



Get in the Kids Zone!

The Kids Zone at www.driveless.com is a fun place for kids to learn about pollution solutions along with transportation safety.

Children (and adults alike) will enjoy playing the Games at the Kids Zone! Come try your hand at Hangman, Word Scramble, or CCCTMA's Mad Libs.

Our Coloring Book and Activity Book are two fun educational tools which encourage creativity and originality. Download these to your computer and print them out to start coloring.

Riki Rideshare is our resident transportation guru who stands poised and ready to answer questions about traffic, carpooling, and air pollution.

Are you ready to Test Your Knowledge? Having just completed the Pollutions Solutions Program at school, your 3rd grade child will be able to take this short quiz to reinforce the ideas presented during class.



For More Info

KIDS

Kids.gov www.kids.gov/k_transport.htm
List of sites geared toward children

Hangout NJ www.state.nj.us/hangout_nj
Games and New Jersey facts and history

PARENTS

Walk and Bike to School
www.walktoschool-usa.org
www.saferoutesinfo.org
www.njbikeped.org

Safety City www.nhtsa.dot.gov/kids
Vince and Larry guide you through games, movies, quizzes, and more.

See **all** of your commuting options @ driveless.com



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• Flex Scheduling • Mass Transit • Telecommuting

Getting your Children to School



A Guide to Promote Safe, Alternative Commuting to School



- Learn the advantages of carpooling, walking, biking and riding the bus to school.
- Get important safety tips on traveling to and from school.
- Find out how to implement safe, alternative commutes to school in your community.





Biking & Walking

Everyone benefits from children biking and walking to school. Physically active children are more alert and perform better at school. They will enjoy an improved self image, healthy social development, and will be more likely to lead active lifestyles as adults.

“Walking school buses” and bicycling groups are two fun ways your kids can get to school safely. Groups of children travel along a predetermined route picking up other students along the way.

Parents who walk their children to school will be better able to keep an eye on their communities, improving safety. You will get to know your neighbors. There will be less traffic around school. You will also help improve air quality.

Today, less than 13% of American children walk to school and about 2% bike, while childhood levels of obesity have increased sharply, causing many health problems. Biking and walking to school are great ways to incorporate physical activity into your child's everyday routine.

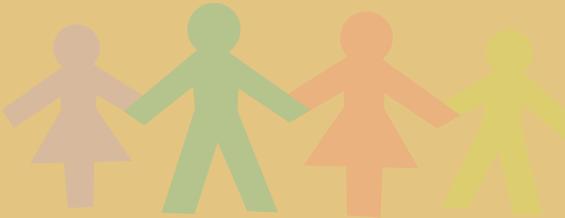


Riding the Bus



Did you know that riding the school bus is safer than bicycling, walking, or riding to school in a car? Children can relax, read, or even talk to their friends while riding the bus. And school buses greatly reduce the amount of traffic on the roads as well as the number of parked and idling cars around schools.

Teach children how to safely board and get off the bus. Young children should be taught to stay away from the area surrounding the bus where they might be hit by passing vehicles or the bus itself. Kids should be sure to check and see if all traffic is stopped before getting off the bus and crossing the street.



Safety Tips

- Children should wear bright colors and reflectors on their jackets or bookbags. They need to be seen if it is dark or overcast outside.
- Walk on sidewalks. If there is no sidewalk, stay as far away from the traffic as possible. Cross only at intersections.
- Plan your child's walking route to school. Be sure to walk along initially to point out potential danger areas.
- Bicyclists should obey all traffic signs and signals. Bicyclists should stay to the right side of the road. Pedestrians should walk on the left side.
- Teach bicyclists and walkers to be aware of cars that are pulling out of driveways.
- In the state of New Jersey, children 14 and under are required to wear helmets while bicycling. Helmets can reduce the risk of head injury by 85% if worn correctly.
- Children should take five big steps in front of a school bus before crossing the street to make sure they can see the bus driver and vice versa.

Carpooling

When the school bus isn't an option, carpooling is a convenient way to get children in your neighborhood to school. Parents can reduce the time spent making trips to and from school, save money on gas, and also reduce the wear and tear on their own cars.

Everyone should be strapped in by a seat belt. Remember that children up to 8 years old or 80 pounds should be in a child safety seat or booster seat.

Be sure to drive slowly (25 MPH), as speeding through residential neighborhoods doesn't significantly reduce the total length of your trip anyway.

Speeding has serious consequences when a pedestrian is involved. A pedestrian hit at 40 MPH has an 85 percent chance of being killed; at 30 MPH, the likelihood goes down to 45 percent, while at 20 MPH, the fatality rate is only 5 percent. Faster speeds increase the likelihood of a pedestrian being hit. At higher speeds, motorists are less likely to see a pedestrian, and are even less likely to be able to stop in time to avoid hitting one.

Follow all traffic laws, making sure to yield to pedestrians in crosswalks. And beware of young children darting out from behind parked cars or chasing balls into the street! When you arrive at school or drop children off at home, let them off on the correct side of the road.

