

NEVADA WALKING GUIDE



Be Safe & Be Seen When
You Walk

Let's all be safe!





In Case Of Emergency Contact:

Name: _____

Phone: _____

Relationship: _____

Introducing Our Walking Friends...



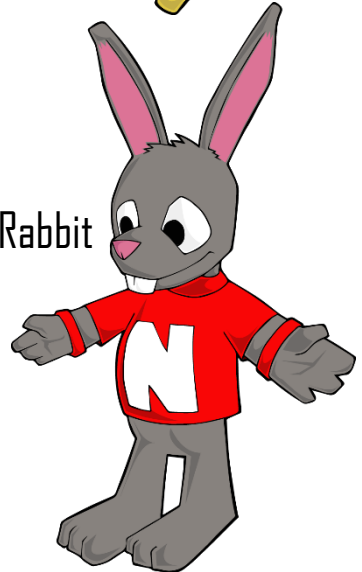
Tumbles the Turtle

Baxter the Bird



Ruff the Ram

Ralphie the Rabbit



Everyone is a pedestrian...Every day!

Every time you walk to school, the store or anywhere, you are a pedestrian. While you walk, remember to stay safe. Walk on sidewalks and look where you are going. When there are no sidewalks, walk facing traffic. Be visible, be alert and watch for vehicles. Use crosswalks when you see them. Being safe is your responsibility so let's take a moment to understand the rules.



USE CROSSWALKS!

There are different types of crosswalks and we must use them. A crosswalk is designed to make motorists more aware of where pedestrians are. Just because there is a crosswalk does not mean you can step out without looking. When you enter a crosswalk you should always look left, look right, then look left again. As you continue through the crosswalk continue to look in both directions as you walk. Practice this everytime you walk.



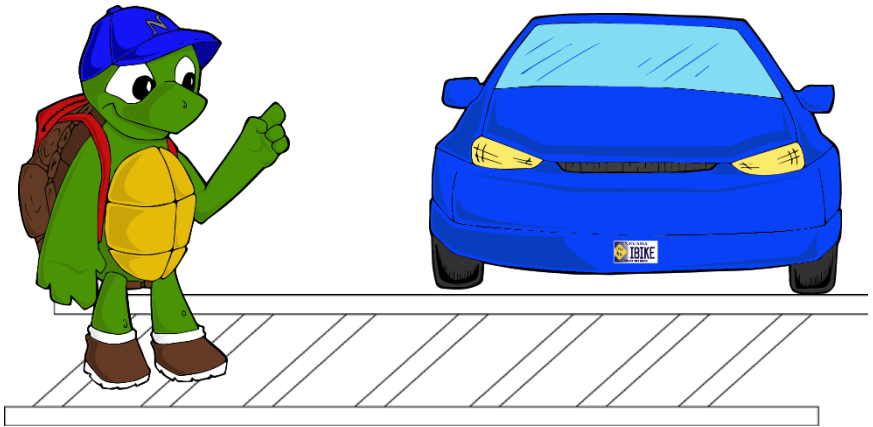
1

Remember when you come to a crosswalk at a signal, press the button and wait to cross. Once the light has changed, LOOK LEFT, LOOK RIGHT, AND LOOK LEFT AGAIN, then enter the crosswalk. If there is no light at the crosswalk, wait until traffic stops. Make sure you can see the driver and the driver can see you before you start to cross.



2

Once you have entered the crosswalk, make sure you continue to look for cars coming from both directions. Make eye contact with drivers as you pass through the crosswalk. Watch for cars that may be hidden behind other cars.



3

There are many things that can distract you while walking. Your phone, music players and other devices are examples that may distract you. You should put these away until it is safe to use them.

