



CHALLENGE



The **Brooklands Safe Routes and Health & Wellness committees** challenge you to walk, bike, scoot, or use any other form of non-motorized transportation to get to or from school **AT LEAST 20 TIMES** between **October 30th, 2018 and the Spring Walk/Bike to School Day in May**. First, read and sign the student pledge on the back of this form. Then record the date every time you walk or bike to or from school (only record once per day) and have a parent sign it. Keep your form in a safe place (like on your refrigerator!) so you can record your progress. When you have completed your form, turn it in to your teacher and you will receive a prize! You will also be entered into a drawing for a grand prize to be awarded on the Spring Walk/Bike to School Day!

Name: _____ Teacher: _____

Date	How did you get to/from school?	Parent Signature		Date	How did you get to/from school?	Parent Signature

If you take the bus, or live too far from school to walk or bike safely, you can still participate! If you usually get driven to your bus stop, walk! If you normally get driven to school, have your parent park (safely, in designated parking areas only, please!) a few blocks from school and walk in. Or, walk or bike somewhere in your neighborhood **instead of** driving. The goal is to get exercise, enjoy the time outside, and reduce traffic congestion and pollution, and everyone can do their part to help!



STUDENT

You know how to walk and bike, but take a few minutes to review what it means to be a safe and responsible pedestrian and bike “Roll Model” to others.

I understand walking or biking to school has many benefits, including:

- It’s a great form of exercise.
- It gives me an opportunity to spend time outside.
- It reduces traffic congestion and pollution.

I promise to...

- Walk on a sidewalk if there is one. If there is no sidewalk, I will walk on the side of the road facing oncoming traffic.
- Cross streets safely, at crosswalks or at intersections. I will stop at the edge of the street and look left, right, left again, and behind me, for traffic. As I’m crossing, I will continue to look for traffic in all directions.
- Not be distracted by electronic devices while walking or biking.
- Wear a bike helmet correctly (level on my head, covering my forehead, and securely buckled), every time I ride.
- Encourage my parents, family, and friends to wear helmets. Everyone’s brain matters!
- Bike in the same direction as car traffic whether riding on the sidewalk or road, unless it is unsafe to do so.
- Wear bright colors when possible and use reflectors on my bike to improve my visibility.
- Stay at least 10 feet (5 big steps) away from the street when waiting for buses.
- Follow the instructions of crossing guards and school staff.
- Share this pledge with my family and encourage them to sign it too!

By signing this pledge, I agree to be a safe and responsible pedestrian and bike “Roll Model!”

Student Signature: _____

Family Member Signature: _____

Family Member Signature: _____

Family Member Signature: _____