

BIKE / PEDESTRIAN / PUBLIC TRANSIT

THINK
SAFE,
BE SAFE!!

my
HTMA
ACTIVITY
BOOK

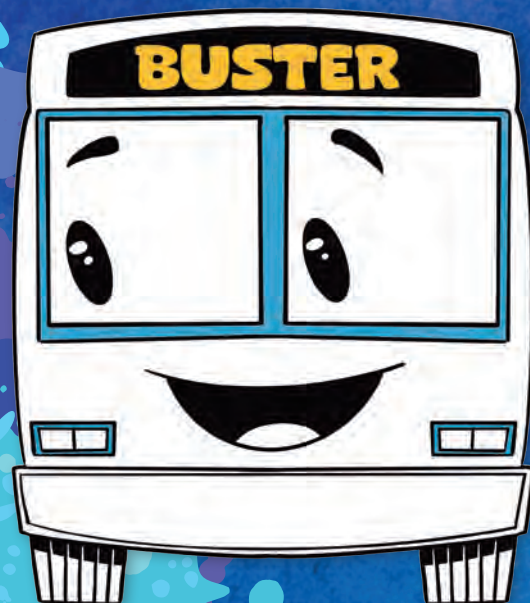


hudsontma.org



CRAIG GUY *Cg*
COUNTY EXECUTIVE

& The Board of County Commissioners



BIKE SAFETY

WANT TO LEARN MORE? VISIT HUDSONTMA.ORG OR CALL 201-324-6222.

WHAT'S THE HUDSON TMA, AND WHY DOES IT MATTER?

The Hudson TMA (Transportation Management Association) helps make travel safer, easier, and better for everyone in Hudson County. They help adults use buses, trains, and ferries instead of driving, especially to work. They also teach kids how to stay safe when walking or biking to school. When families work with the TMA, they're not just making smart choices— they're helping protect the environment too!

Gear up
and Ride
Smart!

PROTECT
YOUR HEAD!



BIKE SMART, RIDE SAFE!

Biking or riding a scooter around Hudson County on a sunny day is a great way to have fun—especially with friends! But staying safe while you ride is important. Always wear your helmet! Elbow and knee pads can help prevent scrapes and bruises too.

Make sure drivers can see you! Wear bright colors during the day and reflective gear at night and in bad weather. The more visible you are, the safer you'll be.

BEFORE YOU RIDE: MAKE SURE YOUR HELMET FITS!

Helmets protect your head, so make sure:

- Your helmet sits level and low on your forehead.
- The side straps form a "V" shape just under your ears.
- You can fit one or two fingers between your eyebrows and the helmet.

GREAT PLACES TO RIDE IN HUDSON COUNTY:



LIBERTY STATE PARK

has great views of the NYC skyline and the Statue of Liberty—it's great for family bike rides.



LINCOLN PARK

has paved areas, greenways, and separate sections ideal for beginning bikers.



STEPHEN R. GREGG PARK

has a waterfront walkway, a fishing pier, a picnic area, running track, and more!



ONCE YOU'RE GEARED UP, FOLLOW THESE ROAD RULES TO RIDE LIKE A PRO:

- Ride in the same direction as traffic, in a single file line.
- Obey all traffic signs and lights—just like cars do.
- Stop, look both ways, and walk your bike across busy streets.
- Stay alert, ride smart, and enjoy the ride!

There are many styles of helmets, and they come in all colors and patterns! Grab some color pencils or crayons, and see what designs you can create!

PEDESTRIAN SAFETY

WANT TO LEARN MORE? VISIT HUDSONTMA.ORG OR CALL 201-324-6222.

PEDESTRIAN SAFETY IS FOR EVERYBODY!

You can color in this drawing as you pay special attention to these safety tips! Watch your surroundings, be safe, and follow the rules when you're near traffic or crossing the street!

BEFORE YOU CROSS:

- LOOK LEFT. ←
- LOOK RIGHT. →
- LOOK LEFT AGAIN! ←

Cars approaching from your left will reach you **BEFORE** cars approaching from your right!

CAUTION!:

- NEVER ENTER THE STREET FROM BETWEEN PARKED CARS!
- NEVER RUN INTO THE STREET AFTER A BALL OR TOY.

