



BIKE WALK ALAMEDA



Bicycling and Walking in Alameda can be safe for the whole family

Tips for Safe Bicycling

- **Use the the right size bike.** A bike that is too big can be dangerous and disappointing.
- **Find a helmet that fits and wear it!** It is required for all riders under 18.
- **Take the pedals off** or start with a scooter bike.
- **Practice** on playgrounds, wide bike paths and completely empty parking lots. Hold onto your child's shoulders to help, not handlebars or the seat.
- **Be careful near driveways;** there may be moving cars.
- **Teach the rule - stay to the right.** Respect pedestrians and shout "on your left" or ring bell when passing.
- **Beware of driveways.** Look them up and down to make sure there are no moving cars.
- **Ride in the direction of traffic—even when riding on the sidewalk!**
- **Watch for doors** opening on parked cars.
- **Stop at all intersections** and cross cautiously.
- **Obey the rules of the road** – just like cars do. Stop at red lights and stop signs. Act predictably.
- **Put a rack on your bike** to carry your bags. Avoid heavy backpacks.
- **Put a bell on your bike.** Use the bell to warn pedestrians that you are passing.
- **Know your route** - find the safest way by trying out several ways and using the BWA Bicycling and Walking Map.

Tips for Safe Walking

- **Cross streets at marked crosswalks.**
- **Do not dash across a street** in the middle of the block. Look right, left, and right for cars and bicycles.
- **Be certain that a driver sees you;** make eye contact. Do not assume.
- **Be friendly.** Wave and thank the driver for stopping.
- On big streets, **make sure that all lanes stop** and see you. Before stepping into a lane, be alert to cars that zip around a stopped car.
- At dusk or dark, **wear a bright color;** do not wear black as drivers cannot see you.
- **Be alert at all times;** don't listen to music or use a phone or text while walking.
- **Hold children's hands** when crossing the street and teach them safety rules.
- **Be sure all cars have stopped** before crossing at a green light or crosswalk.

Parking Lot Safety

- Do not dart out between parked cars.
- Walk on sidewalks wherever possible.
- Be alert; watch for cars backing out & make eye contact with the driver.
- Make sure that you are seen.
- Hold your child's hand and walk together, as children are difficult for a driver to see.
- Do not be distracted by using electronic devices.