

Calgary



Calgary in motion!

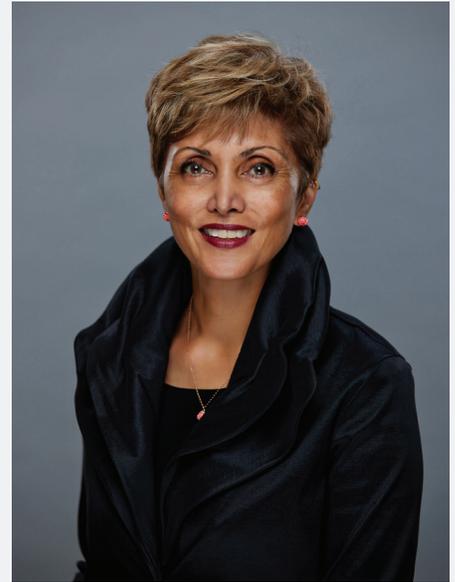
A mobility safety activity book



A message from our mayor

Your City Council believes it's important to explore your city and play safe. With this activity book, you can do both! Calgary has some amazing people who work hard to design and maintain our streets and pathways so that people of all ages can walk, wheel, drive, bus and train to where they need to go. When we all follow some simple rules, like those you will learn here, we can help make our city a safe place for everyone!

Be well,
Mayor Jyoti Gondek



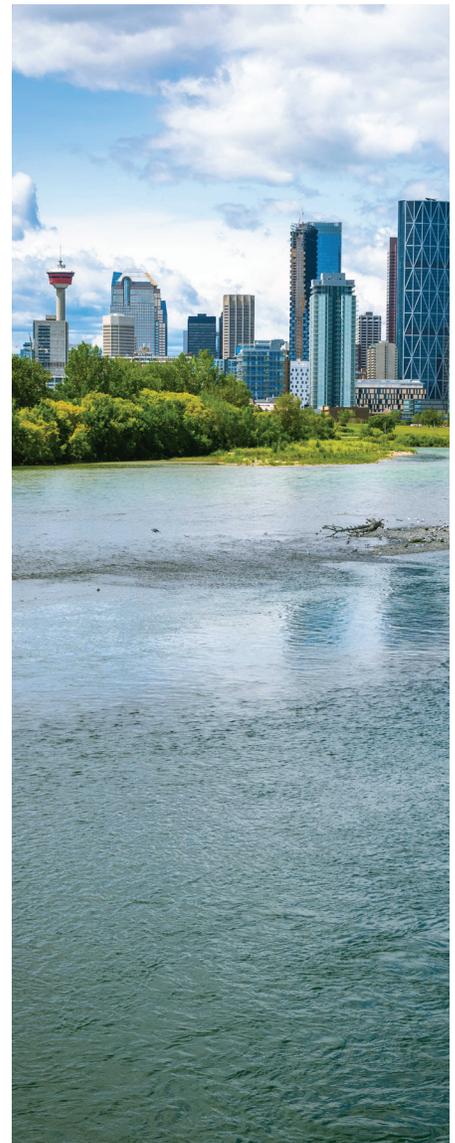
Introduction

The City of Calgary is committed to keeping you safe while on the move. Whether in the community or traveling on city streets, we want everyone to explore Calgary and feel connected to the people and places where they live.

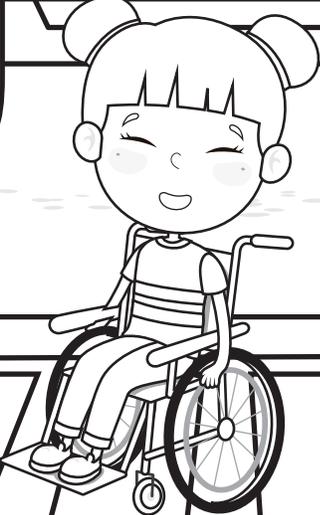
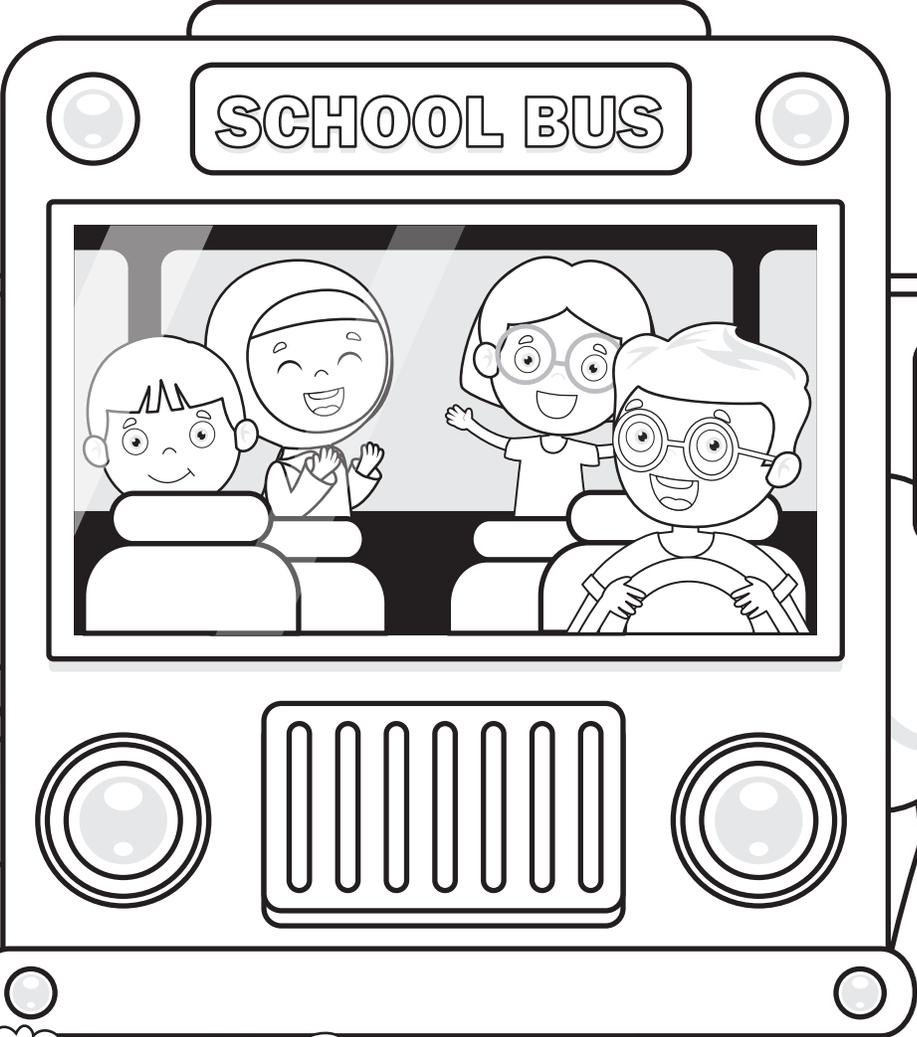
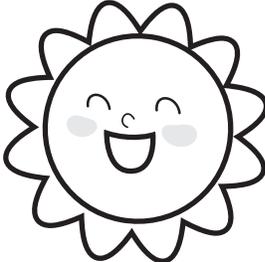
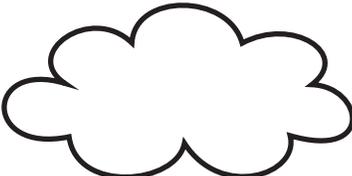
This activity book is designed to engage children in topics around traffic safety. Parents, caregivers and friends can talk with children about how to stay safe when traveling on streets, sidewalks and pathways. We encourage spending time to model safe travel behaviour, and helping children practice these skills. This can help children to embody safe habits, and become more confident as they learn how to travel independently.

A more detailed guide on how to use this book is available for parents and caregivers at calgary.ca/StreetSafeKids.

