

Vehicular Activities

Rules and Risks

Safety Rules for Walking and Jogging

- When there are no sidewalks, walk on the left side of the road, facing traffic, as far away as possible from the travelled part of the road.
- Do not play games near parked cars; play in a safe place away from traffic.
- Do not play on roadways.
- Look all ways before you cross the street.
- When crossing the road, stop before the edge of the sidewalk at all times.
- Stop at driveways.
- Cross at traffic lights or at marked crosswalks, or where it is safe (rural).
- Do not cross between parked cars.
- Make sure drivers see you before you cross.
- Cross when traffic has stopped completely.
- Obey traffic signals and signs.
- Point your arm to cross the road.
- Do not wear distracting equipment, such as headphones, when crossing roadways.
- Wear bright clothing at night.

Safety Rules for Travelling by Car

- Everyone in the vehicle must use a seat belt or an appropriate child car seat.
- To protect you, seatbelts must fit properly. Make sure the shoulder strap lies across your shoulder and the middle of the chest (not your neck or face), and the lap belt crosses over the hips (not your stomach).
- Never place the shoulder strap of your seat belt behind your back.
- Children under 8 must use an appropriate child car seat or booster seat.
- If you're under 13 years old, the safest place to sit is in the back away from front seat air bags.
- Never share a seat belt with another person - one person, one seat belt.

Safety Rules for Cycling

- Wear a helmet that fits properly and is positioned correctly (see Appendix 3: How to Wear a Helmet).
- Walk your bike across a pedestrian cross walk.
- Ride straight across the tracks at a railway crossing.
- Ride on sidewalks or paths only where permitted.
- Do not ride on busy streets.
- Stop for all stop signs.
- Stop completely at all intersections such as a driveway, sidewalk, path, or road, to ensure that the way is clear. Look left, right, and then left again.

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Safety Rules for Cycling

- Know and use correct hand signals (see appendix 3).
- Give the right of way to pedestrians.
- See and be seen by using bike reflectors and wearing reflective clothing.
- Wear closed toe shoes.
- Have a light and bell on your bike.
- Ride on the side of the road in the same direction the traffic is going.
- Ride in a straight line (single file) when riding with friends.
- Be alert, watch where you are going, look ahead for any dangers.
- Ride a bike that is the right size for you.
- Keep your bike in good repair and have regular safety inspections.
- Do not wear headphones or other distracting equipment.

Safety Rules for Riding All Terrain Vehicles (ATV)

- Ride under the supervision of an adult.
- Wear a helmet that fits properly and is positioned correctly on your head.
- Never ride on public roadways.
- Do not carry passengers.
- Wear protective gear (boots, gloves, long pants, eye protection).
- Obey local riding area rules.
- Ride within your skill level.
- Ride during daylight hours to ensure the best visibility.
- Speeding, especially on hills and curves, leads to ATV roll overs.

Safety Rules for Riding Snowmobiles

- Wear a helmet that fits properly and is positioned correctly on your head every time you ride.
- Know and use correct hand signals.
- When crossing a road, be cautious and always cross at a right angle to traffic.
- Use snowmobile trails whenever possible.
- Stay on the right side of the trail.
- Ride within your skill level.
- Wear protective gear that covers your eyes and body.
- Obey local riding area rules.
- Ride under the supervision of an adult.
- Dress appropriately for the weather

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Safety Rules for Riding Snowmobiles

- Let an adult know where you plan to go and when you plan to return.
- Take a cell phone.
- Wear reflective clothing at night.
- Make sure you have a map and enough gas for the trip.
- Wear layers of warm clothing.
- Take a first aid kit, extra food, and water.

Safety Rules for Inline Skating and Skateboarding

- Wear a helmet that fits properly and is positioned correctly on your head.
- Obey traffic rules.
- Never ride on the roads.
- Make sure all equipment is in good condition.
- Wear additional protective gear including wrist guards, elbow and knee pads.
- Ride within your skill level.
- Do not wear headphones or other distracting equipment.
- Do not skate at night or in wet conditions.
- Be alert, watch where you are going, look ahead for any dangers.