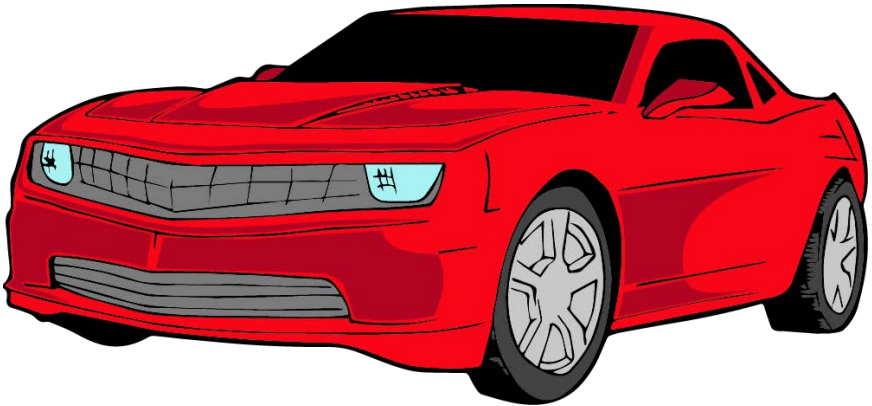


If people are distracted while walking they can get into some dangerous situations. For example, they may not hear or see approaching traffic.

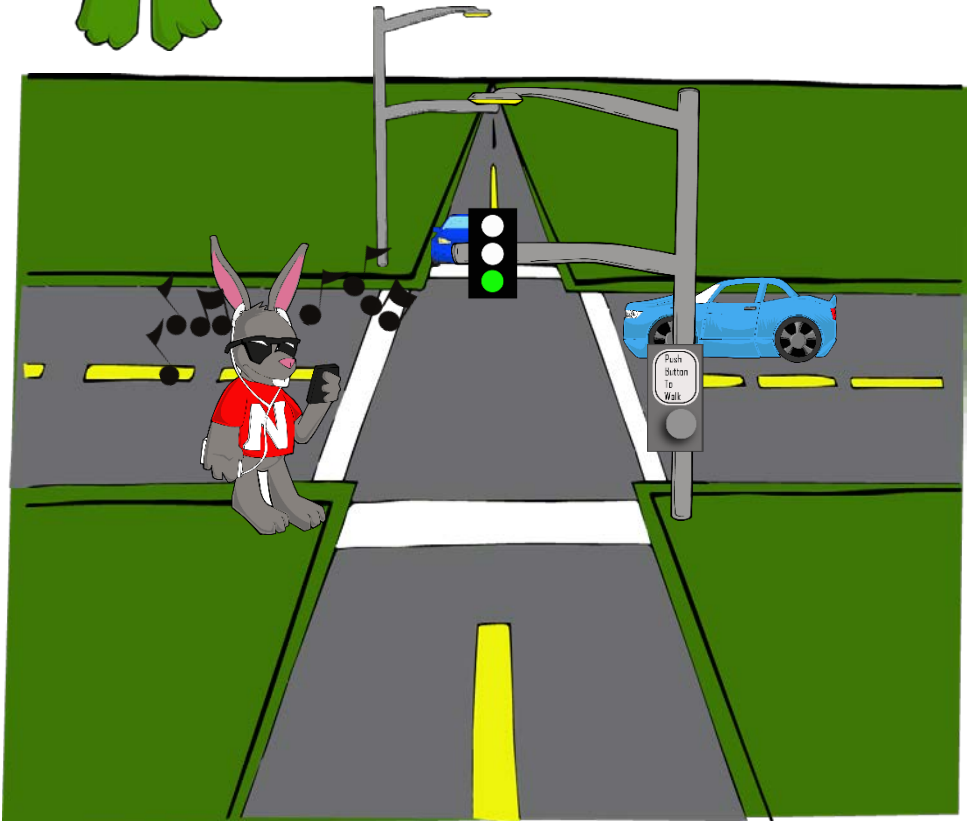
They may also miss obstacles in their path.

