

WALK and BIKE with your family.

while Social Distancing

The County of Sonoma has been releasing periodic updates on how to keep your family safe and help guard against the spread of COVID-19. They recommend that families engage in outdoor recreation and exercise, but try to stay within their immediate neighborhood while maintaining social distance practices. Wearing masks outdoors is required *if* a distance of 6 feet cannot be maintained. Stay up to date: [socoemergency.org](https://www.socoemergency.org)

What does 6 feet look like?

We can use common household items and our favorite animals to visualize what the recommended social distance looks like:

Two children's bicycles lined wheel to wheel (14" wheel size), at 38 inches each, can amount to just over six feet.



Two adult cats at 35 inches each from their heads to the tips of their tails, can amount to nearly 72 inches, or six feet.

Remember THE BASICS



FOLLOW WALKING RULES

- Always stop at the curb's edge
- Look left, right, and behind before crossing at corners
- Follow traffic signals
- Use (preferably wide, less popular) paths and sidewalks, where provided



FOLLOW BIKING RULES

- Wear a helmet
- Ride on the right side with traffic
- Stop at stop signs and look left, right, and behind
- Use hand signals when turning

WALK AND BIKE PREDICTABLY

- Walk, don't run, across the street
- Don't swerve in and out of parked cars
- Watch for drivers turning or pulling out of driveways
- Make eye contact with drivers at intersections

STAY AWARE

- Pay attention! Don't text or talk on cell phones while walking or biking
- Don't listen to music with headphones while walking or biking

KEEP IT FUN!

GO ON A #BEARHUNT

Put on your walking shoes, grab your binoculars and safari hat, and head outside! Friendly neighbors have started putting teddy bears and other stuffed animals in windows for neighborhood children to "hunt." Post about your adventures on social media using #BearHunt or #GoingOnABearHunt, and add the bears you find to the national map of bear locations. Happy bear hunting! bit.ly/nationalbearhunt



DO THE GREEN SNEAKER FAMILY CHALLENGE for 30 days!

Track your indoor and outdoor physical activity & complete fun walk & roll related activities. Visit sonomasaferroutes.org for more information, tracking & BINGO sheets in English & Spanish.

TRY OUT YOUR WALKING AND BIKING ROUTE TO SCHOOL

Even though we're distance learning for the foreseeable future, that doesn't mean you can't use the time to practice walking or biking to school! Use your exercise time to become familiar with the routes to your school so when school does resume, you'll be ready.



METROPOLITAN
TRANSPORTATION
COMMISSION

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SOCIAL DISTANCING TIPS FOR WALKING OR BIKING



6'



MAINTAIN SIX FEET

While walking in your neighborhood, social distancing guidelines state that we should walk at least six feet from people outside our own household. When passing others, get creative without going into the street: use driveways and lawns to step off the sidewalk and let other people pass. Communicate your intentions and use hand signals to let others know about your movements. Talk to your children before you head out about the importance of giving others plenty of space.

MID BLOCK CROSSING

We have seen some families choose to cross residential streets mid block to avoid passing others too closely on a sidewalk. Please use caution, only crossing mid block on narrow residential streets and where you can see if cars are coming. If there are parked cars, make sure to step between them before looking left, right, and behind you.

WATCH FOR SPEEDING CARS

While there may be fewer cars on the road at this time, we have seen more drivers are speeding. Always use caution when crossing the street, and avoid walking or biking in the middle of the street or weaving in and out of parked cars.