REMEMBER!:

- CROSS AT CORNERS AND INTERSECTIONS.
- USE CROSSWALKS!
- WALK. DON'T RUN.

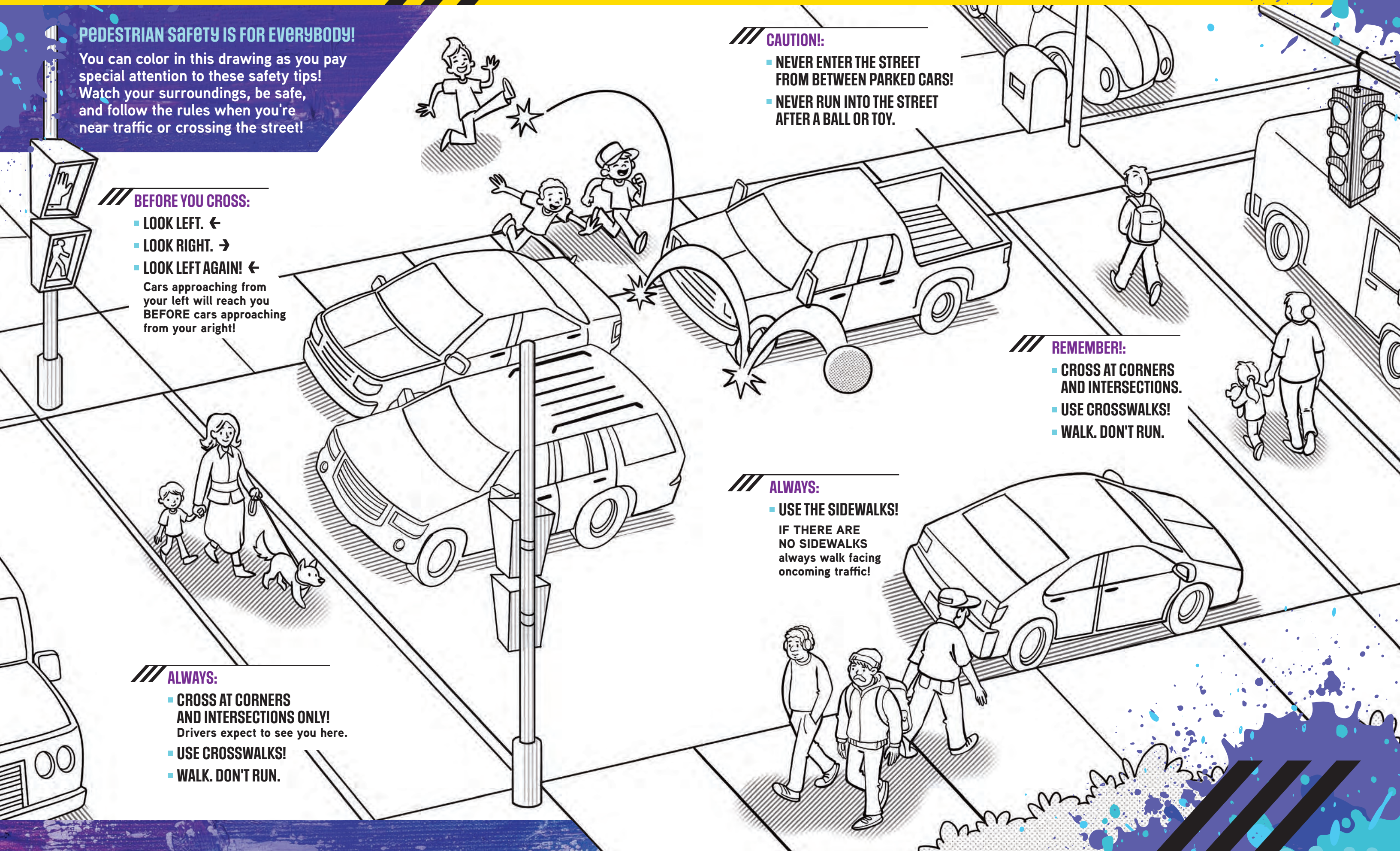
ALWAYS:

