

PLAN YOUR ROUTE TO SCHOOL ACTIVITY

Families who **plan, prepare, and practice** walking and wheeling to school will help support children of all ages and abilities to learn safe and smart street-skills while gaining confidence, independence, and daily physical activity. On top of this, children will learn how easy, fun and sustainable using active travel for any trip can be when you plan, prepare and practice.

This activity aims to encourage families to seek out pedestrian and cyclist infrastructure on their trip to school, to create direct, accessible, and safe routes for walking and wheeling to school.

1. On a sheet of paper, record each family member's morning & afternoon commute. Be sure to consider any additional stops along the way to their final destination. Example:

Most mornings, Mom travels alone to work by: bike
(family member name) (alone/with others to destination:) (mode of transportation)

Most afternoons, Mom travels alone from work by: bike

Most days, Mom would prefer to travel with Sam to school, then work by: bike

2. Set family goals! Be sure to consider the age, ability, and independence of each child.

1. "Our child will be dropped off 5 minutes away from school so they can walk part way"
2. "We will practice biking as a family to school on weekends, so our child can bike alone"
3. "I will start a walking school bus so other kids don't have to walk alone"

I would like to accomplish:

_____ by _____
(write your personal goal here) (date)

TRAVEL TIP: SKIP THE LINE!

'Kiss and Go' or 'Park and Stroll' at any of the Drive to 5 locations available at your school to avoid long lines and idling in the drop off loop line up.

3. Consider and make note of potential barriers in each family member's goal.

Examples: balancing other family member's schedules, childcare/supervision, traffic, distance

Barriers	Strategies for success
<p>Timing – we can't bike to school together in the morning, because I will arrive late.</p> <p>Weather – dark outside during the morning</p>	<ol style="list-style-type: none"> 1. Use school's early supervision to allow our family to drop Sam off early, and then bike to work. 2. Purchase bike lights, reflective accessories and clothing 3. Adjust my route to include lighted streets as needed.

4. Use Google Maps to determine the most direct route to school for your family. Explore different routes and travel time estimates for your preferred travel mode.

Route option 1: Use regional trail network. My trip will be 8km and take approximately 30 minutes by bike (including drop off time)

Route option 2: Use neighbourhood cut-through and travel on road bike lanes. My trip will be 10km and take approximately 40 minute by bike (including drop off time)

5. Plan your family's route! Use the attached map to compare suggested Google routes to your school's local infrastructure. With your child, identify safe crossings, caution points, and landmarks to help prepare them to walk and wheel to school.

What walk and wheel infrastructure can you use on the way? (check all that apply)

- | | | |
|---|--|---|
| <input type="checkbox"/> Sidewalk | <input type="checkbox"/> Pedestrian Overpass | <input type="checkbox"/> Walking School Bus |
| <input type="checkbox"/> Marked Crosswalk | <input type="checkbox"/> Crossing Guard | <input type="checkbox"/> Drive to 5 Parking Area |
| <input type="checkbox"/> Signalized Crosswalk | <input type="checkbox"/> Bike Lane | <input type="checkbox"/> Pedestrian/Cyclist Trail |

To travel my route, I will use:



It will take about _____ minutes to travel _____.

(time in minutes) (distance; m or km)

Plan, Prepare, Practice!