Intersections

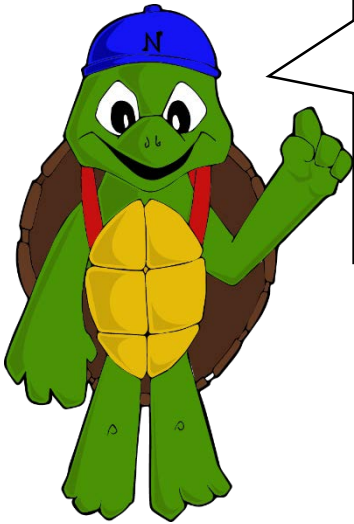
Intersections can be a very dangerous place. Intersections are places that roadways cross paths. Sometimes you will need to cross there too. There are signs and signals at these locations that can help you cross safely. As you walk, make sure that the cars stops and the drivers CAN SEE YOU and YOU CAN SEE THEM. Don't be distracted as you cross. Let's see how some of our friends cross at an intersection.



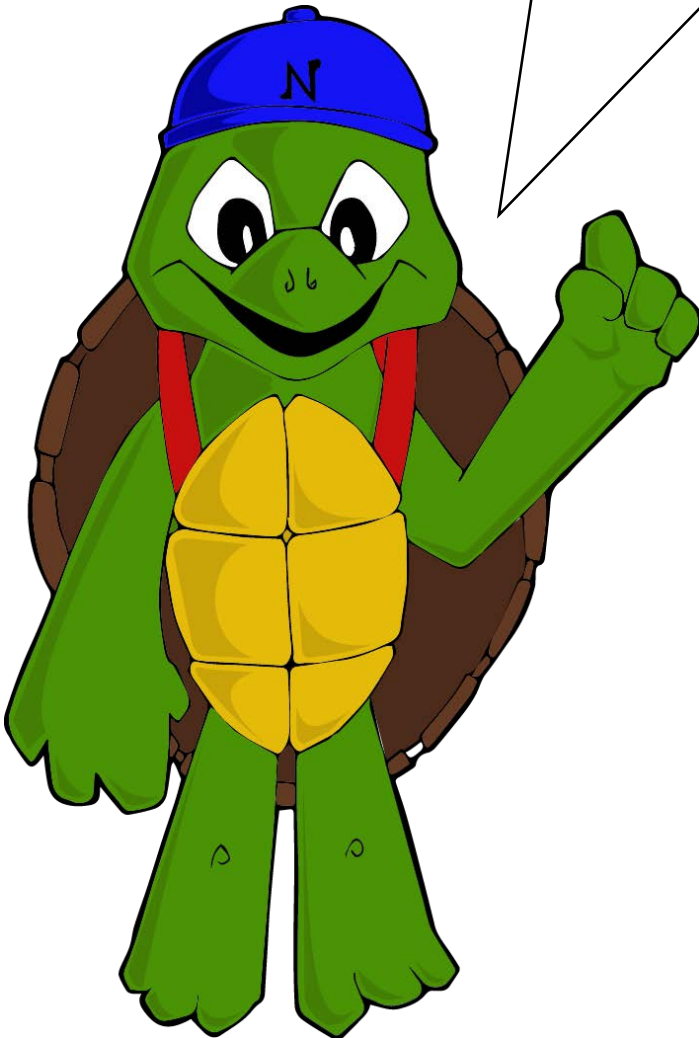
Look at our friend, Ralphie, he's too busy with music and texting. This is distracting him from what is going on. Do you see a button where he is? Does he see cars coming? Can he hear car horns? Is he paying attention to what is going on around him?

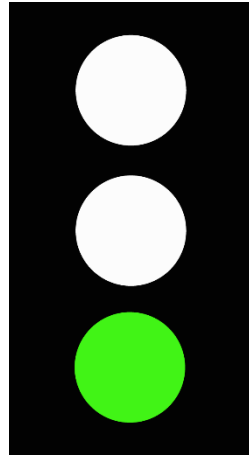


Now look at our friend Baxter. He's not on his phone or listening to music. He can hear and see what is going on around him. He is also at a button that can start the signal for safe crossing.