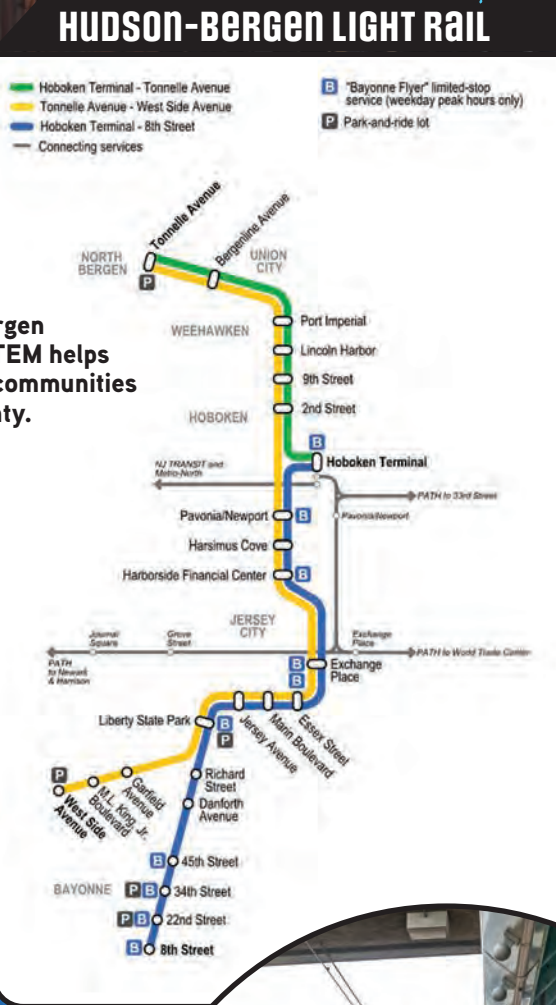
- USE THE SIDEWALKS!

IF THERE ARE NO SIDEWALKS always walk facing oncoming traffic!

ALWAYS:

- CROSS AT CORNERS AND INTERSECTIONS ONLY!
Drivers expect to see you here.
- USE CROSSWALKS!
- WALK. DON'T RUN.





The Hudson-Bergen LIGHT RAIL SYSTEM helps connect people and communities all across Hudson County.

Stay Sharp Near the City BUS!

Buses are huge vehicles, and the driver can't always see you—so it's important to stay alert and follow safety rules to avoid getting hurt.

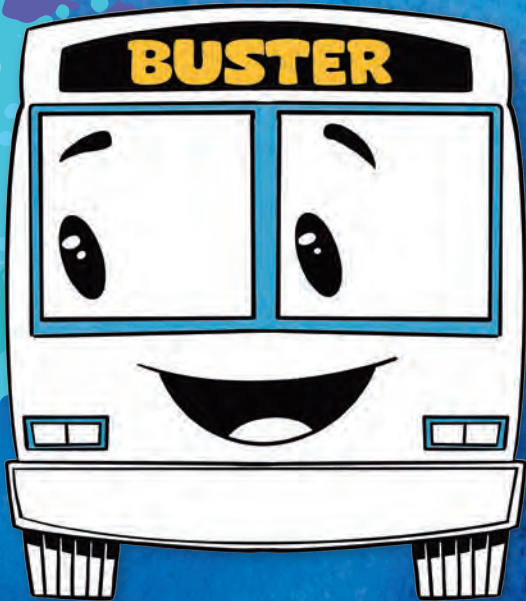
GETTING ON:

- Wait at the bus stop.
- Stand 5 big steps back from the curb.
- Don't move toward the bus until it stops completely.
- Wait to board the bus until all exiting passengers have gotten off

GETTING OFF:

- Walk, don't run—use the handrail!
- Tuck in loose straps from your backpack and coat so they don't get caught.
- Never cross in front of or behind the bus. Wait until it drives away.

Buster the Bus is our City Bus mascot for the Hudson TMA. He helps us promote safety with presentations at schools and community events, to encourage children to stay in the "Safety Zone".



Stay on Track—Be Train Safe!

Trains come in all kinds—some carry people, others ship goods, and some even have beds for long trips. But no matter the type, all trains are big, heavy, and can move very fast.

Trains are much too large to stop quickly. Even if the conductor sees you, it might be too late to stop. That's why it's important to follow safety rules whenever you're near train tracks.

STOP: Wait for the light to turn green before crossing tracks.

LOOK BOTH WAYS: Always check before crossing.