In the spirit of reconciliation, we acknowledge that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

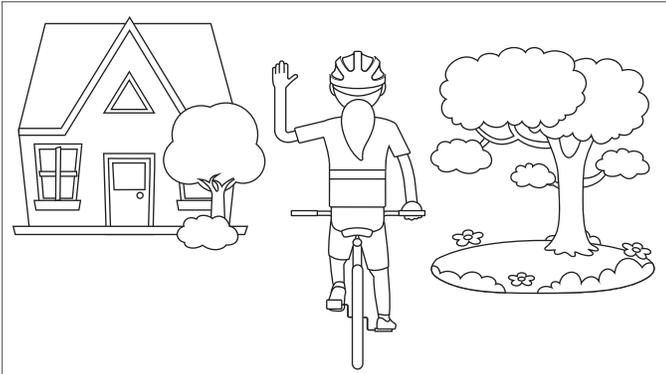


Safety first!



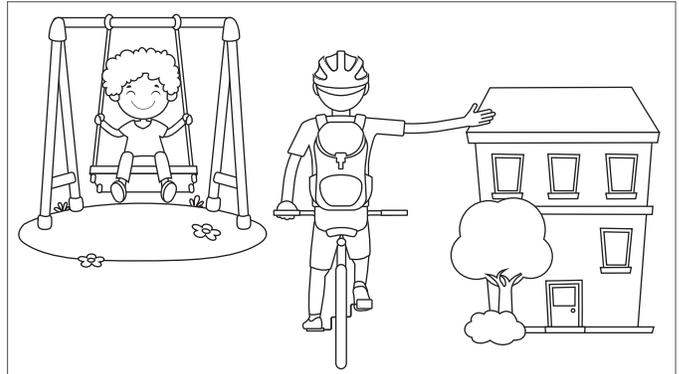
Do you know your cycling hand signals?

Circle the correct answers below.



Is this person turning **left** to go home or going to the park on the **right**?

Left **Right**



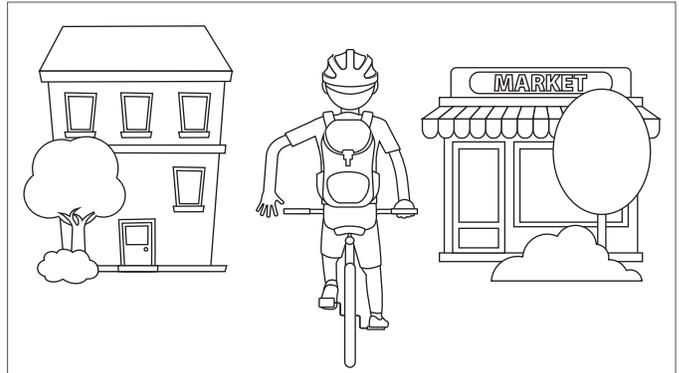
Is this person turning **right** to go home or going to the park on the **left**?

Left **Right**



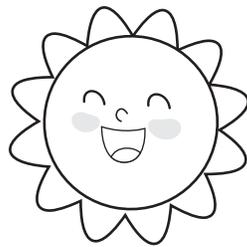
Is this person turning **left** to go to school or going to the park on the **right**?

Left **Right**



Is this person going to **stop** at the store or turn **left** to go home?

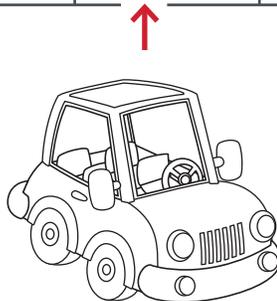
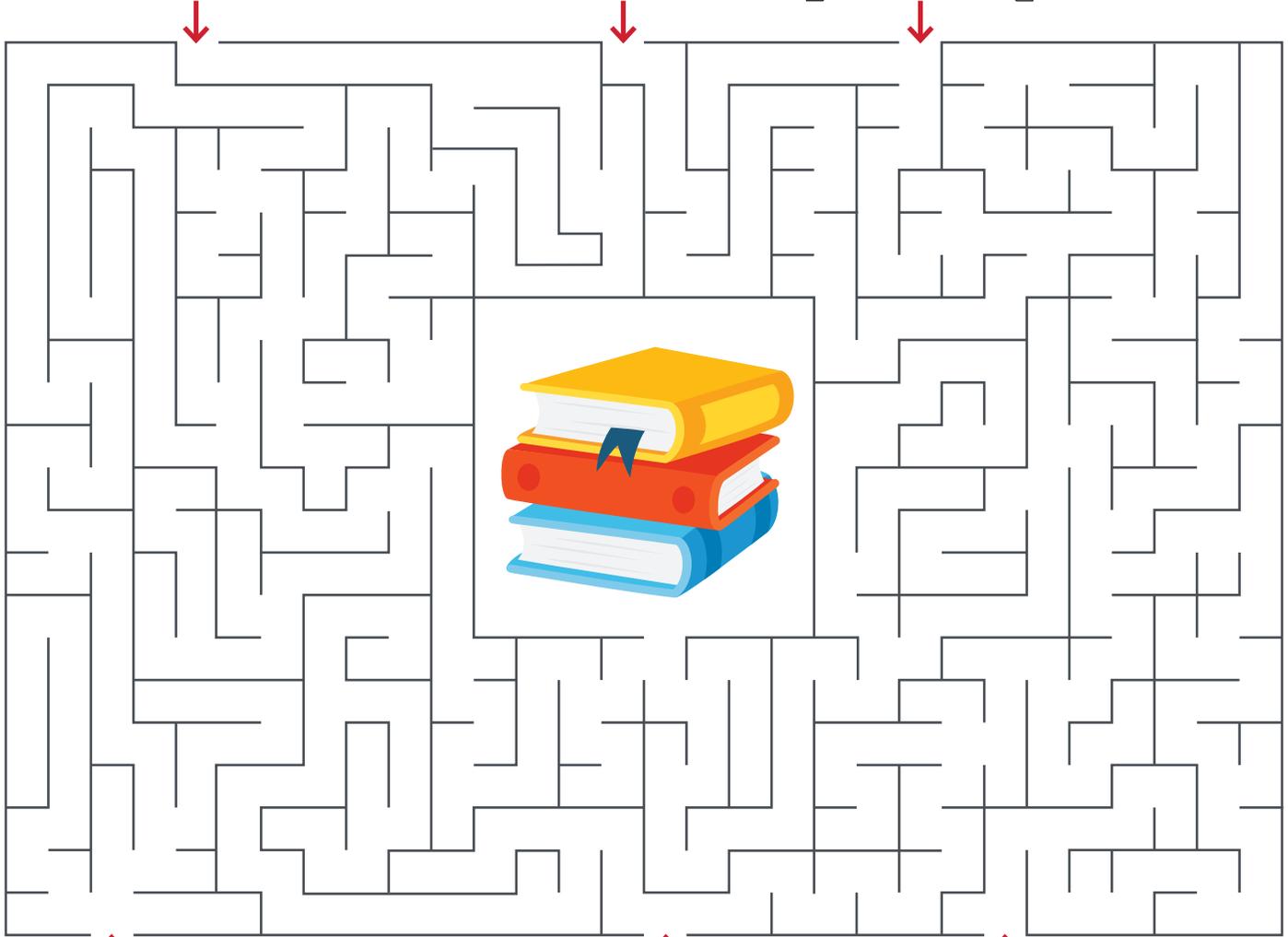
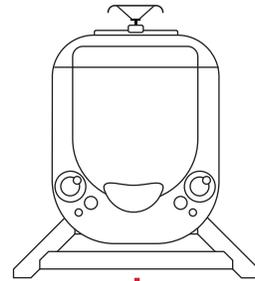
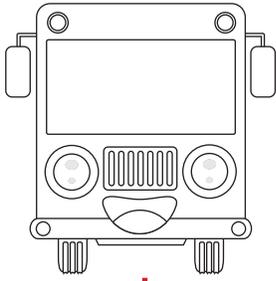
Left **Stop**



Can you spot the 8 differences between the rider with all their safety accessories and the one without?

