

# Remember THE BASICS



## FOLLOW WALKING RULES

- Always stop at the curb's edge
- Look left, right, and left again before crossing at corners or curbs
- Follow traffic laws
- Use paths and sidewalks where provided

## FOLLOW BIKING RULES



- Wear a helmet
- Ride on the right side with traffic
- Stop at stop signs and look left, right, and left again before proceeding
- Use proper hand signals when turning

## WALK AND BIKE PREDICTABLY

- Don't run. Walk across the street
- Don't swerve in and around parked cars
- Watch for drivers turning or pulling out of driveways
- Make eye contact with drivers at intersections

## STAY AWARE

- Pay attention! Don't text or talk on cell phones while walking or biking
- Don't listen to music with headphones while walking or biking

Click [here](#) for more traffic safety tips and resources

# WALK AND BIKE WITH YOUR FAMILY

## while social distancing

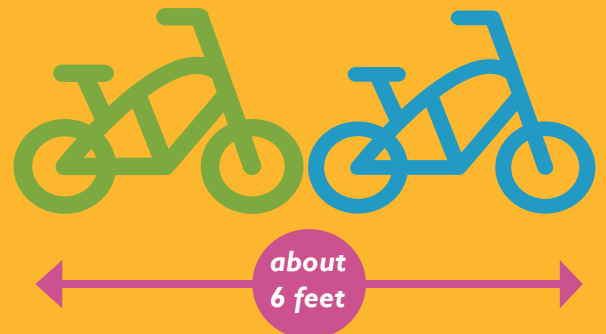
The County of Santa Clara Public Health Department has been releasing periodic updates on how to keep your family safe and help guard against the spread of COVID-19. Families are encouraged to safely engage in outdoor recreation activities such as walking, bicycling, and hiking, as long as Social Distancing Requirements are followed: keeping more than six feet or more away from others, washing hands often with soap and water for 20 seconds, and wearing a face covering when around others or in public.

Check for local guidance updates: [www.sccgov.org/coronavirus](http://www.sccgov.org/coronavirus)

## What does MORE THAN SIX FEET LOOK LIKE?

We can use common items to visualize what the recommended social distance looks like:

*Two children's bicycles* lined wheel to wheel (14" wheel size), at 38 inches each, can amount to just over six feet.



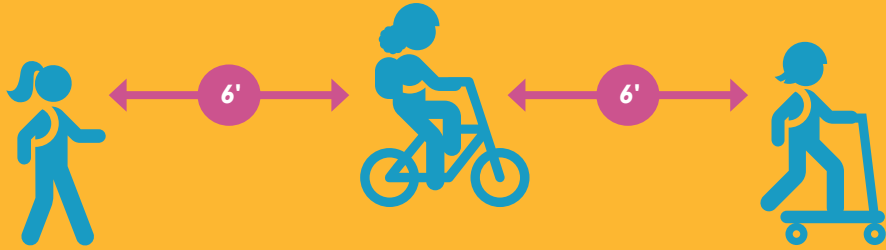
*Two shopping carts* lined up one after the other, at 3 feet each, can amount to just about six feet.



Adapted with permission from the San Mateo County Office of Education (SMCOE)



# SOCIAL DISTANCING TIPS FOR WALKING OR BIKING



## MAINTAIN MORE THAN SIX FEET

- When passing others, use driveways and lawns to step off the sidewalk and let other people pass.
- Communicate your intentions by letting others know where you are going.
- Talk to your children before you head out about the importance of giving others plenty of space.

## BIKE RESPONSIBLY

- When bicycling, ride on the right side of the road where cars expect to see you.
- When riding in a group, only ride with the people in your household.
- Be alert and maintain a physical distance of more than six feet with others when coming to a complete stop.
- Don't forget to bring your face covering with you!

## BE SAFE WHILE CROSSING

- Try to cross only at curbs or crosswalks where people expect to see you.
- If avoiding passing others too closely on a sidewalk, use caution while crossing mid block, or stepping onto a residential street to go around them.
- If there are parked cars, make sure to step between them before looking left, right, and left again and proceeding when it is safe.

## WATCH FOR SPEEDING CARS

- Use caution when crossing the street - look left, right, and left again before crossing.
- Avoid walking or biking in the middle of the street or weaving in and out of parked cars.



# KEEP IT FUN



Exercise is beneficial for physical, mental, and emotional health. Physical activity supports your immune system and can be great for addressing the anxiety and depression that might result from isolation.

**Explore your neighborhood!** Make it a scavenger hunt as part of a family outing.

**Go hiking!** Explore new places and take a mini adventure by visiting your local city or county parks.

**Go on a family bike ride!** Practice bike safety rules and street smarts during your ride.

**Try out your walking, biking route to school!** Become familiar with the routes to your school so when school does resume, you'll be ready.

**Get creative!** Decorate your sidewalks, put up signage, and encourage your neighbors to make the space fun for others to walk or bike through.