**Winter Walking Tips**

Keeping active during the winter is a great way to stay happy, and healthy! Let’s celebrate Winter Walk to School Month by walking safely! Here are some tips to stay safe and warm while walking this winter.

**Recommended Clothing:**

* Wear warm, waterproof boots with traction to prevent falling
* Wear a heavy warm coat that will deflect the wind
* Be sure to wear gloves or mittens, hat or headband, and a scarf to prevent heat loss
* Consider packing a dry pair of socks to change into at school
* Wear bright colored reflective clothing, which makes you more visible to drivers.

**Walking Tips:**

* Be cautious of icy surfaces and wear appropriate footwear to avoid slipping or falling.
* Pay full attention when walking. Digging in your pocket or backpack, or texting while walking on ice is very dangerous!
* Take short shuffling steps when walking over ice (walk like a penguin).
* Anticipate and be aware of thin sheets of ice that may appear as wet pavement (black ice).
* Be careful when you enter a building to prevent slipping or falling. The floor may be wet with melted snow and ice from other walkers.
* Be aware of oncoming storms or extreme temperatures that may make walking to school dangerous.
* Always use sidewalks or paths where available, if there are no sidewalks or paths always walk facing traffic as far left as possible.
* Always use marked crosswalks and crossing guards when possible.
* Walk with a friend!