Did you know? It's the law for children under 18 to wear a helmet when riding a bike.

Help everyone get to the library safely!

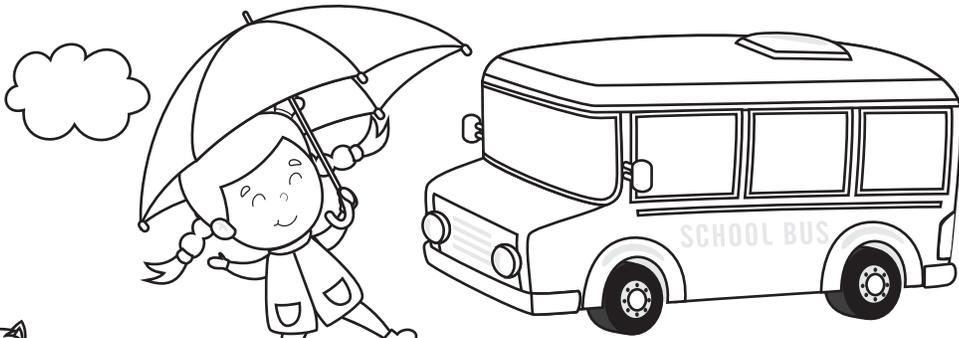


Find the different ways through the maze!

People walking, wheeling and driving all share the road so it is important to follow the rules and watch out for each other.

There are so many ways to get around!

horse back



school bus



biking



hot air balloon



walking with a friend

scooting

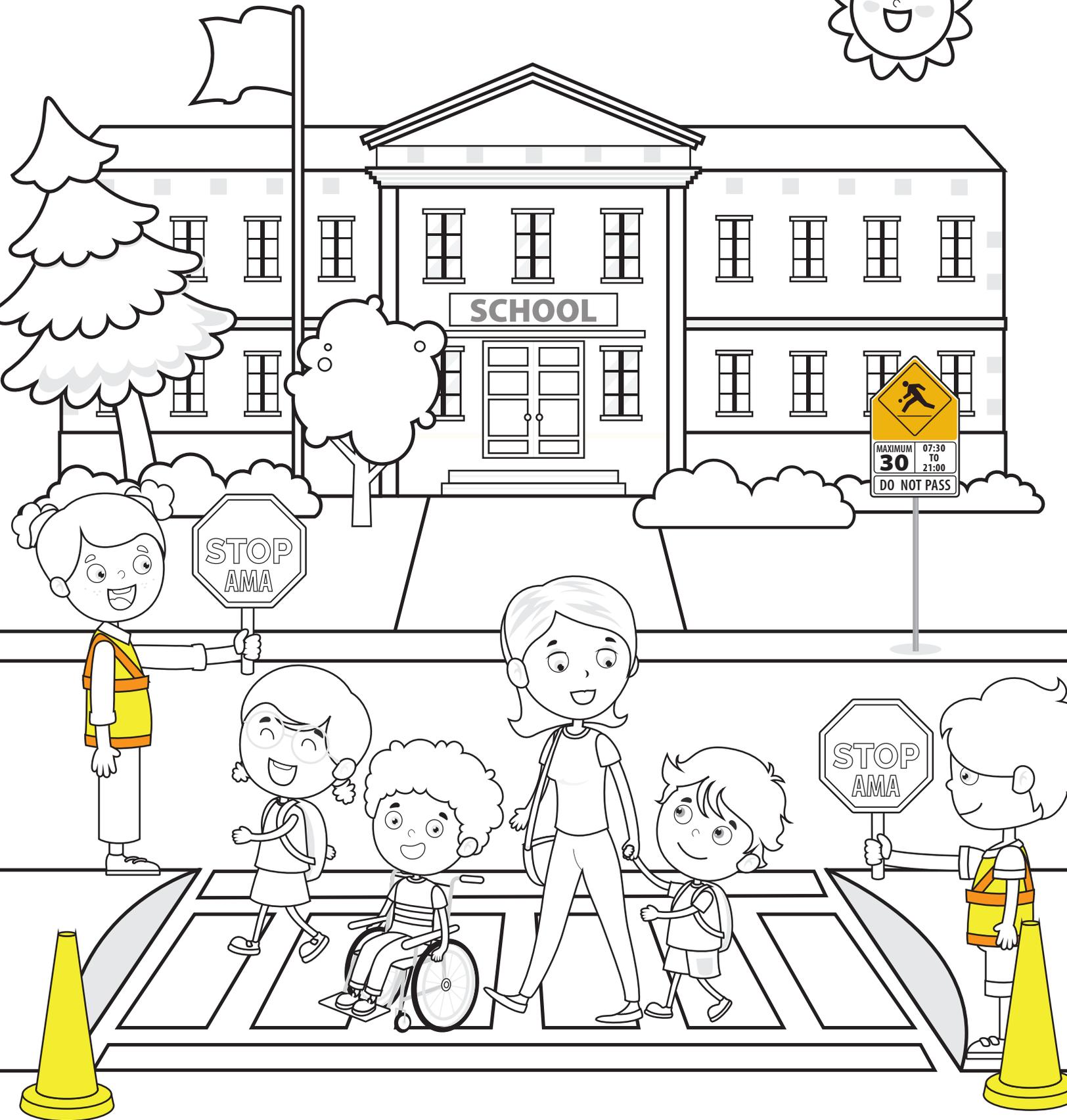
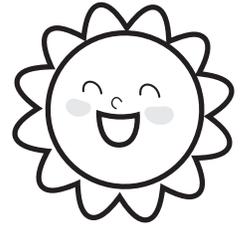


park & walk

There are so many ways to get to school! How many of these have you tried?

The transportation mode you choose can change from day to day, and depend on the weather or your mood.

Patrolling is a big responsibility.



AMA School Safety patrollers are like the superheroes of the crosswalk!

Donning their fluorescent vests every day, patrollers help keep their schoolmates safe as they cross the street.

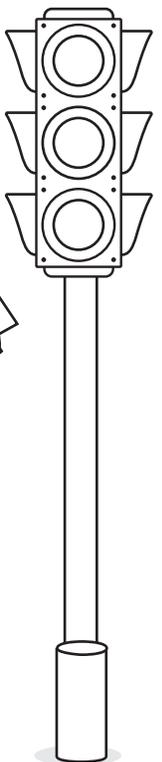
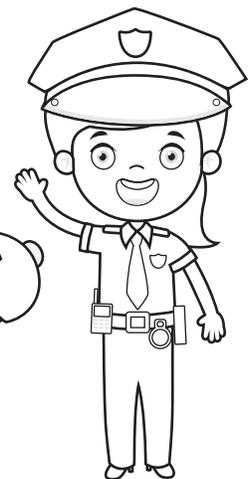
Road safety word search

R P P H W W A E R L I S T E N
 C R O S S W A L K X V V E D E
 P R L K A D R I V I N G D L F
 C O I M K J K M Q S A F E T Y
 Q O C T R A I N P B Z M C C S
 X K E I S K T K E C X Y L Y P
 Y B Q L C W A R K L F F C C E
 W I I P C O L L I S I O N L D
 J S K A T E B O A R D E X I E
 A C M T K P I O K B N O T N S
 Y H F R D W S K B X O O K G T
 W O L O C A T F N J H A N A R
 A O X L U K O Y I E L D R S I
 L L X L G U P V U U I L I D A
 K B V F M R V L H E L M E T N

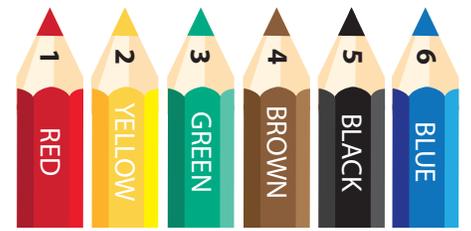
Find these words above

SKATEBOARD
 CROSSWALK
 HELMET
 LISTEN
 LOOK
 STOP
 PEDESTRIAN
 CYCLING
 PATROL

POLICE
 YIELD
 JAYWALK
 COLLISION
 DRIVING
 SAFETY
 CTRAIN
 SCHOOL



Transit Safety. Stop, look & listen!



