



# SEMPER SAFE



## Playground Safety

Now that schools have started, bicycling and jogging increase in popularity aboard base and safety remains an important issue for our Marines and Sailors and their families. But before entering the hard unforgiving streets remind children of the regulations one must know for Pedestrians and Bicyclist. Nationwide, about 900 bicyclists and 6,500 pedestrians are killed annually. The purpose of this article is to establish a base line of knowledge on safety issues and to set strategies and goals for the improvement of bicycle and pedestrian safety for our Marines, Sailors, and their dependents. Here are the important regulations from the base traffic regulation 5560.2N. These regulations will aid in keeping your fall and new school year accident free.

### **Pedestrians (include jogging and walking)**

- Pedestrian shall cross a roadway at all marked crosswalks or controlled intersection.
- If not pedestrian crossing is available, pedestrians must cross at a well-lit area and ensure roadway is clear of motor vehicle traffic.
- Do not impede the flow of traffic.
- Must wear reflective gear from evening to morning colors and during reduced visibility.
- Always have the right of way when crossing a road, but ensure that right is given before you cross.
- Pedestrians must walk facing traffic and be at a minimum of 3 feet of the roadway.

### **Bicyclists (including Mountain bikes)**

- Observe same rules and regulations as motorists and ride on the right edge of the road with the flow of traffic in single file.
- May operate at night if equipped with headlights, rear red reflectors, and reflectors in spokes.
- Must wear a reflective vest as outer garment from evening to morning colors and during reduced visibility same vest as motorcycle rider.
- ALWAYS wear a bicycle helmet while riding on base.
- Ride on open trails if permitted, ask if uncertain; avoid trespassing on private land; obtain permits or other authorization as may be required. Federal and state Wilderness areas are closed to cycling.
- If using paved trails, always yield to other pedestrians and runners.

### **Headphones/Earphones**

- Portable headphones, earphones, or listening devices that block both ears are prohibited
- Stereo volume that invades the privacy of any individual is prohibited.

Respecting the rights of others by knowing and following the above regulations will ensure adequate traffic flow without jeopardizing pedestrian safety. Particular emphasis must be placed on the protection of our children to and from school, entering and leaving school buses, and playing in military housing areas.

**As Marines, Sailors and Civil Servants we live by our core values. So think before you jeopardize the safety of yourself, your fellow Marines, Sailors, civilian employees or family members, and remember SEMPER SAFE!**