WALK: Never run across train tracks.

WORD SEARCH!

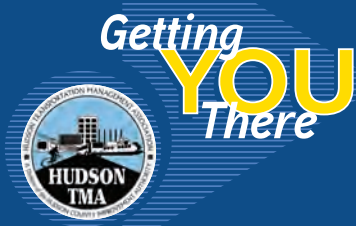
Teaching you how to ride safely is very important for us at the Hudson TMA. Can you find the following words you just learned about in the grid to the right?

- | | | |
|------------|-------|--------|
| BUSTER | TRAIN | TMA |
| TRANSIT | RAIL | WALK |
| HUDSON | BUS | STOP |
| NEW JERSEY | | SAFETY |

W	A	B	L	U	F	W	Y	D	I
N	S	H	U	D	S	O	N	N	G
V	S	M	O	S	R	S	I	E	F
W	A	L	K	T	T	M	A	W	N
N	F	N	J	O	R	E	H	J	A
H	E	D	O	P	A	W	R	E	C
E	T	R	A	I	N	V	J	R	L
U	Y	B	N	Y	S	A	S	S	G
K	U	C	R	A	I	L	A	E	B
C	I	J	W	T	T	E	U	Y	M

You can practice these safety tips when you ride a New Jersey Transit train or tram!





Hudson Transportation
Management Association
A Division of the Hudson County
Improvement Authority



Craig Guy
Hudson County Executive

Norman M. Guerra
Chief Executive Officer

Brian K. Dellabella
HCIA Chairman

Luis Delgado
TMA Director

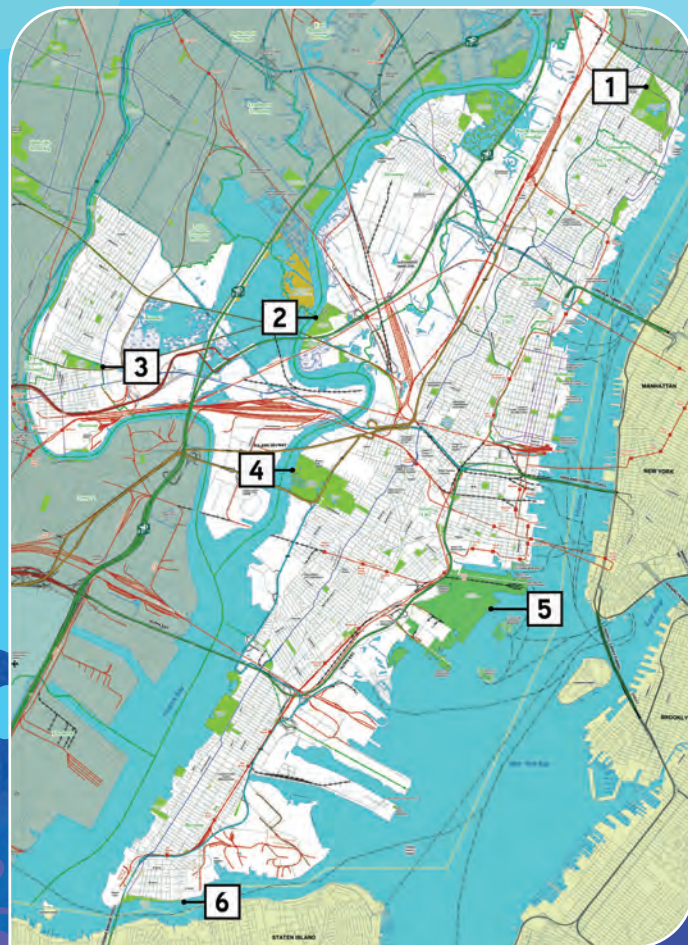
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The Hudson TMA is dedicated to
promoting sustainable transportation in
Hudson County by working with commuters,
employers, and municipalities.



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HUDSON COUNTY PARKS



1. James J. Braddock Park
2. Laurel Hill Park
3. West Hudson Park
4. Lincoln Park
5. Liberty State Park
6. Dennis P. Collins Park

The original map (with additional information)
is from the NJ Department of Transportation,
and can be found at the following url:
www.nj.gov/transportation/refdata/gis/maps/hudson.pdf

For more tips and safety information go to hudsontma.org