Use the colour key to colour the picture above.

Always obey the signs posted when crossing CTrain tracks.
Do not cross when lights are flashing and bells are ringing.

Be safe, and watch out! When a vehicle is backing up, their rear white lights come on.

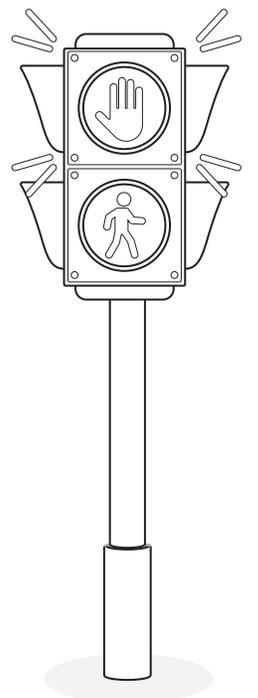
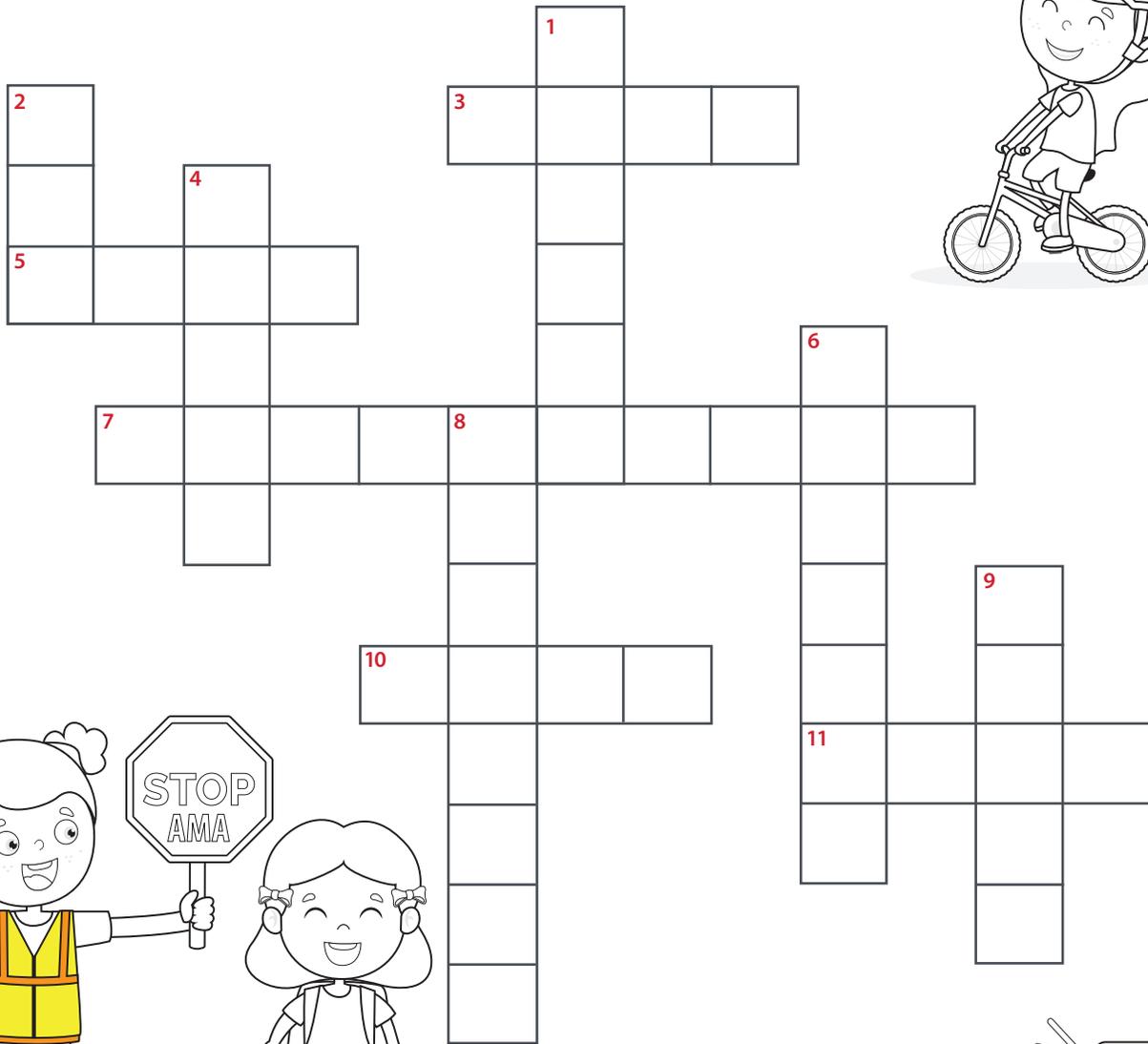




Colour the picture above.

Remember to be extra careful around cars that are backing up - it is harder for drivers to see you. When you see white back-up lights, stop and wait.

Crosswalk crossword



Clues

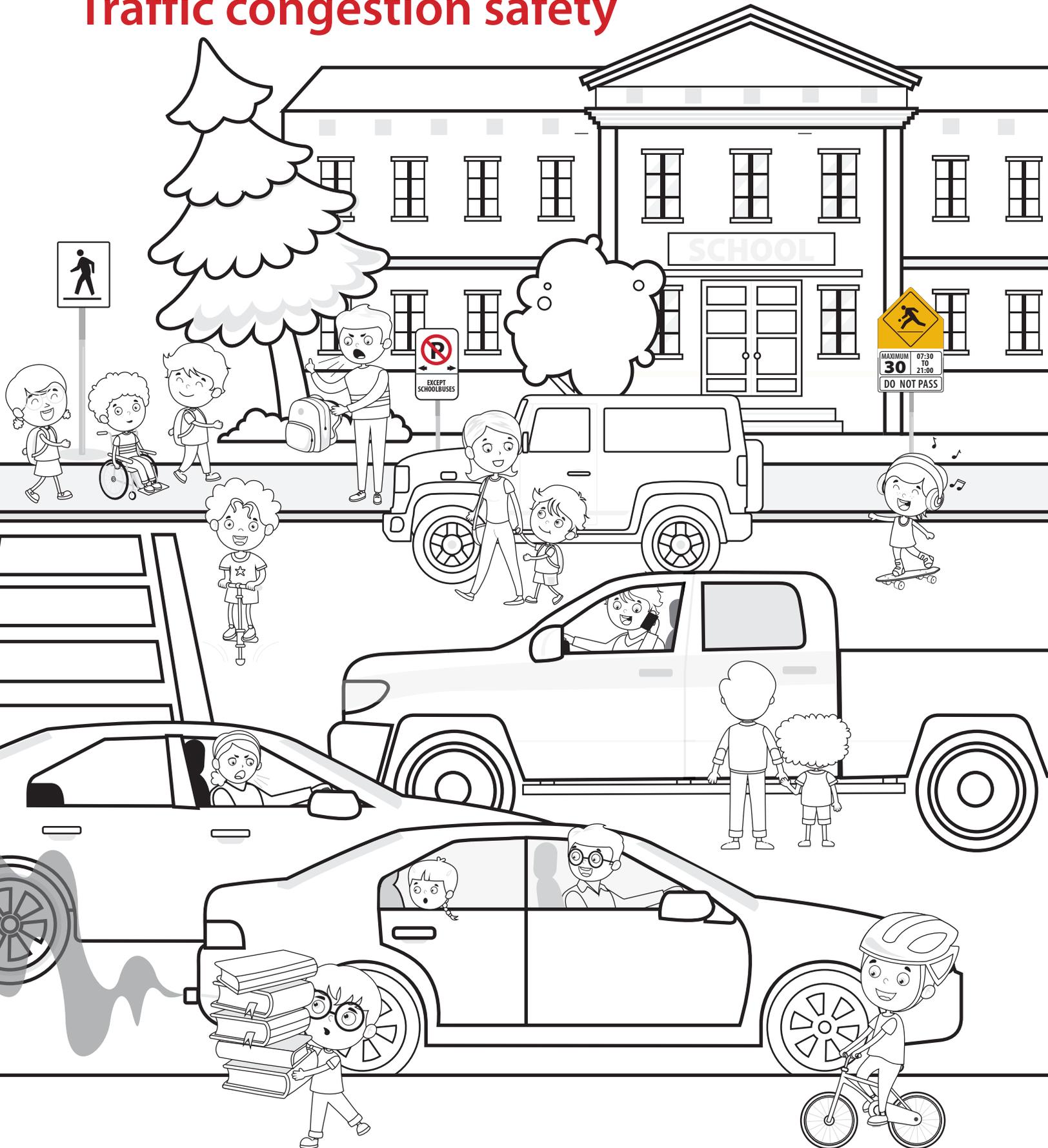
Across:

