

## Transportation Options Getting safely to and from Berkeley High School

To promote a safe, healthy environment for BHS, to reduce traffic in downtown Berkeley and to reduce emissions around campus, all families should plan for safe transportation to, from and around Berkeley High School.

Traffic near Berkeley High can be highly congested. Students should be especially aware and cautious during these times:

1. **BEFORE SCHOOL** -- between 8:00 and 8:40 when BHS students and staff are arriving for the day and numerous others are commuting to downtown for work and to nearby schools such as BCC and UC Berkeley;
2. **DURING LUNCH** -- from 11:38 a.m. to 12:18 p.m. when approximately 2000 students and staff leave campus for lunch;
3. **AFTER SCHOOL** -- from approximately 3:15 to 3:45 when students and staff depart campus.

Students are encouraged to use active & shared transportation to Berkeley High: walking, biking, public transit &/or carpooling to school. Using these options instead of driving each day can be fun while encouraging independence, exercise, sustainable habits. Good habits formed during teen years are often carried into adulthood. Each car coming to downtown Berkeley increases risks to students and commuters. **By not driving, parents and teens improve safety for everyone.**

### Walking

Walking to and from school is good for teen's health and independence. Public health officials agree that everyone should have *at least 30 minutes of physical activity daily*, with teens needing even more.

Walking to school helps students build physical activity into the day. If you live within a mile of campus, walking is the best way to get to school. Encourage your student to walk with one or more other students to make the walk safer and more fun. Help students time their walk to arrive to campus by 8:20 AM. The walking feature on Google Maps can help plot the time it takes to walk.

Parents/guardians and teens should discuss how to **walk safely and courteously**, especially when **crossing streets in Downtown Berkeley** before school, during lunch and after school:

- Cross streets in crosswalks or at signalized intersections
- At un-signalized intersections, make eye contact with drivers before crossing
- NEVER cross the street against a red or yellow light
- Always put phones and other digital devices away before crossing streets

### Biking

Many BHS students have found that riding a bicycle to Berkeley High is a quick, easy and reliable way to get to school. If you live 2-3 miles from BHS, it's likely the fastest way to get to school. Riding a bicycle to downtown Berkeley during commute hours can be challenging. Parents/guardians should ensure their students have been trained in urban cycling. Information on urban cycling classes can be found on the Bike East Bay website, <https://www.ebbc.org/education#UC101>. Bike East Bay also has information on obtaining maps to help students find the safest route along a Bicycle Boulevard from home to Berkeley High. See <https://www.ebbc.org/maps/map.html>. There's also a bike route feature on Google maps.

Bicyclists must observe the rules of the road. Ride on the right side of the street and follow all traffic safety signals. Cyclists should wear a helmet when biking, plus have lights and reflective gear if riding in the dark. Bicycles should be maintained so that they are safe to ride, with minimum once a year tune ups. Teens can also learn to maintain their own bikes, giving them skills and confidence to ride bikes safely.

Students wishing to lock bikes on campus should arrive early. There are additional racks in downtown locations. For more secure bike parking, students should consider purchasing inexpensive BikeLink cards for self-service, secure bike parking near the downtown BART station. Learn more at [www.BikeLink.org](http://www.BikeLink.org). Free online bike registration is available at <https://bikeindex.org/>.

### **Riding the Bus & taking BART**

Transit is a good option for students that can't walk or bike. Riding transit allows teens to practice independence, and gives time for reading or homework. There are a number of AC Transit bus lines that travel to close to Berkeley High. Students can obtain discounted AC Transit fares by using Clipper Cards which allow parents to add money and check accounts online, and even check what time their students board the bus! Information on youth Clipper Cards is at <http://www.clippercard.com/ClipperWeb/discounts/youth.do>. Berkeley High's Parent Resource Center can help students purchase discount BART tickets. Please remind your students to ride BART & AC Transit safely and courteously, to respect the drivers and other passengers. Below is a listing of AC Transit line schedules timed to arrive in downtown Berkeley with time to get to first period. Next to each listed bus route is a major bus stop along the route and the latest time student would need to board the bus at that stop. 511.org also has a transit trip planner.

From [www.actransit.org/maps/index.php](http://www.actransit.org/maps/index.php) -- schedules effective as of 6/09/2015 (subject to change)

AC Transit Line #	Major stop on route to Downtown Berkeley	Scheduled time to board bus to arrive on time at BHS
1	Telegraph/Alcatraz	7:58
12	Ashby BART	8:08
18	Solano/The Alameda	8:07
49A	Ashby/San Pablo	7:44
49B	Dwight Way/Piedmont	7:48
51B	Rockridge BART Telegraph/Bancroft	7:52 8:06
52	Cedar/SanPablo North Berkeley BART	7:50 7:54
67	Vassar/Spruce	8:02
88	Sacramento/Ashby	8:06

### **Carpooling**

If your student needs to drive or be driven to school, set up a carpool. More carpooling means fewer cars in downtown Berkeley. Talk to other BHS families in your neighborhood to arrange a carpool; [www.schoolpool.511.org](http://www.schoolpool.511.org) is another great resource for families looking for carpools to school.

Because of congestion in downtown Berkeley during commute times, you are encouraged to take extra care if you need to drive to BHS to drop off or to pick up students. Consider dropping (or picking up) students a block or more away from the campus, in order to avoid areas most congested with pedestrians and cyclists closer to campus.

When driving students to school, be sure to follow all traffic rules:

- Always pull to the curb into a legal spot before allowing students to exit a vehicle.
- Only allow students to exit the vehicle onto a sidewalk, not into the street
- Never allow students to exit a vehicle that is double-parked or is in a driving lane.
- Don't stop at corners or in red zones to let students out of vehicles.

Remind students to watch for pedestrians and cyclists before opening a car door. Also, when driving, remember that Milvia Street is a designated Bicycle Boulevard. Watch for bicyclists and avoid dropping students from vehicles along Milvia unless at a designated (white curb) loading or unloading zone. Drivers should always watch for bicyclists when re-entering the driving lane.

**Thank you for your help in promoting a safe and healthy environment around Berkeley High!**