

DRAW YOUR OWN ROUTE FROM HOME TO SCHOOL

- Shaded area indicates 1km radius from school

Active
STREETS

Riding and walking routes
to Harrison School.

**RIDE^{or}
WALK**
to school

REVITALISE YOUR YEAR

Ride or Walk to School is part of the ACT Government's Healthy Weight Initiative, supporting a healthy, active and productive community.

In a busy household it can be hard to make changes that suit everyone. Try and work out a schedule together to incorporate riding or walking to school.

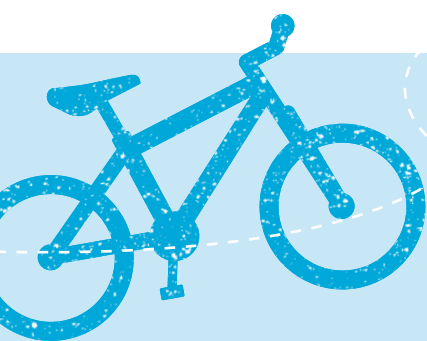
START SMALL, YOU DON'T HAVE TO WALK OR RIDE EVERY DAY



TIP 1: WALK OR RIDE WITH FRIENDS OR FAMILY — MEET THEM ON THE WAY



We walked with our daughter to school when she first started. When she got older and knew the rules we walked with her part way then let her go alone. It was just a natural progression.



Part Way is OK

If you live too far from your school to walk or ride the whole way, part way is ok too.






Check out the part way drop off points identified on this map.

- ★ Park and walk the rest of the way as a family, on your own or in a group.
- ★ Nominate a time to meet other people who can walk with you from a part way drop off point.

Walking part way to school will help students get more physical activity into their day, arrive at school more alert and reduce traffic congestion around the school.

Parents can miss the drop off and pick up traffic too.

USE GOOGLE MAPS TO CUSTOMISE YOUR OWN WALKING OR RIDING ROUTE

- 1 Select the directions icon  in the Google Maps search bar.
- 2 Put your home address in point A (it may already say your location).
- 3 Put your school in point B.
 - ★ You can change the mode of transport by selecting the Driving  Transit  Bicycling  or Walking  icons.
 - ★ You can alter the chosen route by selecting one of the other route options.
- 4 The distance and time are shown next to the route option. Selecting a route will give **step-by-step directions**.
- 5 Don't forget to do a practice run on the weekend.



READY-TO-GO Checklist

Prepare your child for independent travel. Talk about safety and road rules by reading the *Be Safe* section below. Use this checklist to ensure your child:

- ✓ Knows the road rules.
- ✓ Knows the way to and from school.
- ✓ Has walked/ridden the route with family before.
- ✓ Knows what to do in an emergency.
- ✓ Knows their bike is in good working order and they have a helmet.



Be Safe on the way there

- ★ Don't use headphones so you can hear what is happening around you.
- ★ Be careful around driveways, look out for reversing cars.
- ★ Stop, look, listen and think before you cross any road.
- ★ Use crossings where available and always check for cars (they may not always stop).
- ★ Don't speak to people you don't know.
- ★ Call triple zero (000) in an emergency.
- ★ Wear your helmet when riding your bike or scooter.

For more tips visit www.constablekenny.org.au

HELP KEEP CHILDREN SAFE BY FOLLOWING THE ROAD RULES

- ★ Obey the speed limit, especially in school zones.
- ★ Model safe behaviour for your child — they will learn from you.
- ★ Park safely and legally even if it means walking further to the school gate.

TIP 2: CATCHING THE BUS TO SCHOOL IS A FUN WAY TO TRAVEL WITH FRIENDS



TIP 3: TRY PREPARING LUNCH AND PACKING SCHOOL BAGS THE NIGHT BEFORE



We're a busy family so we try and work out together when the kids can walk or ride—sometimes it's only twice a week.