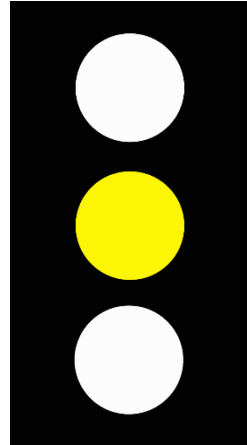


Lights at a crosswalk have different meanings. Let's go over them here.

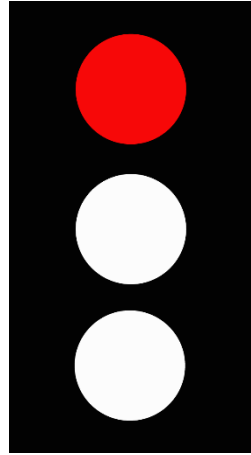




GREEN means **GO**... The **WALK** signal does not mean it is **SAFE** for you to start crossing without looking first. Always look both ways before you cross the street- **LOOK LEFT, LOOK RIGHT THEN LOOK LEFT AGAIN**- to make sure no cars are coming or turning into the crosswalk, especially from behind you.



YELLOW means **WAIT**...The flashing **“DON’T WALK”** signal, like the yellow caution light, means that you shouldn’t start to cross the street. If you are in the street when the signal begins to flash, don’t stop or return to the curb. Continue to walk comfortably until you reach the other side or an island made for pedestrians to be safe.



RED means **STOP**...Like the red stop light, a steady "**DON'T WALK**" signal or a picture of a non flashing hand means you should stop at the curb and wait for the next "**WALK**" signal or a green light.

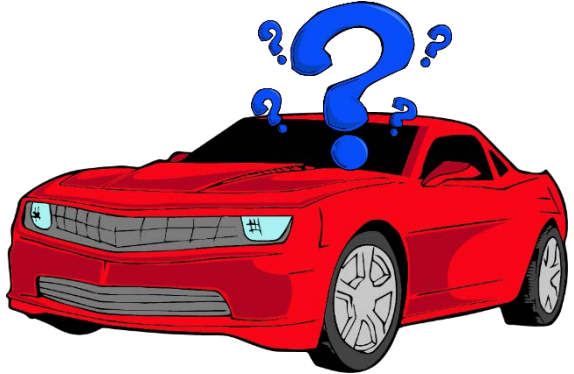
LET'S LOOK FOR CLUES



THAT HELP US WHILE WE WALK!

1

Can you see anyone in the car? Does it look like they are getting out or getting ready to leave?



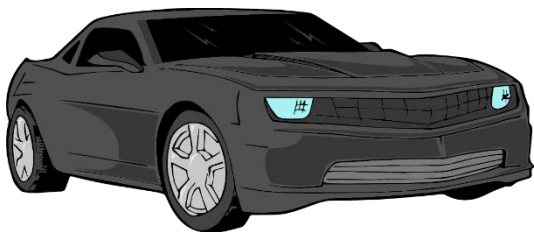
2

Lights! Do you see lights glowing red? Do you see lights that are white meaning that the person is backing up?



3

Listen! Can you hear the engine of the car? Is it started? Is it getting ready to move?



4

Can you see the driver? Can the driver see you?



5

Do you see other people walking, riding their bike or on a skateboard? What is happening around you?

