SUGGESTED ROUTES to School

Rancho Del Rey Middle School
Home of the Royals
1174 East J Street
Chula Vista
(619) 397-2500
Bicycling and walking are great for everyone—communities, businesses, schools, and people. They promote active lifestyles, reduce traffic congestion, improve air quality—and it’s fun to get outside!

**Biking Safety**
- Always wear a helmet.
- Perform the “ABC Quick Check” before every ride: (Air in the tires, function of brakes, Chain that shifts correctly and is properly lubed, quick releases tightened and a general check on the bike for loose parts).
- Keep your hands on the handlebars at all times.
- Wear proper attire for riding. If wearing pants, make sure to strap/fold the right pant leg.
- If riding at night, have proper reflectors, headlight, and a tail light.
- Keep a safe distance from parked cars.

**Walking Safety**
- Always use a marked crosswalk when one is available. The white or yellow lines of a crosswalk remind drivers to look out for pedestrians.
- Stop at the curb and look both ways before crossing the street.
- Obey the “DON’T WALK” signal.
- Don’t assume that drivers see you! If there is traffic, make eye contact with the driver before you cross.
- Always check for turning vehicles before stepping off the curb.
- Don’t run across the street. ALWAYS walk.

**Using the Suggested Safe Routes to School Map (turn over)**

1. Choose the route to school that keeps you safe.
2. Cross at protected intersections with crosswalks, traffic signals, and stop signs.
3. ALWAYS check both ways before crossing at any intersection.
4. Ride your bicycle along routes with marked bike lanes. If there are no bike lanes, ride carefully, watch for people and cars entering or leaving their driveways.
5. ALWAYS wear a bicycle helmet when riding a bike.

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**TRAFFIC SIGNALS**
Bicyclists must follow laws for cars at traffic signals.

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**PEDESTRIAN SIGNAL LIGHTS**
Obey directions on pedestrian signal lights.

The white “Walk” signals that it is legal to cross the street.

When the red “Don’t Walk” signal starts flashing, DON’T cross the street. If the flashing starts after you have already started to cross, quickly finish.

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**PEDESTRIAN CROSSWALK**
Use caution when crossing the street—even at a crosswalk. If you are using the crosswalk with a bicycle, ALWAYS walk the bicycle across.