

# PARENT/CAREGIVER PLEDGE

## RESPONSIBLE WALKING AND BICYCLING

As a responsible caregiver, I pledge to my child, to be a safety “Roll Model” when biking, walking, and driving around bicyclists and pedestrians, leading by example.

### As a “Roll Model,” I promise to...

- Walk on a sidewalk if there is one. If not, I will walk on the side of the road facing traffic.
- Cross streets safely. I will:
  - Cross in crosswalks or at intersections.
  - Stop at the edge of the street and look left, right, left again, and behind me, for traffic. As I’m crossing, I’ll continue to look for traffic in all directions.
  - Stop at the outside edge of parked cars and look left, right, and left again, crossing only when it’s clear. I’ll keep scanning (looking) for traffic as I cross.
- Stay alert to traffic using my eyes and ears. I will:
  - Keep my eyes on the road and not use my personal electronic equipment when walking, biking, or driving in and around traffic.
  - Ensure my own safety and lead by example, using safe behaviors around my children and all others while in and around all traffic (cars, buses, trucks, pedestrians, and bicyclists). I will avoid obstacles (overgrown bushes, potholes, parked cars, etc.) that affect my ability to be safe around traffic.
- Wear my bike helmet properly (level on my head, covering my forehead and buckled) every time I ride. I will encourage my adult friends and their children to do the same.
- Always ride in the same direction as traffic whether on the sidewalk or road.
- Wear bright or fluorescent colors when walking or bicycling during the day, so I can be seen.
- Be extra cautious when walking or bicycling in low-visibility conditions and at night. I will:
  - Wear reflective gear (vests, dots, strips, laces) on my clothes, shoes, backpack, helmet, and bike.
  - Use white front lights and red rear lights/reflectors on my bicycle as required by law.
  - Use a flashlight or wear a light and use reflective gear if I am walking.
- Stay ten feet (five big steps) away from the street when waiting for buses.
- Stop, look and listen for approaching trains before crossing railroad tracks.
- Walk and bike as a family, when possible, to reinforce and explain safe behaviors around traffic. By doing so, my child will develop good traffic safety habits for a lifetime.

**ROLL  
MODEL**



\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Child Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date