6

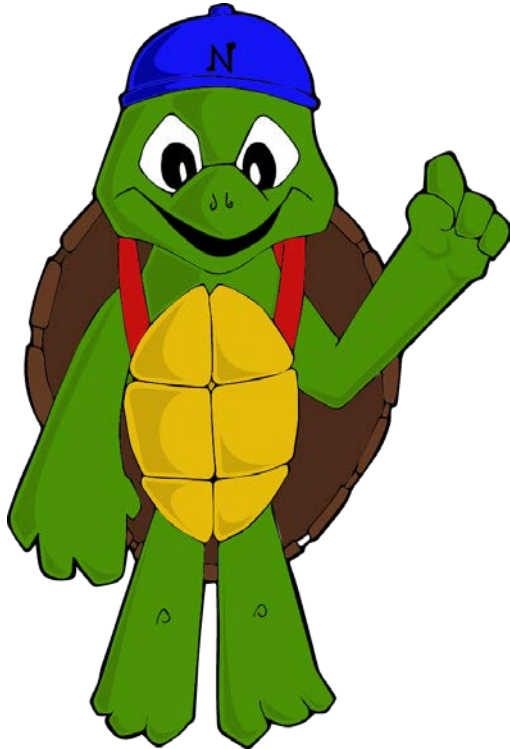
Are you reflective? Can you be seen? Make sure that you can be seen while you are out.

7

Do you know where the crosswalks are? Make sure when you walk you know where to safely cross and how to find the safety clues.



**Remember YOUR safety is
YOUR RESPONSIBILITY!**



10 Walking Tips

For your own safety follow these simple rules and remember that the key when walking is to “SEE and BE SEEN” when you cross.

1

USE SIDEWALKS. When there are sidewalks available, use them! If there isn't a sidewalk, walk facing traffic.

2

Make sure that while you are walking that you **ALWAYS PAY ATTENTION** to your surroundings. Pay attention to traffic, other pedestrians and the path you're walking on.

3

When you are about to cross a crosswalk or cross the road **STOP, LOOK AND LISTEN!** Cars may not always stop for you. Make sure you can see the driver and they can see you while you cross.

4

BE SEEN! The brighter you are the easier it is for drivers to see you. If they can see you and they know where you are, then they can be careful and avoid you.

5

YOUR SAFETY IS UP TO YOU! If you walk safely and follow all the rules you are less likely to get hit or be involved in a crash.

6

DON'T HIDE. While you walk, walk in a straight line. Stay in sight and **DO NOT CHASE ANYTHING** that may roll in to the road. If you lose your ball or toy have an adult help you get it back.

7

LIGHTS AND SIGNS MAY NOT STOP CARS. Just because there are lights and signs cars still might not stop. Pay attention to the cars to see if they are going to stop.

8

BE EXTRA CAREFUL AT INTERSECTIONS. Anywhere roads cross each other it can be dangerous. When you reach intersections use all the crossing features and follow the rules to stay safe.

9

BE CAREFUL IN PARKING LOTS! Cars move quickly in a parking lot. They may not be looking for pedestrians. Make sure they can see you.

