

# Walk and Bike with your family while Social Distancing

The County of Santa Clara Public Health Department has been releasing updates on how to keep your family safe and guarded against COVID-19. Families are encouraged to safely engage in outdoor activities such as walking, bicycling, and hiking, while following Social Distancing Requirements: keep more than six feet from others, wash hands often with soap and water for 20 seconds, and wear a face covering around others. Check for local guidance updates at [sccgov.org/coronavirus](https://sccgov.org/coronavirus).

## Remember the Basics!

### FOLLOW WALKING RULES

- Always stop at the curb's edge
- Look left, right, and left again before crossing
- Follow traffic laws
- Use paths and sidewalks where provided

### FOLLOW BIKING RULES

- Wear a helmet
- Ride on the right side with traffic
- Stop at stop signs and look left, right, and left again before proceeding
- Use proper hand signals when turning

### WALK AND BIKE PREDICTABLY

- Walk across the street
- Don't swerve around parked cars
- Watch for drivers pulling out of driveways
- Make eye contact with drivers at intersections

### STAY AWARE

- Pay attention! Don't text or talk on cell phones while walking or biking and don't listen to music with headphones while walking

Visit [sccgov.org/sites/phd/hi/trafsafe/Documents/bike-ped-safety.pdf](https://sccgov.org/sites/phd/hi/trafsafe/Documents/bike-ped-safety.pdf) for more traffic safety tips!

## What does more than six feet look like?

Two children's bicycles lined wheel to wheel can amount to just over six feet.



Two shopping carts lined up at 3 feet each can amount to just about six feet.

**WALK & ROLL**  
safe routes to school in santa clara county

**WALK n' ROLL**  
City of San José



San Mateo County  
**SAFE ROUTES TO SCHOOL**  
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# Social Distancing Tips for Walking or Biking

## MAINTAIN MORE THAN SIX FEET

- When passing others, use driveways and lawns to step off the sidewalk and let other people pass
- Let others know where you are going

## BIKE RESPONSIBLY

- Bike on the right side of the road only
- When riding in a group, only ride with the people in your household
- Be alert and maintain a physical distance of more than six feet with others when coming to a complete stop
- Don't forget to bring your face covering!

## BE SAFE WHILE CROSSING

- Try to cross only at crosswalks where people expect to see you
- To avoid passing others too closely on a sidewalk, use caution while crossing mid-block, or stepping onto a residential street to go around them
- If there are parked cars, step between them before looking left, right, and left again and then proceeding when it is safe

## WATCH FOR SPEEDING CARS

- Use caution when crossing the street
- Look left, right, and left again before crossing
- Avoid walking or biking in the middle of the street or weaving between parked cars

## Keep It Fun!



Physical activity supports your immune system and is great for addressing the anxiety and depression that can result from isolation.

### Explore your neighborhood!

Make it a scavenger hunt in a family outing.

### Go hiking!

Explore new places and take a mini-adventure by visiting your local city parks.

### Go on a family bike ride!

Practice bike safety rules and street smarts during your ride.

### Try your walking & biking route to school!

Become familiar with the routes to school so when your school resumes, you'll be ready.

### Get creative!

Decorate your sidewalks, put up signage, and encourage your neighbors to make the space fun for others to walk or bike through.

