

Back to School Safety Checklist

As summer turns to fall, Lehi City families gear up for the excitement of a new school year. Along with new backpacks and school supplies comes the need to “brush up on our road safety knowledge” to keep neighborhoods safe. Parents and caregivers can start with a **back-to-school safety checklist** that covers gear, health information, and communication. Feel free to download and print the checklist to mark it up and review it with your child before the first day of school. By planning ahead, we can make the school year safer for everyone!

Getting to and from School Safely

- ☐ My child knows the safest route to school (we checked the [Utah Safe Routes School Mapping Tool](#) to find the best path with sidewalks and crosswalks)
- ☐ We practiced the route to school and reviewed street safety rules
- ☐ We reviewed how to look left-right-left before crossing streets
- ☐ My child knows to make eye contact with drivers before crossing
- ☐ My child knows to remove headphones/phones near roads
- ☐ We use a buddy system when possible
- ☐ We agreed on a pickup plan (who’s picking up and where)
- ☐ My child knows what to do if they feel unsafe or get lost at school
- ☐ My child knows their home address and emergency phone numbers
- ☐ We talked about stranger danger and set a family code word

Bike and Scooter Safety

- ☐ My child has a properly fitted helmet (CPSC certified) for biking or scooting
- ☐ We checked the bike/scooter (brakes, tires, chain)
- ☐ My child knows and follows **basic road rules** (ride on the right side of the road, obey traffic signals)
- ☐ We added reflective gear or bike lights for better visibility
- ☐ We mapped and practiced a **safe bike route to school**, avoiding high-traffic roads
- ☐ We reviewed **where to lock bikes/scooters** at school and the importance of using a good lock

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Bus Safety

- ☐ My child knows their **bus sign** and **stop location**
- ☐ We arrived at the bus stop early and stand 6 feet back (3 giant steps) from the curb
- ☐ My child knows not to approach the bus until it fully stops
- ☐ My child knows bus stop and car safety rules
- ☐ My child knows to **walk (not run)** when approaching or exiting the bus
- ☐ My child knows to **never walk behind the bus**
- ☐ My child knows the importance of **respecting the driver and other students** on the bus

Mental & Emotional Wellness

- ☐ I talked with my child about **first-day jitters**, excitement, and nerves
- ☐ We discussed **who to talk to at school** if they feel anxious, bullied, or overwhelmed
- ☐ I reminded my child it's okay to ask for help, from teachers, counselors, or staff
- ☐ We set a **back-to-school routine** that includes time for sleep, play, and homework
- ☐ I've checked in about how they feel socially, **any friendship concerns or excitement**

Health & School Forms

- ☐ I updated the school's emergency contact form
- ☐ I confirmed the school has my up-to-date phone and emergency contacts
- ☐ I submitted and listed allergies, meds, or health conditions on medicine authorization forms (for inhalers, EpiPens, etc.)
- ☐ My child's vaccinations are current ([per Utah school guidelines](#))
- ☐ I scheduled a checkup or eye exam, if needed