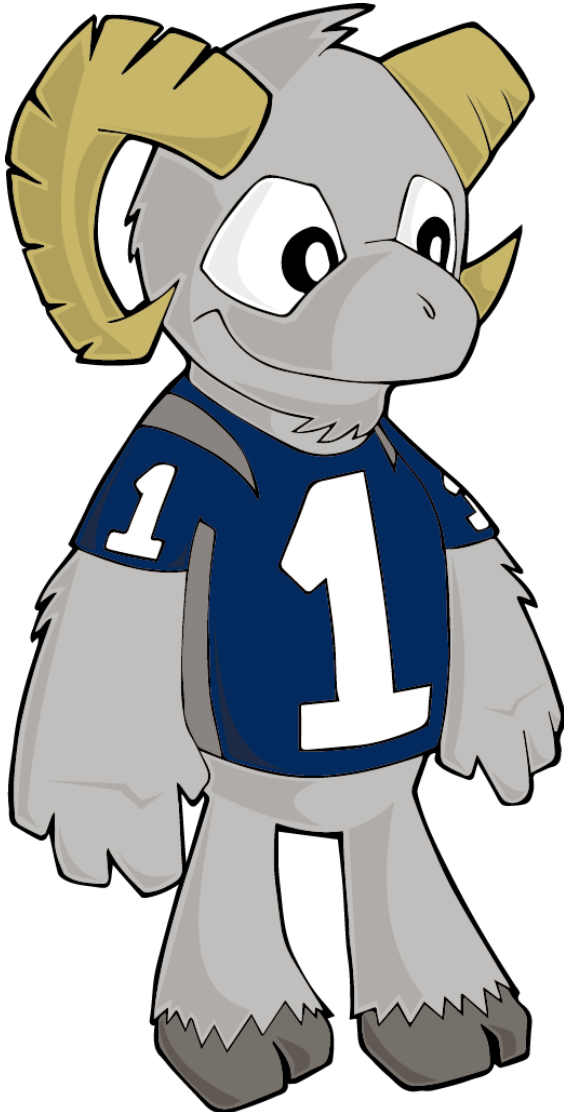
10

WALK WITH A FRIEND OR FAMILY MEMBER WHEN YOU CAN. It is safer to walk with someone. Both of you can look for danger and help each other be safe.

Following these tips will help you be safe while you are walking. Remember that your safety is your responsibility.

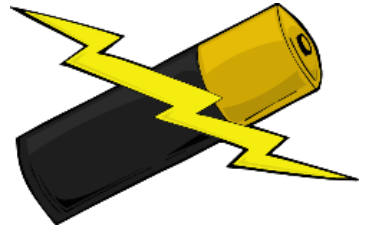


Why is it good to walk?

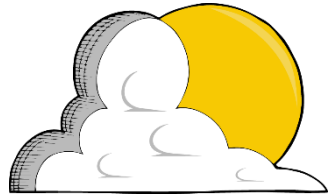


Walking is good because...

Walking is a great way to stay healthy. Walking keeps your heart strong, helps build strong bones, keeps your muscles and joints healthy and increases your energy level. If you are feeling sluggish try walking to re-energize.



Walk for the environment. Did you know that walking can reduce the pollution in the air? The less vehicles on the road the less pollution in the air.



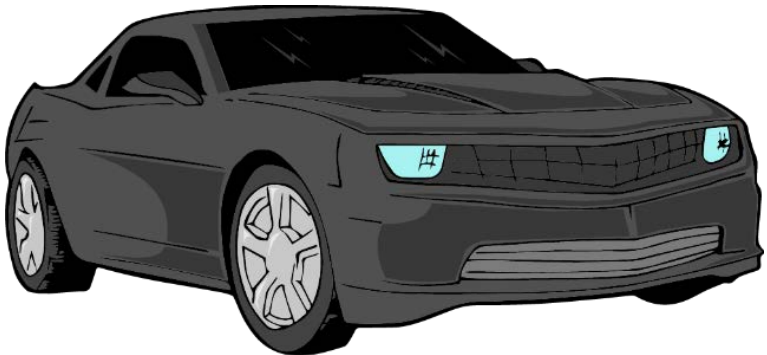
Walking isn't just a great way to stay healthy, it is also FREE! When you walk you do something that doesn't cost money and enriches your life in many ways.




Get out and explore your world. There are a lot of places that you can walk to right in your own town. Next time you need to make a short trip, try walking there with your family or friends.



Walk to reduce traffic! Have you ever had to spend a long time in a car that wasn't moving? If so, then you know what traffic is. Some highways carry more traffic than they were designed to handle which results in gridlock. In fact, 40% of all trips are less than 2 miles in length. That represents a 30 minute walk. The next time you need to run an errand around the corner consider walking.



Nevada is one of the most hiker friendly states in the country. Almost 85% of the state is public land, and there are well over 200 forested mountain ranges with all levels of hiking ranging from very easy to challenging. If you enjoy hiking Nevada's trails, keep these safety tip in mind with every step you take.



HIKING

Remember to pack 7 essential items: water, food, a first aid kit, raincoat, flashlight, sunscreen, and a whistle.

Know the weather conditions before you leave for your hike. If you're hiking in the mountains it can rain or even snow in the summer.