- 3 A school safety patroller wears a reflective _____ and helps you cross the street.
- 5 Bright or reflective clothing makes you more visible in the _____.
- 7 A _____ is a person who is walking or using a mobility aid.
- 10 Make sure cars have come to a complete _____ before crossing the street.
- 11 Stop, _____ all ways and listen for traffic before crossing the street.

Down:

- 1 Always wear this when riding a bike.
- 2 This colour signal means stop.
- 4 This colour signal means go.
- 6 Don't _____. Always cross at a crosswalk or intersection.
- 8 When riding in a car, always buckle your _____.
- 9 When the pedestrian signal is on it is safe to _____ the street.

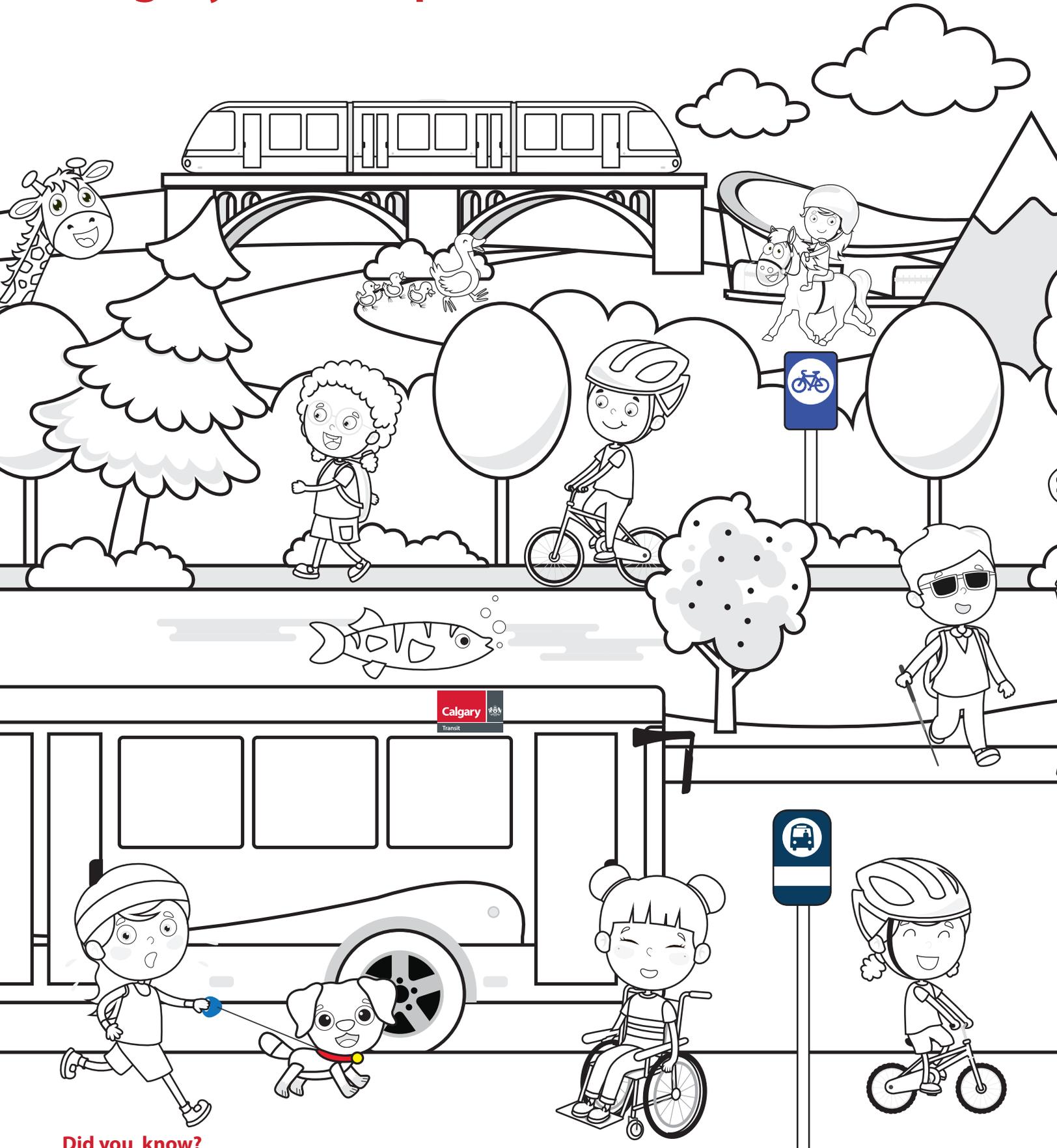
Traffic congestion safety



Congestion around schools during pick up and drop off can be difficult.

You can help by using the designated "Hug & Go" Zones or parking elsewhere and walking part of the way. How many safety concerns can you spot in the picture above?

Calgary is a fun place to move!



Did you know?

Calgary has over 1000 km of pathways. Remember to be safe, slow down and watch out for others.

