



**Lions Field (1.0 miles)**

**via Robinson Woods (2.0+ miles)**

**United Methodist Church (0.6 miles)**

**Town Hall (0.5 miles)**

**IGA (0.6 miles)**

**Gull Crest (1.4 miles)**

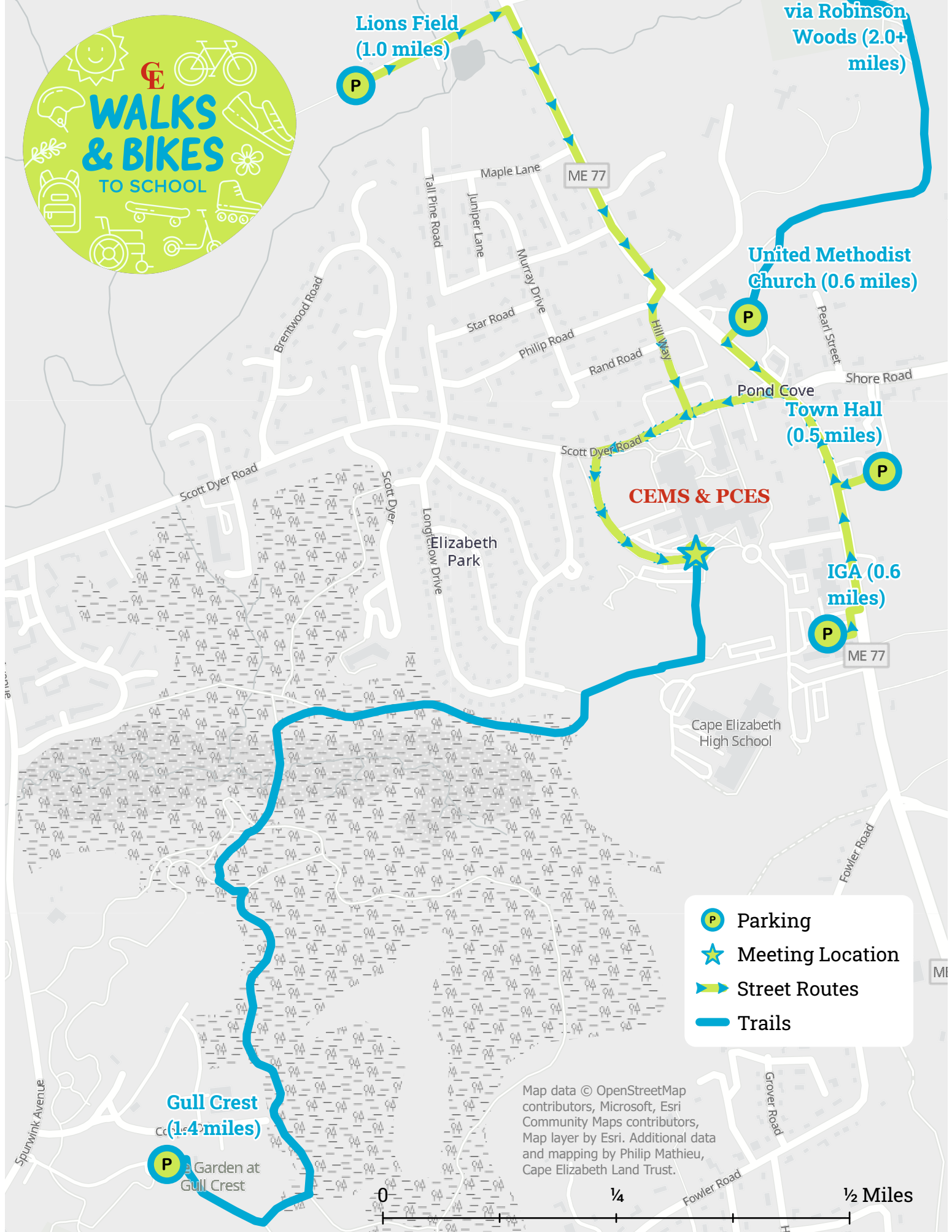
**CEMS & PCES**

Elizabeth Park

Cape Elizabeth High School

- Parking
- Meeting Location
- Street Routes
- Trails

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## BE A SAFE BIKE DRIVER

### 1. Wear Your Helmet the Right Way



- First put on your helmet so it is level and snug – if it slides around, you need to insert thicker pads.
- **EYES** - you should see the very edge of your helmet when you look up past your eyebrows.
- **EARS** - the straps should meet right under your ear lobes to form a Y.
- **MOUTH** - the strap should be loose enough so you can insert no more than two fingers between the buckle and your skin. It should be tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.

### 2. Dress Bright & Tight for Safety

- Wear light or bright-colored clothing so you can be seen.
- Tuck away shoelaces, strings or cords so they don't dangle

### 3. Check Your Bike for Safety

### 4. Obey the Rules of the Road

For more bike safety information, go to [www.bikemaine.org](http://www.bikemaine.org)

## BE A SAFE WALKER

### 1. Be Alert, Look & Listen

- "Always look all ways" when walking
- Use your eyes and ears to watch and listen for cars, trucks, bicycles, and other pedestrians.

### 2. Be Seen, Day or Night

- Wear bright, white, or light-colored clothing
- Wear reflective clothing and carry a flashlight or blinking light at night

### 3. Use Sidewalks

- Use sidewalks
- If there is no sidewalk, walk on the left side of the road facing traffic

### 4. Cross with Care

- Stop, look left, right, and left again before crossing a road
- Cross at a crosswalk whenever you can

## BE A SAFE HIKER

### 1. Hike with a buddy

### 2. Bring a map and learn the route before you head out on the trail

### 3. Practice "Leave No Trace"

- Carry trash out with you
- Stay on trails and roads
- Don't pick plants without permission

For updates, visit:

[www.pondcoveplayground.org/walktoschool](http://www.pondcoveplayground.org/walktoschool)



## Why Walk & Bike To and From School:

- **It's HELPFUL!** Every family that walks or bikes to school will help ease school car traffic.
- **It's FUN!** What better way to start and end your school day than outdoors?
- **It's HEALTHY!** Walking, biking, scooting, or wheeling to school all start the day off with great exercise for kids and adults!
- **It's DOABLE,** no matter where you live! If you live close to school, get together with neighbors to make a safe walking school bus plan. If you live further, use a Park and Walk & Bike location! (*See map for details.*)

Thank you for joining this community effort supported by **Cape Elizabeth Schools, The Cape Elizabeth Police Department, The Pond Cove Playground Committee, The PCPA, MSPA, and HSPA, and Cape Elizabeth Land Trust!**