



Bonita Vista Middle School

*Home of the
Crusaders*

650 Otay Lakes Rd.
Chula Vista

(619) 397-2200

SUGGESTED ROUTES *to School*







Bicycling and walking are great for everyone - communities, businesses, schools and people. They promote active lifestyles, reduce traffic congestion, improve air quality – and it's fun to get outside!

Biking Safety

- Always wear a helmet.
- Perform the “**ABC Quick Check**” before every ride (**A**ir in the tires, functioning **B**rakes, a **C**hain that shifts correctly and is properly lubed, **q**uick releases tightened and a general **c**heck of the bike for loose parts).
- Keep your hands on the handlebars at all times.
- Wear proper attire for riding. If wearing pants, make sure to strap/fold the right pant leg.
- If riding at night, have proper reflectors, a headlight, and a tail light.
- Keep a safe distance from parked cars.

Signaling:

-  **Stopping or Slowing Down:** Point LEFT arm down and slightly out to the side.
-  **Left Turn:** Extend LEFT arm straight out.
-  **Right Turn:** Option 1: Bend LEFT arm in 90° angle with hand up.
-  **Option 2:** Extend RIGHT arm straight out.

Walking Safety

- Always use a marked crosswalk when one is available. The white or yellow lines of a crosswalk remind drivers to look out for pedestrians.
- Stop at the curb and look both ways before crossing the street.
- Obey the “DON'T WALK” signal!
- Don't assume that drivers see you! If there is traffic, make eye contact with the driver before you cross.
- Always check for turning vehicles before stepping off the curb.
- Don't run across the street, ALWAYS walk.

Using the Suggested Safe Routes to School Map (turn over)

- 1 Choose the route to school that keeps you **SAFE**.
- 2 Cross at protected intersections with crosswalks, traffic signals, and stop signs.
- 3 ALWAYS check both ways before crossing at any intersection.
- 4 Ride your bicycle along routes with marked bike lanes. If there are no bike lanes, ride carefully. Watch for people and cars entering or leaving their driveways.
- 5 ALWAYS wear a bicycle helmet when riding a bike.



When riding your bike, obey traffic rules and stop completely at stop signs.



TRAFFIC SIGNALS
Bicyclists must follow laws for cars at traffic signals.



PEDESTRIAN SIGNAL LIGHTS
Obey directions on pedestrian signal lights.

The white “Walk” signals that it is legal to cross the street.

When the red “Don't Walk” signal starts flashing, DON'T cross the street! If the flashing starts after you have already started to cross, quickly finish.



CROSSWALK
Use caution when crossing the street - even at a crosswalk. If you are using the crosswalk with a bicycle, ALWAYS walk the bicycle across.

