

## Take Steps for Safety from the CDC

Whenever you're walking, keep these tips in mind:

- Whenever possible, cross the street at a designated crosswalk or intersection.
- Increase your visibility at night by carrying a flashlight and wearing retro-reflective clothing.
- It's safest to walk on the sidewalk, but if one is not available, walk on the shoulder on the left side towards traffic.
- Avoid distractions such as electronic devices that take your attention off the road.



Please model and help teach kids to look **left** then **right** then **left** again before they walk (as opposed to a less controlled run) across the street.



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# WALK & BIKE



An economical and  
environmentally responsible  
way to get needs for:

**Transportation**  
**Physical Activity**  
and Fun

*All in one!*

Sitka is a great community to experience on bike or on foot. Please consider these ideas so you can get the most out of your walks and rides.

## Start with a bike that fits and works.



**Check your brakes before every ride.**

## Keep your bike maintained.

Have a professional mechanic do yearly safety checks or tune ups.



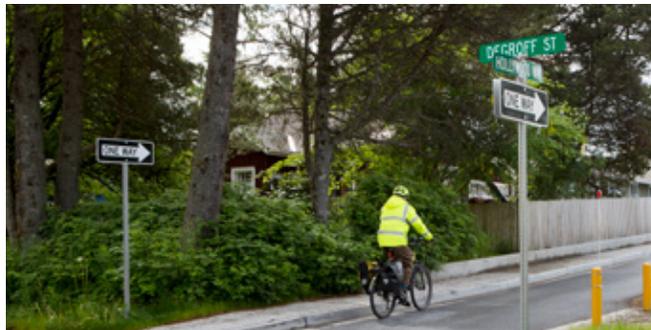
**Always wear a helmet that is level, snug, and strapped.**

## Ride Right



### Go with the Flow

Bike on the right side of the road in the same direction of traffic. It's safer and it's the law!  
AAC. 02.400(G)



### Act Like a Car

Drivers are used to the patterns of other drivers. Don't weave in and out of traffic. The more predictably you ride, the safer you are.

Obey traffic laws and lights. Cyclists fare best when they act and are treated like other vehicles on the road.

## When Biking Downtown



**Ride in the middle of the right lane, out of the door zone.**



### Always Yield to Pedestrians

Please don't ride your bicycle on downtown sidewalks. It's safer and it's the law! AAC. 02.400(A)