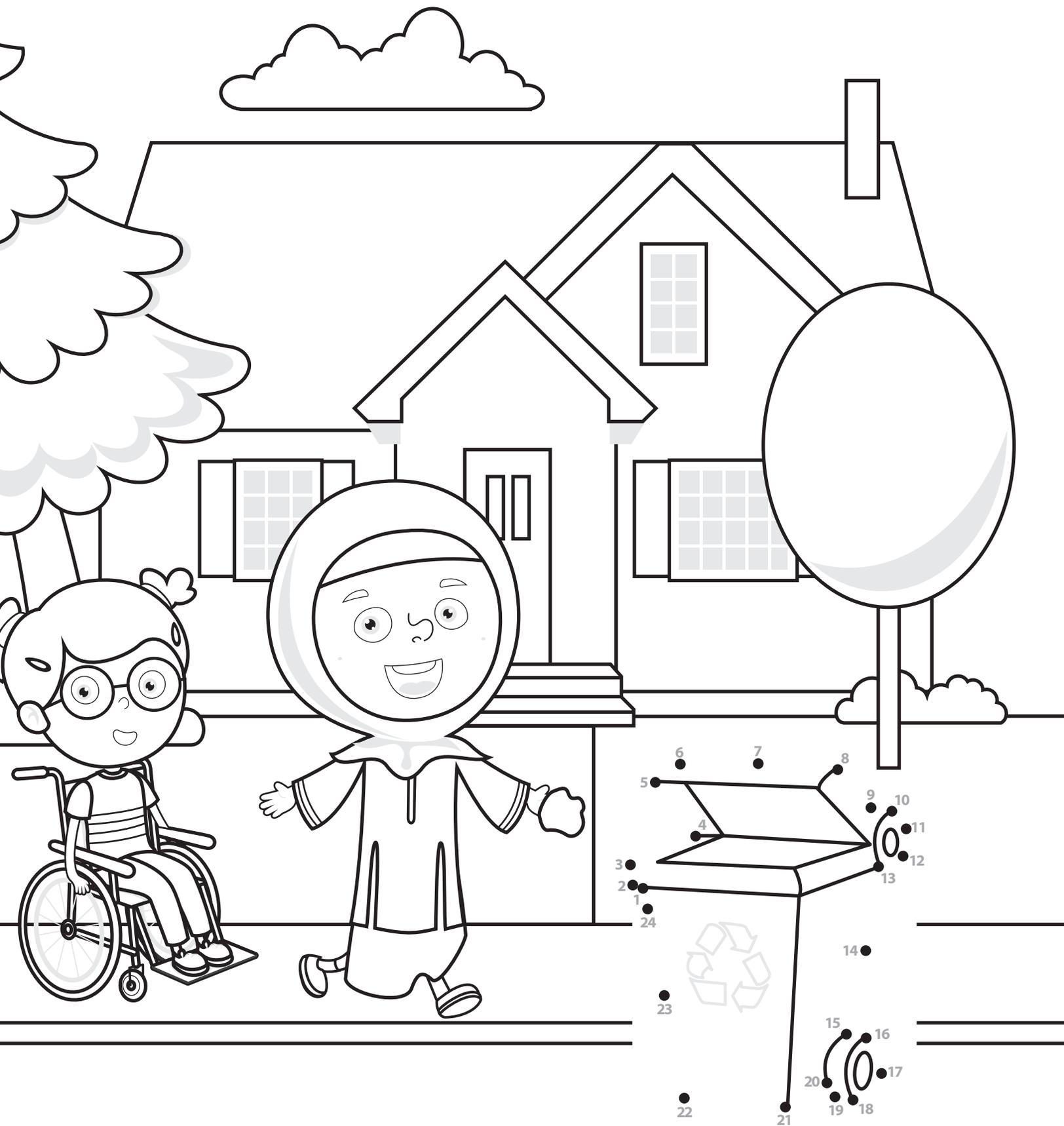


MAXIMUM
20
km/h

The speed limit on pathways is **20 km/h**.

Be extra careful around big vehicles like recycling trucks, snow plows and street sweepers.





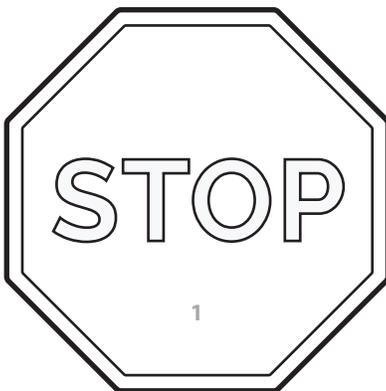
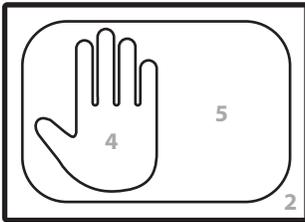
Connect the dots and colour.

These vehicles have large moving parts. When you hear a beeping noise, look out for a vehicle that may be backing up. Never play in or around garbage or recycling bins.

Do you know your traffic signs & signals?

Draw a line between each picture and the correct description.

Use the colour key to colour the pictures below.



For drivers, this colour light means **Go**, if it is safe.

This colour light means **Stop**.

Don't cross and wait until the next pedestrian walk symbol.

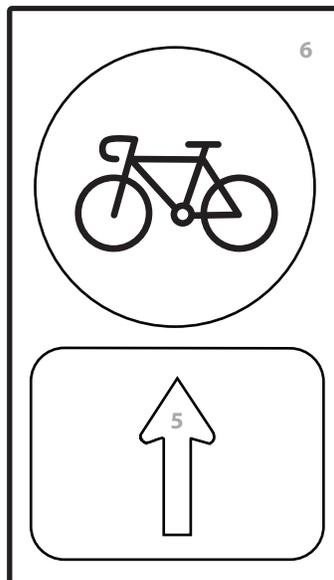
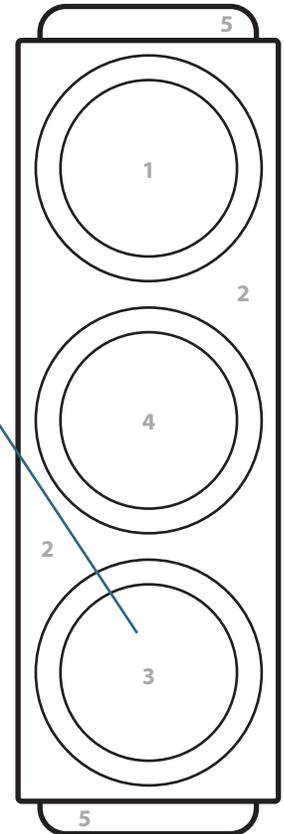
This colour means **caution**, and warns that the light is about to change red.

The "walk" symbol indicates it is **safe to begin crossing** the street, but always watch out for vehicles.

This sign means you must come to a complete **Stop**, and do not proceed until safe.

Playground zone reduce speed during posted hours.

This road is a **bicycle route**.



Crosswalk safety

Signalling your intent to cross can help keep you safe! Remember to **POINT** in the direction you wish to go. **PAUSE** to make sure all traffic has stopped. **PROCEED** across the street, once safe.

Draw a line between the description of each type of crosswalk on the left and its photo on the right.

Unmarked crosswalks:

exist at every intersection where there is a sidewalk, unless signs indicate that the crosswalk is closed. They extend from the corner of one sidewalk, across the roadway, to the opposite sidewalk.

1



Marked crosswalks:

have signs and painted white lines that extend from the corner of one sidewalk, to the corner of the opposite sidewalk. Marked crosswalks may also be located mid-block (between intersections).

2



Ladder crosswalks:

have both horizontal and vertical lines. They are found at intersections close to schools and other areas with high pedestrian activity.

3



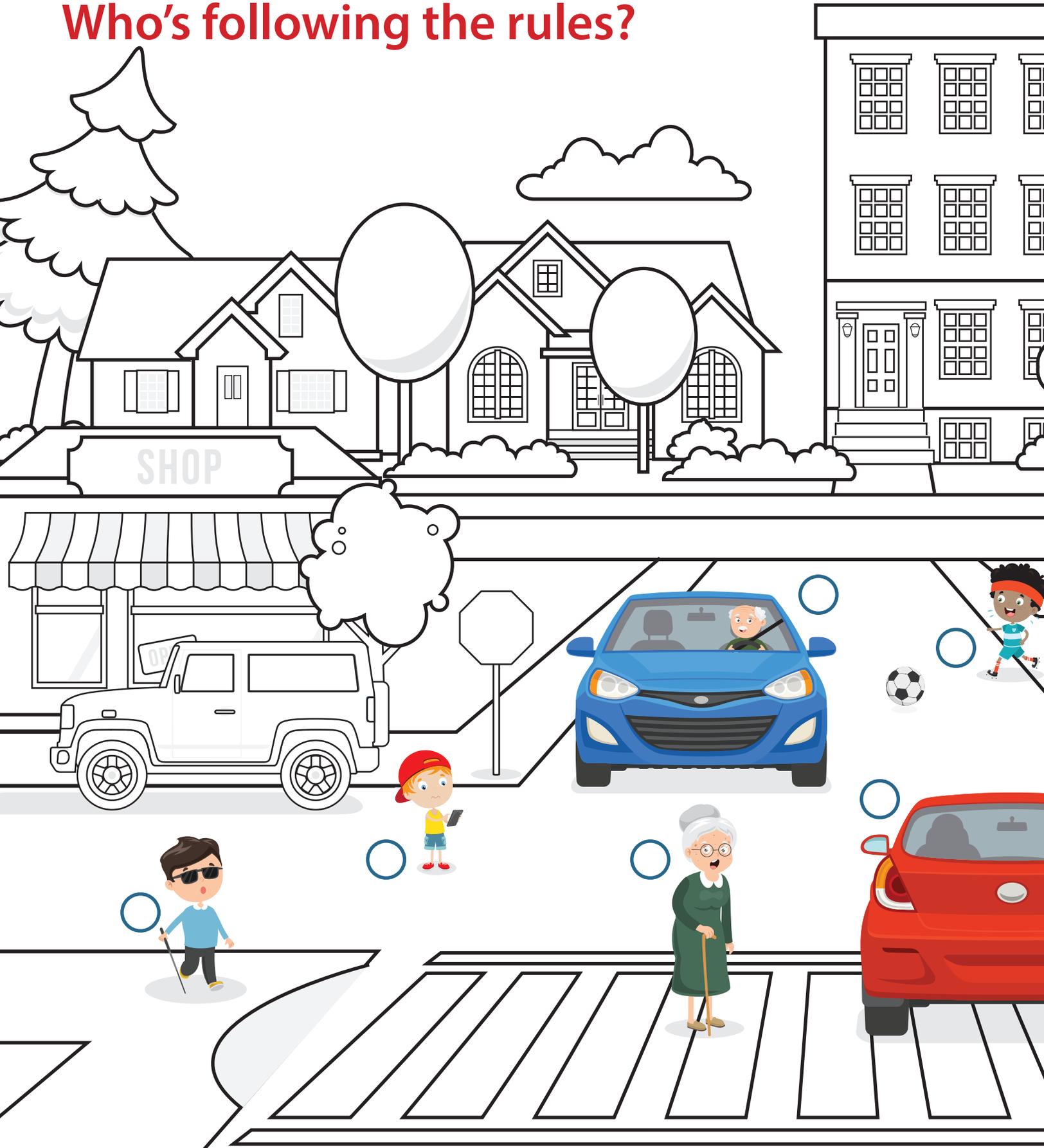
Multi-use crosswalks:

