

# WALK & ROLL WITH YOUR FAMILY

## while social distancing

While you walk and roll in your immediate neighborhood, King County Metro encourages you and your family to limit the spread of COVID-19 by following public health recommendations. Use these tips to help keep you and others safe:

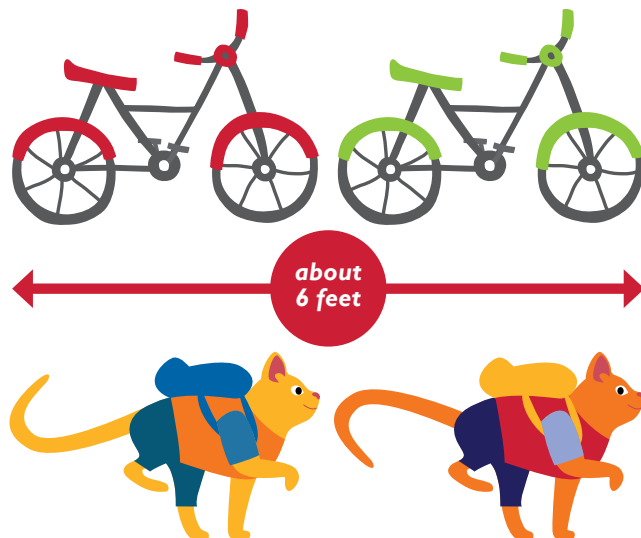
### STAY 6 FEET APART

While we are working to be germ-busters against the coronavirus, we need to walk at least 6 feet from people we do not live with.



### WHAT DOES 6 FEET LOOK LIKE?

Two kid's bicycles lined up wheel to wheel or two adult cats lined up from their heads to the tips of their tails add up to approximately 6 feet.



### HOW TO PASS PEOPLE SAFELY

#### GET CREATIVE WITHOUT GOING INTO THE STREET:

- ★ Use driveways and lawns to step off the sidewalk and let other people pass
- ★ Communicate where you plan to go and use hand signals to let others know how you will move
- ★ Cross mid-block only if you are with an adult and on a narrow street, where you can easily see cars coming, and they can see you

# 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 paths and sidewalks, where provided—the wider, the better!

### FOLLOW BIKING RULES

- ★ Wear a helmet to protect your brain
- ★ 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
- ★ Watch for drivers turning or pulling out of driveways
- ★ Make eye contact with drivers at intersections

### WATCH FOR CARS

- ★ Use caution when crossing streets
- ★ Avoid walking or rolling in the middle or the street
- ★ Don't weave in and out of parked cars

### DISCONNECT FROM DISTRACTIONS

- ★ Keep your eyes up to help you stay aware when walking and biking.
- ★ Keep your ears open. Wearing headphones blocks how well you can hear oncoming cars and people wanting to pass



## HAVE FUN!

### GO ON A #BEARHUNT

Go for a scavenger hunt to find teddy bears and other stuffed animals in your neighbors' windows! Count how many you see while you're out walking.



### TRY OUT YOUR ACTIVE ROUTE TO SCHOOL

Use your time getting exercise outside to try out your route to school! Practice following walking and biking rules with your family along the way. You'll be ready to stay active when school starts up in-person again!

### HOPSCOTCH YOUR NEIGHBORHOOD

How many hopscotches can you do on your practice route to school? Keep track and see if you can complete more than your parents or sibling!

