

# GET MOOVING!

At Guthrie St Primary School, we support active travel to and from school. Walking, riding, or scooting to school helps kids achieve their required minimum 60 minutes of physical activity per day. Active kids are happier, more socially connected and arrive at school ready to learn. This map identifies safe walking and riding routes within a 2km, 1km and 500m radius of our school.

Draw a cross approximately where your home is so that you can work out the best way to walk or ride to school. Keep a look out for the animal footprints and distance markers around our school to guide you along the way. If you can't walk or ride the whole way, part of the way is OK!

Use this map, alongside the activity sheets, activity cards and log book for a fun-filled active travel adventure to and from school.

## BE ALERT ON PATHS

When walking/riding to school, be sure to:

- Look out for other path users
- Watch out for dogs or other animals
- Be mindful of path obstacles such as pot holes
- Practise road safety and navigation skills by walking or riding in your neighbourhood
- Keep to the left of the path
- Talk to other families about setting up buddy groups of older children who can walk or ride together
- Keep an eye out for cars reversing out of driveways

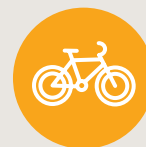
## WHEN RIDING ON PATHS

- Let others know you're approaching by ringing your bell
- Don't ride too fast or unexpectedly
- Give way to pedestrians
- Obey signs



### 1. Helmet fit

Does your child's helmet move around when you wiggle it on their head? Can they salute two fingers between their eyebrow and helmet? Adjust to a snug fit.



### 2. Firm tyres

Fully inflated tyres make riding easier and are more resistant to punctures. Check for the correct tyre pressure on the side of the tyre.



### 3. Check the brakes

It is important that your child is able to stop quickly. Check that the bike brakes are working before you set off.



### 4. Check for loose bits and bolts

Have a quick scan for any loose bolts or bits on your child's bike before you set off. This includes bells, racks, bolts or any other attachments.



### 5. Wiggle the seat

Your child's seat is the right height when they can sit and place the balls of their feet on the ground. Adjust their seat and tighten so it can't move about while they are riding.



### 6. Be heard with a bell

All bikes need to have bells. Also teach your child to use their voice to alert others.



### 7. Be warm and visible

Dress your child in brightly coloured clothing that is weather appropriate.