

## SOCIAL DISTANCING GUIDELINES FOR OUTDOOR ACTIVITIES

Follow these social distancing guidelines when participating in outdoor activities, such as biking and walking:

- Stay informed of and follow social distancing and other safety guidelines that are in place for your community. Guidelines may change over time.
- Stay 6 feet away from others.
- Any time you cannot maintain social distance of 6 feet, wear a mask or face covering that covers the nose and mouth. Some communities may recommend or require wearing face masks/coverings at all times, indoors or outdoors.
- Do not congregate in groups larger than 10 persons.

## BENEFITS OF BIKING & WALKING

With restrictions on many activities due to Covid, it is reassuring to know that biking and walking are two activities that can be done safely outside. The whole family can participate.

These activities are fun, healthy, and considered low risk when social distancing guidelines are followed. These activities also help reduce motor vehicle traffic congestion and air pollution. Studies have shown that kids who walk or bike to school are typically more focused at school, and more likely to maintain healthy weight.

## MORE RESOURCES

The Bike-Walk Alliance of New Hampshire, your statewide biking & walking advocacy organization, has many resources and programs to promote biking & walking statewide.

**Free Bike Helmets** – Bike-Walk Alliance of New Hampshire has free youth bike helmets available to kids who need them. They are distributed through local schools.

**Free Bike-Walk Safety Presentations** – Bike-Walk Alliance of New Hampshire has free (remote or in-person) biking & walking safety presentations available to schools grades 3 - 8.

**Other Resources** – See our website at [bwanh.org](http://bwanh.org) to download safety brochures, information about bike rodeos and more.

**QUESTIONS?** – Contact us at [info@bwanh.org](mailto:info@bwanh.org) if you have questions on any of the above programs or on biking or walking to school.

**Bike-Walk Alliance of New Hampshire**  
2 Whitney Road, Suite 11  
Concord, New Hampshire 03301

Join our email list by emailing  
[info@bwanh.org](mailto:info@bwanh.org)



**SafeRoutes**  
National Center for Safe Routes to School



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# Safe Routes to School in Winter During COVID

During the winter season of 2020 through 2021, due to pandemic restrictions, guidelines and recommendations, many individuals may choose biking and walking for transportation, exercise, and physical and mental wellness. Some parents and guardians may choose to have their children walk or bike to school or other destinations during this time instead of using buses or carpools, where enforcing social distancing guidelines may be challenging.

These important tips will help keep children as safe as possible while traveling by walking or biking to school, or other destinations, during this time.



A practical guide for children biking and walking to school during this unusual time

## WALKING TO SCHOOL

- Use sidewalks when they are present.
- Walk against or facing traffic flow where sidewalks do not exist.
- Wear bright, fluorescent or neon clothing or high-visibility safety vests, belts, straps or wrist-bands.
- If walking during low light or darkness, wear reflective clothing, and carry blinking lights or a flashlight.
- When conditions are slippery, use non-slip traction devices attached to footwear.
- Wear appropriate clothing for the conditions, such as waterproof or rain jacket, winter vest or jacket, hat, mittens or gloves, and face covering, such as a neck gator.



- Check weather forecasts and dress appropriately for temperature and conditions. Note that overdressing can cause excessive sweating, which can lead to dehydration or hypothermia. A good rule of thumb is to dress so that you feel slightly cold at first. Body temperatures will rise with physical activity.

## BIKING TO SCHOOL

- Wear a properly fitting helmet. New Hampshire law requires children 15 and under to wear helmets while biking.
- Wear bright, fluorescent or neon colored clothing or high-visibility safety vests, belts, straps or wrist-bands.
- Follow all “Rules of the Road”. Obey all roadway signs & controls such as traffic lights, Stop, Yield, Do Not Enter and One Way signs.
- Children who are competent enough to ride on roadways should ride with the flow of traffic, as far to the right as practicable. Children who are not competent enough to ride on roadways should ride on the sidewalk.
- Bicyclists should always yield to pedestrians.

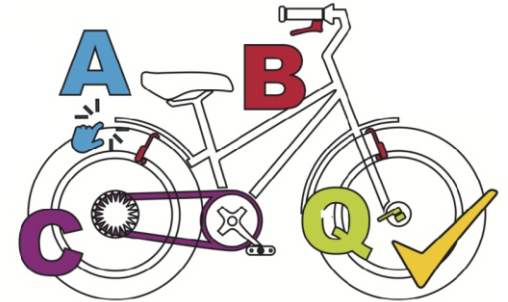


- Take good care of your bike. Inspect it and clean it regularly, especially during winter months when snow, ice, grit and road salt can build up on chains, tires, and pedals. Road salt and moisture cause rust.

## ABC QUICK CHECK

Verify that your child’s bike is safe to ride. Teach young/new riders to perform the “ABC Quick Check” before each ride:

- **Air** – Check that the proper amount of air is in each tire. Tires should be firm.
- **Brakes** – Check that brakes are working properly.
- **Chain** – Check that the chain is properly seated on the cog & chainrings.
- **Quick Release** – Make sure any quick release levers (on wheels or seat) are closed.



Take any bike in need of repair to a bike shop.

## NEED A BIKE OR BIKE REPAIR?

Check out the “Supporting Bike Shops” listed on the Bike-Walk Alliance of New Hampshire website.

**Looking for used bikes?** For a list of “Bicycle Recycling Organizations” throughout the state that provide refurbished used bikes at low cost, click the Resources tab on [bwanh.org](http://bwanh.org).