Safety tips for crossing the street:

- Stop at the curb. Do not run into the street.
- Look left, right, then left again. Listen for the sounds of a car.
- Walk on streets where there is a crossing guard if available.
- When the street is clear, cross - making sure to look both ways until you are safely across.

Safety tips for when riding your bike, skate boarding or roller blading:

- Be sure to wear a helmet that fits well and feels comfortable.
- Wear additional safety gear such as knee and elbow pads.
- Ride close to the curb or on the sidewalk - never ride in the middle of the street.

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Safety Quiz

CIRCLE ONE ANSWER YOU THINK IS CORRECT

1) Which sport is most likely to crash-land you in a hospital emergency room?
   a) Hockey
   b) Football
   c) Bike Riding

2) What has wheels, is low to the ground, and moves?
   a) Row Boat
   b) Skateboard
   c) Sled

3) What is the most foolish thing that you can do when you are bike riding?
   a) Chew gum
   b) Be ready to stop
   c) Not wear a safety helmet

4) How can you grind, alley-oop, and duck walk - and still live to tell about it?
   a) Raking leaves
   b) Walking the dog
   c) Roller blading / in line skating

5) What is smart and cool?
   a) Wearing your safety helmet and other gear
   b) Not wearing any safety gear
In case of an Emergency.....

In case of an emergency:

1) Go to the phone.

2) Stay calm.

3) Pick up the phone, wait for the dial tone. Dial 911. (If there is no 911 in your area, dial 0 for Operator.)

   CALLING 9-1-1

4) Tell the person who answers why you are calling.

5) Give your name, address and phone number. Speak as clearly as you can.

6) Don’t hang up until the other person tells you to.
Color the children safely crossing the street

Be careful crossing the street.

BE SMART
1. Stop at the curb. Don’t run into the street.
2. Look left, right, then left again.
3. Listen for the sound of a car.
4. When the street is clear, cross – looking both ways until you are safely across.
Color the boy safely riding his bike

When you ride a bike...

BE SMART
Be sure to wear a helmet that fits well and feels comfortable. Always fasten the strap. The helmet should sit evenly on top of your head and should not rock back and forth or from side to side.