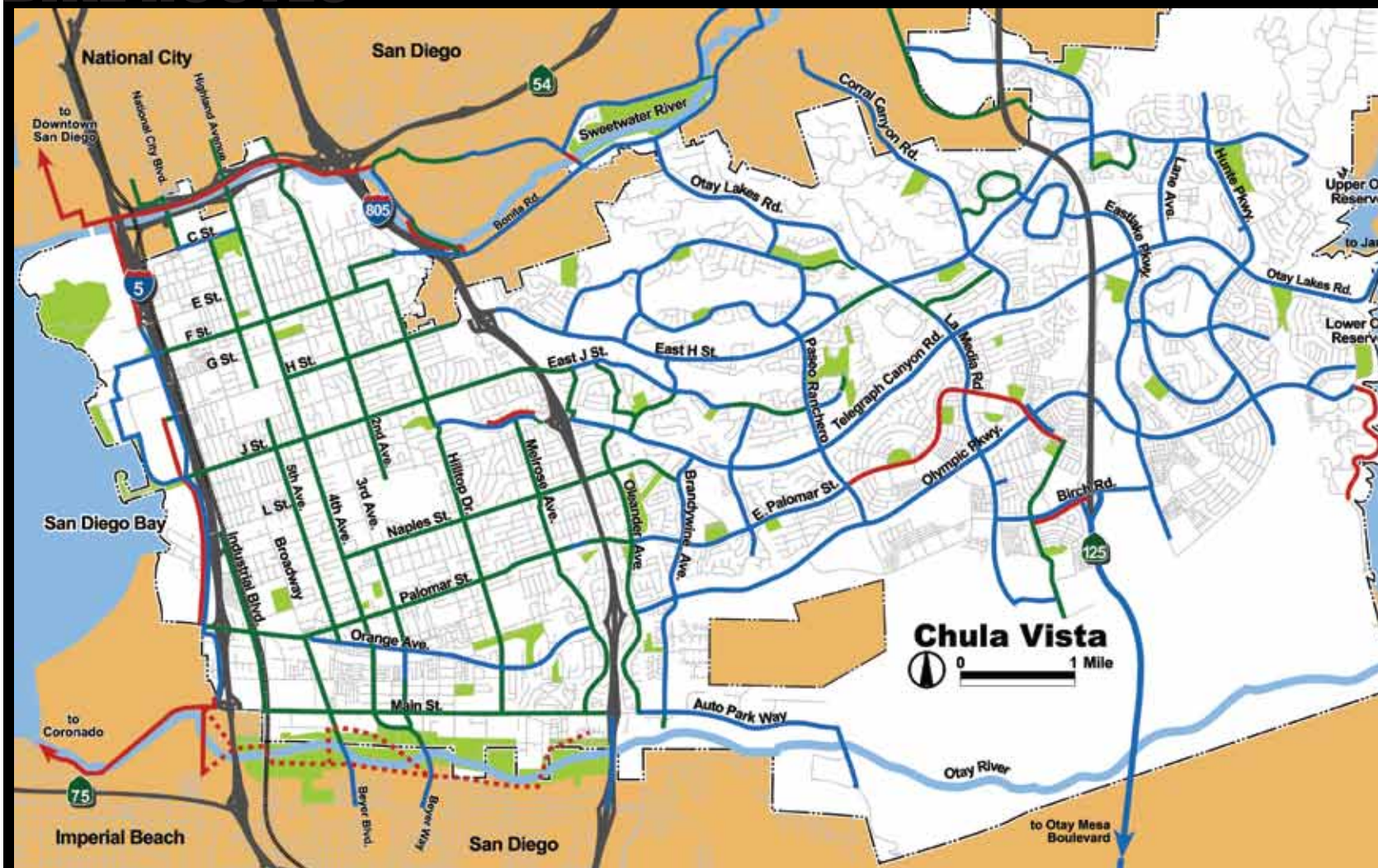


Ride your bike in lanes and paths designated for bicyclists. These lanes promote safety when vehicles and bicycles share the roads.



SHARROWS
These symbols are painted on roadways to alert drivers of bicyclists.

Chula Vista BIKE ROUTES



Important Phone Numbers

For non-emergency Police assistance: 691-5151

Medical, Police, or Fire **EMERGENCY: 911**

Need a ride?
Chula Vista Transit: 233-3004

Need to study, research, or find a tutor?
Visit your Library – online or in person! For more info: www.chulavistalibrary.com

Want something fun to do?
Recreation: 409-5979
Nature Center: 409-5900

To report a **stray dog** or for **dead animal removal**, call
Animal Control: 476-2476

Report potholes, graffiti, streetlights/traffic signals out or malfunctioning: Service Request Hotline: 397-6000

Graffiti **IN PROGRESS: 911**


To volunteer or for **environmental questions:**
Conservation: 409-3893
Nature Center: 409-5900

For general map questions:
Traffic Engineering: 691-5026


www.chulavistaca.gov/goto/bikechulavista




Bike Path/Trail:

On Map: 
Family recreation, exercise, skaters, joggers and walkers. May not be paved.


Bike Lane:

On Map: 
Shared road with marked bike lanes.

Bike Route:

On Map: 
Shared road with vehicles. Commuters and serious cyclists.

Undesignated:

On Map: 
Shared road with vehicles. There is no designated signage.



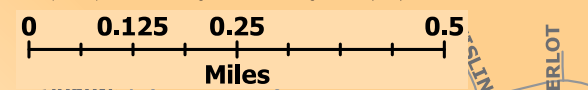
**SUGGESTED
ROUTES**

to School



NOTE: This map was accurate and up-to-date at the time of publication. Z-CARD® PocketMedia® US patent 5945195 #1234 Z-CARD® NA, 212-797-3450 www.zcardna.com

We are not responsible for missing stop signs or non-working traffic signals. To report a problem with signals or traffic signs, call (619) 397-6000.



USING THIS MAP

How to choose a route

Locate your residence on the map and mark a route to school with the most traffic control.

The **BEST** routes will be those that have the most marked crosswalks, stop signs, and traffic signals. Always follow the route that keeps pedestrians and bicyclists as **SAFE** as possible.

Pedestrians should walk on the sidewalk, and bicyclists should take bike lanes whenever possible.

STOP SIGNS
Indicator on map: 

Cars, pedestrians, and bicyclists must stop at all stop signs. Intersections can have one to four stop signs.






After making sure cars have stopped, make eye contact with the driver(s) so you know they see you. Proceed to cross when it is **SAFE**.

INTERSECTIONS:
Traffic signals and pedestrian signal lights
Indicator on map: 

Cars, pedestrians, and bicyclists must obey traffic laws at signalized intersections.

Traffic signals allow pedestrians to cross intersections by stopping cars at red lights. Only cross the street when it is safe to do so and you are given the white "Walk" signal.

ROUTES:
Indicators on map:

-  = Bike Lane
-  = Bike Route
-  = Bike Path
-  = Undesignated
-  = No Sidewalk

For bicyclists, bike lanes provide the most safety. Lanes are shared with vehicles on bike routes and undesignated roads.

SCHOOL:
Indicator on map: 

PARKS:
Indicator on map: 