Stay on the trails and watch your step. Most injuries and rescues happen when a person has left the marked trail.



Always carry enough water for the length of your hike. Carry a minimum of one quart, and up to a gallon of water for long hikes and hot days.

Do not try and chase, scare, feed or pet any animals you may see on your hike.



Tell someone where you are going and when you will return. Have a route planned in advance and use a map so you don't get lost.





Take pictures and leave only footprints. You can look but leave everything where it is. Pack all that you bring and make sure to gather all your trash and throw it away properly.

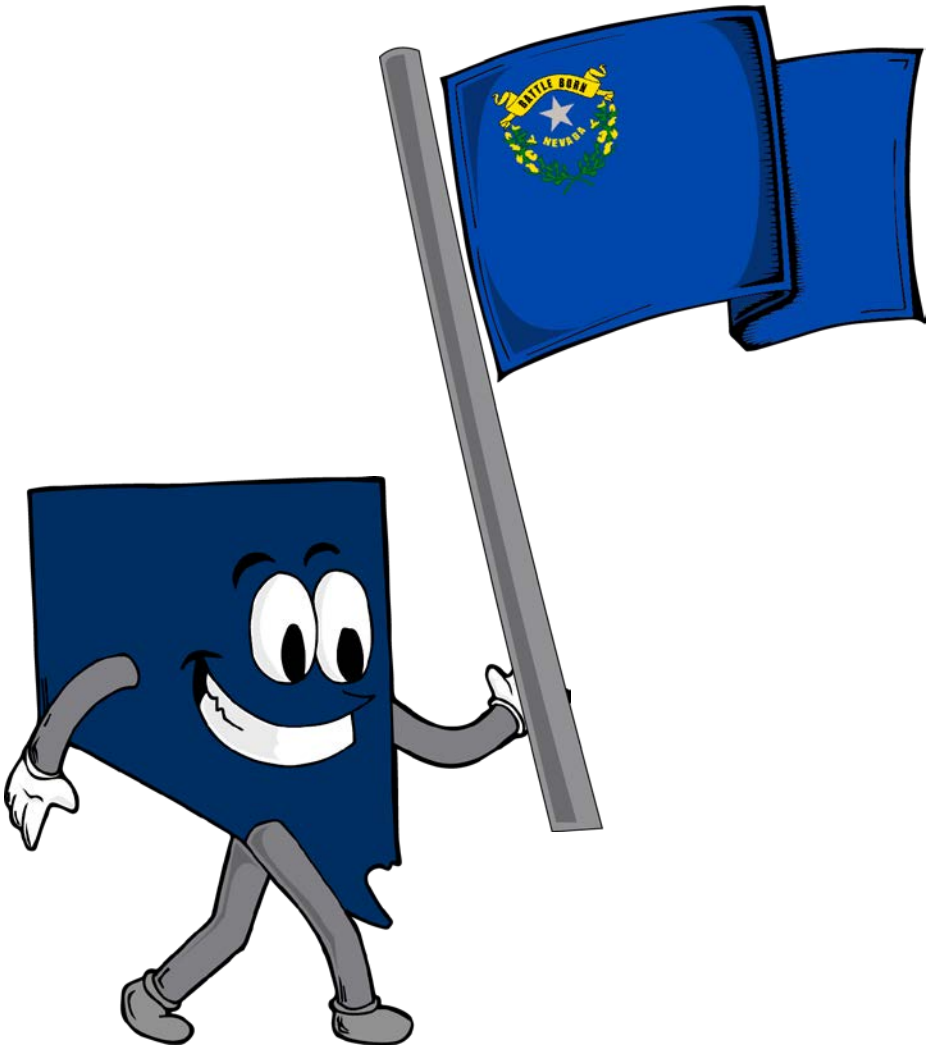


Remember to always be nice to other hikers and trail users. Be respectful of the people that you come across.

Design your own Tumbles the Turtle and make him a safe pedestrian!



WALK SAFE NEVADA!





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