



VISALIA POLICE DEPARTMENT

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NEWS RELEASE

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National Walk and Roll to School Day Celebrates Benefits of Exercise, Promotes Safety Tips to Students

Today, Wednesday, October 9, is "Walk and Roll to School Day." This annual event highlights the benefits of exercise while promoting pedestrian and road safety. This morning, Visalia PD visited Watch Me Grow Preschool to teach the little ones how to cross the street safely.

Here are some key safety tips shared with the preschoolers:

- **Plan Your Route:** Use roads with sidewalks or paths away from traffic. If there are no sidewalks, walk facing traffic on the left or ride your bike in the same direction as traffic on the right.
- **Use Crosswalks:** Preferably at stop signs or signals. If unmarked, cross at corners on streets with fewer lanes and lower speed limits.
- **Look Left-Right-Left:** Always check for traffic before crossing and keep scanning as you go.
- **Watch for Cars:** Be cautious of vehicles entering or leaving driveways. Never assume a driver sees you—make eye contact if possible.
- **Wear a Helmet:** Always wear a helmet when riding or rolling.
- **Be Visible:** Wear bright clothing during the day and reflective materials or use a flashlight when it's dark.
- **Stay Alert:** Avoid distractions from electronic devices while on the road.

It's crucial to remain vigilant every day. Drivers should:

- Be ready to stop for school buses and children crossing the street.
- Always slow down in school zones.

Schools are encouraged to register at walkbiketoschool.org to track participation and support active, healthy, and safe transportation.

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