

# WALK & ROLL to School & ANYWHERE OCTOBER

INTERNATIONAL WALK & ROLL TO SCHOOL MONTH

## Safety BINGO

**Complete as many tasks as you can during the month of October!** Find links to all the videos &/or resources for each task at [sonomasaferoutes.org](http://sonomasaferoutes.org). Cross off and have an adult initial each square when you have completed a task. Submitted BINGO sheets are one entry into our contest. Bonus entry for ALSO submitting a Safety Poster (Task 12). Entries must be received by Friday, Nov 5th.

**WIN \$25**

**GIFT CERTIFICATE FOR A FAMILY ICE CREAM OUTING**



FULL NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

HOME ROOM TEACHER \_\_\_\_\_ GRADE \_\_\_\_\_

Entries may be submitted via email at [saferoutes@bikesonoma.org](mailto:saferoutes@bikesonoma.org) or mailed to SRTS, PO Box 3088, Santa Rosa, CA 95402. Entries must be received by Friday, Nov 5th.



METROPOLITAN  
TRANSPORTATION  
COMMISSION

SAFE ROUTES TO SCHOOL  
**SONOMASAFEROUTES.ORG**



[f](https://www.facebook.com/sonomacountyasaferoutes) [i](https://www.instagram.com/sonomacountyasaferoutes) @sonomacountyasaferoutes

<p>Watch the video "Pedestrian Safer Journey" (choose the version for your age group).</p> <p>1</p>	<p>Watch the video "Bicycle Safer Journey" (choose the version for your age group).</p> <p>2</p>	<p>With an adult, practice crossing a marked crosswalk safely: look left, right, left again and all around, wait until all drivers stop &amp; see you before crossing, then walk across while looking back and forth and staying aware.</p> <p>3</p>	<p>Watch a video (or ask an adult) to learn, practice &amp; memorize your left, right, and stop hand signals and demonstrate them to someone else.</p> <p>4</p>
<p>Watch a video (or ask an adult) to learn how to do an ABC (Air, Brake, Chain/Cables) check on a bike. Then, if possible, do one on a bicycle in your home.</p> <p>5</p>	<p>Time to give your helmet some lovin! Watch a video on how to properly fit a bicycle helmet and demonstrate how to do it to someone else.</p> <p>6</p>	<p>Watch a video on how to fix-a-flat on a bicycle (or ask an adult). Try it yourself if you have the resources and some help!</p> <p>7</p>	<p>Watch a video on navigating intersections on a bicycle. Discuss safe bicycling through intersections with an adult. If possible, practice with an adult on a quiet street.</p> <p>8</p>
<p>Watch a video on bicycle "power pedal" position. Practice on your own bicycle, if possible, and demonstrate to someone else.</p> <p>9</p>	<p>Use the "NHTSA Walkability Checklist" to evaluate and rate how safe and walkable your neighborhood is.</p> <p>10</p>	<p>Watch a video on how to properly lock your bicycle and demonstrate how to do it to someone else.</p> <p>11</p>	<p>Design a poster illustrating one or more ways to be safe walking or riding your bicycle. Include a safety slogan on your poster. Send your poster to SRTS for a bonus entry to the October contest!</p> <p>12</p>