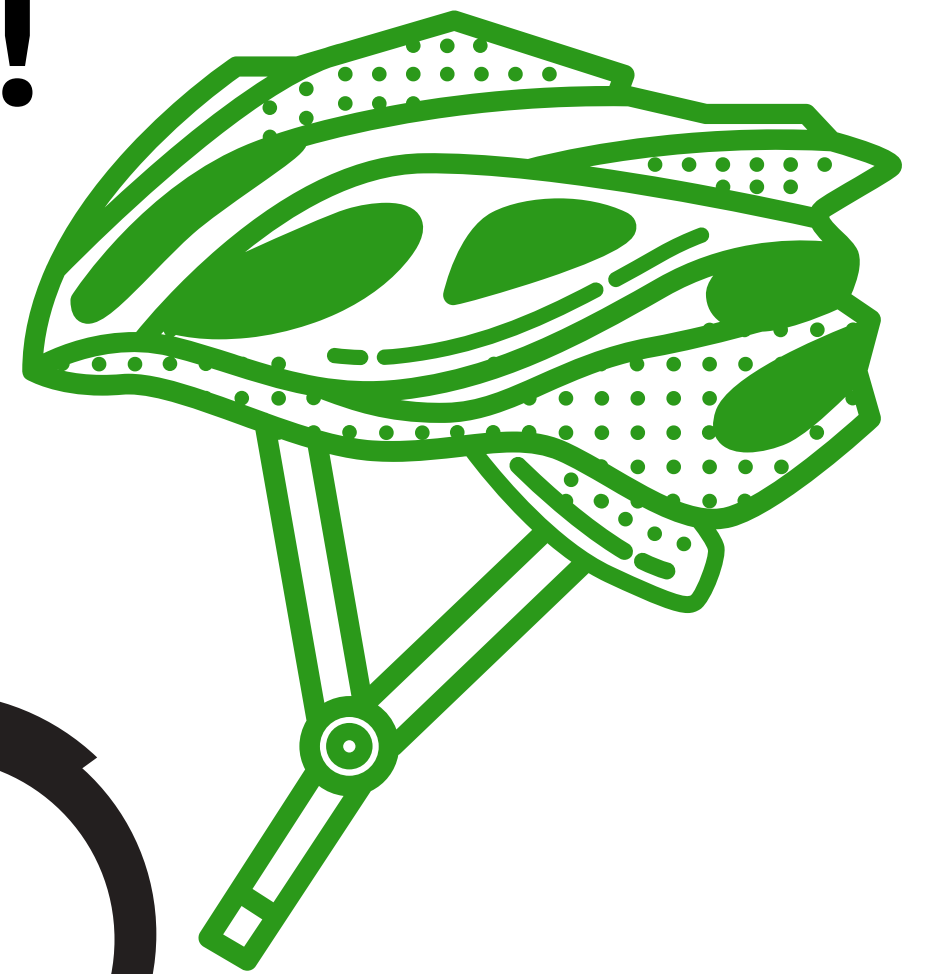
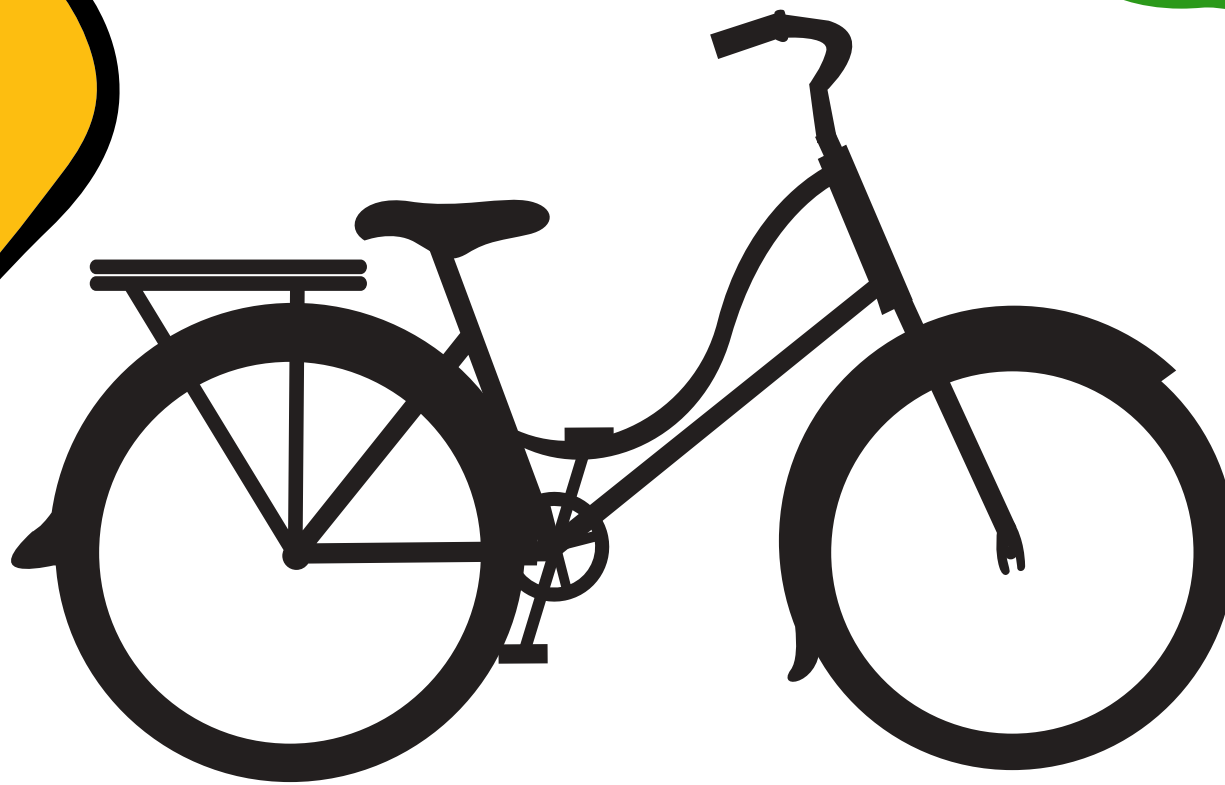


**ALWAYS WALK ACROSS THE
STREET.
DO NOT RUN!**



*Thanks for
participating in
Green Ribbon Month!*

**GET READY FOR WALK
TO SCHOOL DAY IN
OCTOBER!**



**MERCEDES MAESTAS
HEALTH EDUCATOR - ACTIVE TRANSPORTATION
SALT LAKE COUNTY HEALTH DEPARTMENT**

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PHONE: 385-468-5264**