



# Get Up and Go:



A Safe Routes to School (SRTS) Series by the City of Garfield, in partnership with *The Record's* Newspaper In Education program.

## Activity #4

SRTS is a joint effort by schools, parents, communities and governments to improve the health of kids by enabling and encouraging them to walk or bike to school when appropriate.

### On the Move

Circle the things that will help you get to school safely. Place an X over the things that are dangerous on your way to school.



With your class, take a walk around your school. Put a check next to the pictures of the things you see. Which ones are safe? Which are dangerous? Can you think of solutions for the dangerous things?

Search through the paper for pictures of things that help you get to school safely. Now find pictures of things that are dangerous.

### Teachers!

If you would like to receive complimentary classroom copies of the newspaper during the **Get Up and Go** series, please contact us at **201-646-4713/4384** or email your order request to **NIE@northjersey.com**.

### Safety Zone

You should always ride your bike like a vehicle (even if you're cycling on the sidewalk).

Cyclists must follow the same traffic laws as car drivers.

At intersections and driveways, always stop and look left, right, and left again.



Drivers may not see you; always make eye contact with drivers.

Always ride your bike on the right side of a two-way road.

Never ride your bike against the flow of traffic.



Tell other drivers what you plan to do: always signal your turns.

Ride predictably; don't weave in and out of traffic and parked cars.



Always yield to pedestrians.

Don't be invisible at night; use lights and reflectors on your bike, helmet and clothing.



### Facts

**Did you know...**The first steerable bicycle had no pedals, chain, or rubber tires. Invented in 1816 by Carl Drais in Germany, it was called the Draisine. People sat on the wooden frame and moved the bike by walking their feet along the ground.



### Calculation Corner

Activities Converted to Steps

Activity	Approx. steps per minute
Walking	92
Bicycling (moderate)	222
Inline skating	237

If there is an average of 2,000 steps in a mile, use the table to determine the following:

- How many minutes will it take you to walk a mile? (Hint: divide 2,000 steps by steps per minute)
- How many minutes would it take to bike or inline skate a mile?
- If you live 1.75 miles from school, how long will it take you to walk, bike, or inline skate to school? Which is faster?

#### Bonus question

If you live 1.4 miles from school and school starts at 8:30 am, what time will you need to leave home to get to school on time using all three modes of transportation?

For more information and the answers to these questions log on to **www.Garfieldnj.org**

*Calculations based on the CDC's estimates of the average Middle School boy and girl.*

### Navigation System

[www.saferoutesinfo.org](http://www.saferoutesinfo.org)

[www.radrider.com](http://www.radrider.com)

[www.cpsc.gov/kids/kidsafety/index.html](http://www.cpsc.gov/kids/kidsafety/index.html)



Complimentary classroom copies provided through the sponsorship of:



Some content of this series was provided by the **YMCA of Garfield** and **Bike New York**.