are used to connect pathways and cycling infrastructure across roads. They have vertical lines with square markings on the outside called "elephant feet". People cycling may ride through these crosswalks without dismounting.

4

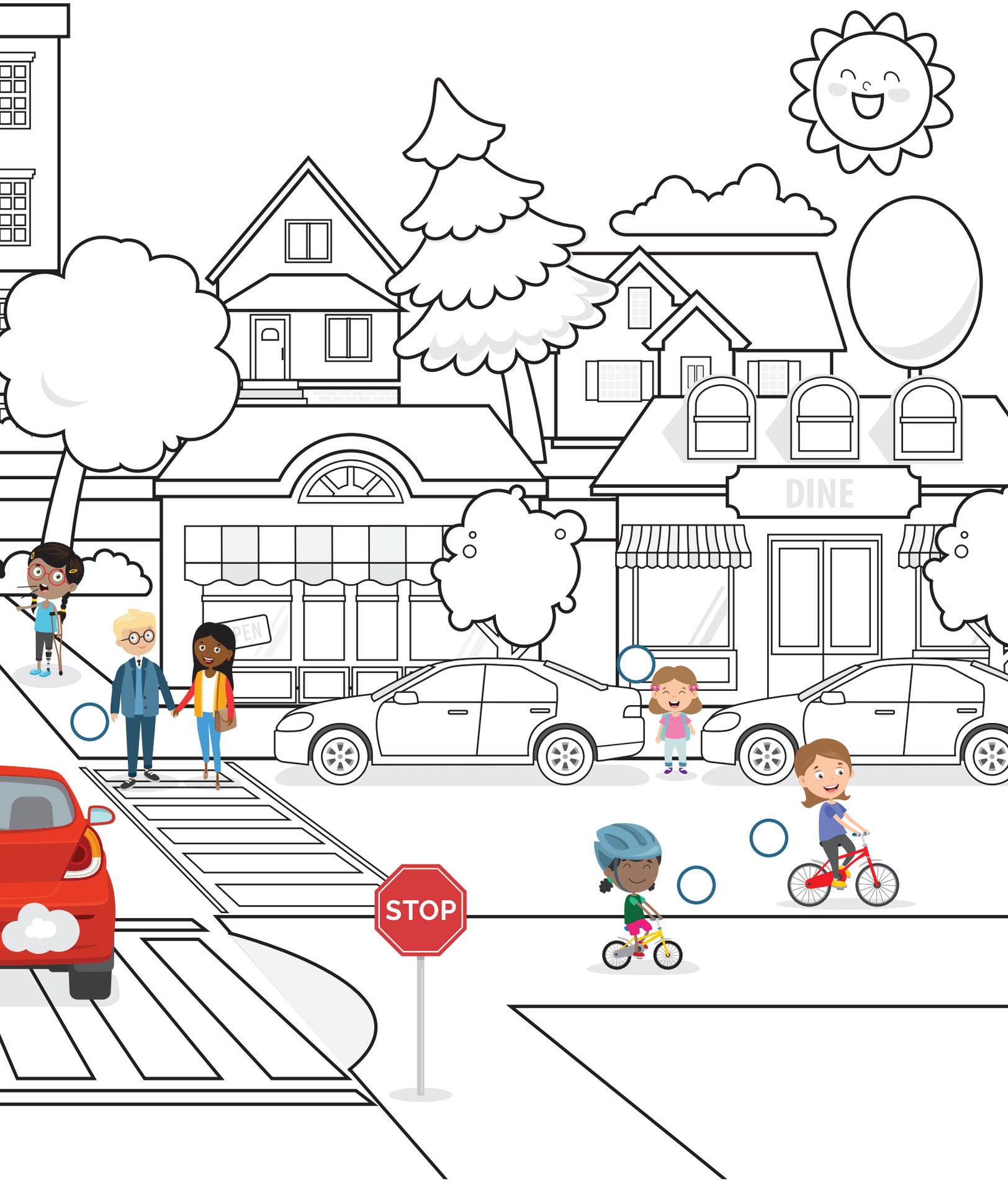


Who's following the rules?



How many people are traveling safe?

Put a beside people you think are being safe and an beside people who are not.



Answer key

Page 4

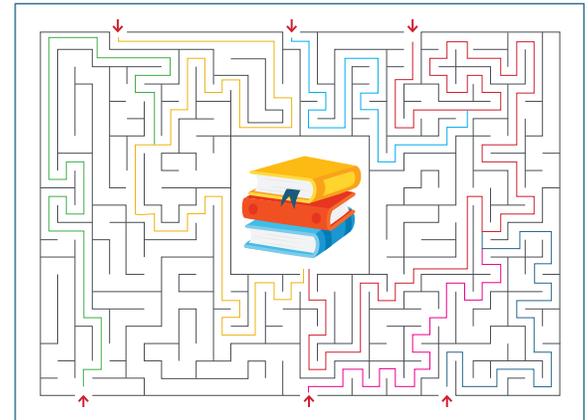
Is this person turning left to go home or going to the park on the right? **Left** **Right**

Is this person turning right to go home or going to the park on the left? **Left** **Right**

Is this person turning left to go to school or going to the park on the right? **Left** **Right**

Is this person going to stop at the store or turn left to go home? **Left** **Stop**

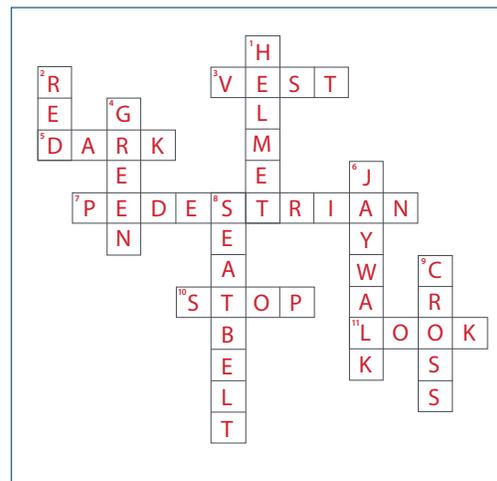
Page 5



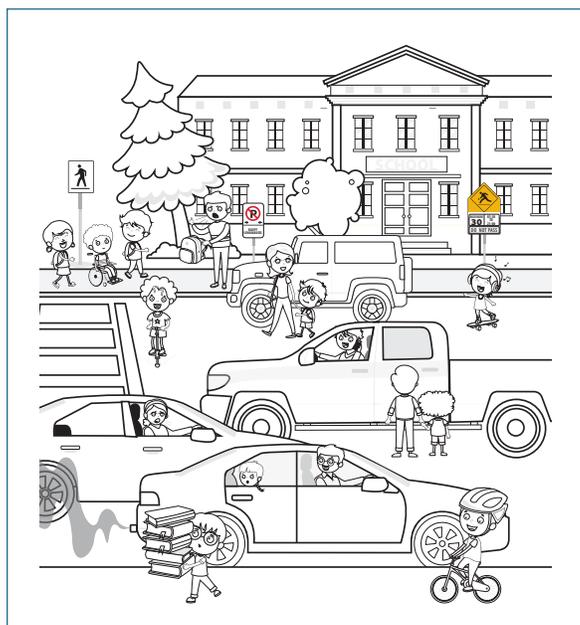
Page 8



Page 12



Page 13



When thinking about safe travel around schools, ask yourself:

- Are people crossing at the corner or crosswalk?
- Are people paying attention to where they are going?
- Are drivers yielding to pedestrians? Are pedestrians waiting for driver?
- Is anyone parked where they shouldn't be?

1. Girl riding skateboard in street
2. Distracted truck driver
3. People jaywalking/loading in the middle of street
4. Pogo kid not in crosswalk
5. Exhaust - idling fumes
6. Car with angry driver blocking cross walk
7. Kid with books can't see where they're going
8. Cars are double parked
9. Adult and child are walking in the street
10. Girl on skateboard is distracted
11. Angry driver is not watching the road
12. SUV is parked in no parking zone

We found 12!



For drivers, this colour light means **Go**, if it is safe.

This colour light means **Stop**.

Don't cross and wait until the next pedestrian walk symbol.

This colour means **caution**, and warns that the light is about to change red.

The "walk" symbol indicates it is **safe to begin crossing** the street, but always watch out for vehicles.

This sign means you must come to a complete **Stop**, and do not proceed until safe.

Playground zone reduce speed during posted hours.

This road is a **bicycle route**.

1. STOP sign
2. Walk symbol
3. Red traffic light
4. Green traffic light
5. Hand symbol
6. Bicycle route sign

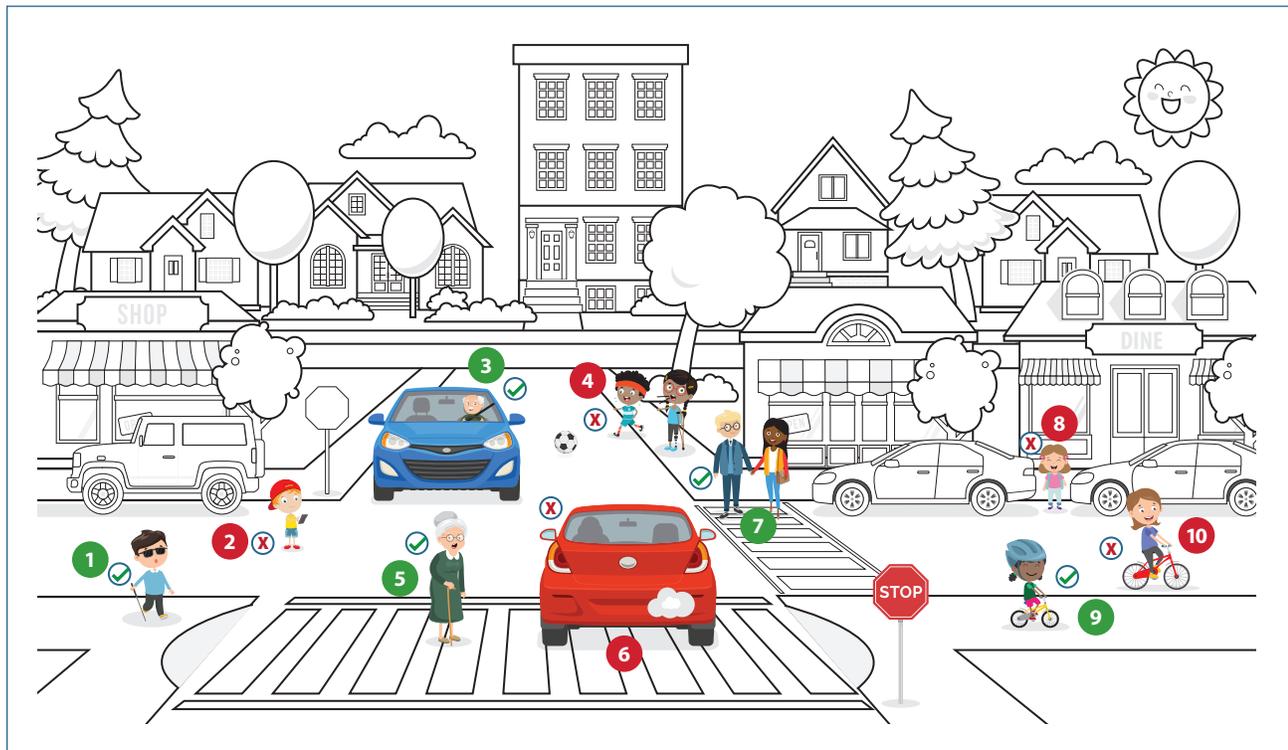
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Ladder crosswalks: have both horizontal and vertical lines. They are found at intersections close to schools and other areas with high pedestrian activity.

Multi-use crosswalks: are used to connect pathways and cycling infrastructure across roads. They have vertical lines with square markings on the outside called "elephant feet". People cycling may ride through these crosswalks without dismounting.

1. Unmarked crosswalk photo
2. Marked crosswalk photo
3. Ladder crosswalk photo
4. Multi-use crosswalk photo



SAFE

- 1. Child is crossing at a corner
- 3. Blue car stopped at stop sign
- 5. Grandma is crossing in a crosswalk
- 7. Couple is crossing at a crosswalk
- 9. Child is wearing a helmet

NOT SAFE

- 2. Distracted crossing
- 4. Child is chasing ball into the street
- 6. Red car did not stop for pedestrian
- 8. Child is jaywalking between parked cars
- 10. Rider in street is not wearing a helmet

Top Safety Tips!



Wheeling Safe:

- ✔ Always wear a helmet.
- ✔ **Be predictable:** know and use your cycling hand signals.
- ✔ Use lights and reflectors for low light or dark conditions.

- ✔ **Let others know you're coming:** use your bell or voice when passing.
- ✔ Before going out on a ride, do an **ABC** check:

Air: is the right amount in your tires?

Brakes: are they working properly?

Chain: is it clean, and moving smoothly?

ABC

Walking Safe:

- ✔ Be visible. Bright coloured clothing and using lights or reflectors help make you more visible in the dark.
- ✔ Cross at corners and crosswalks, not in the middle of a block or from between parked cars.
- ✔ When crossing the street **remember to:**
 - ✋ **Stop** a few steps back from the curb.
 - 👁️ **Look** all ways (even behind you).
 - 👂 **Listen** for traffic.

- ✔ Signalling your intent to cross can help keep you safe!

Remember to:

Point in the direction you wish to go.

Pause to make sure all traffic has stopped.

Proceed across the street, once safe.

Make sure to look all ways



calgary.ca/StreetSafeKids

Special thanks to our partners:

Ever Active Schools, Alberta Motor Association, The Calgary Police Service and The City of Calgary



CALGARY
POLICE
SERVICE

