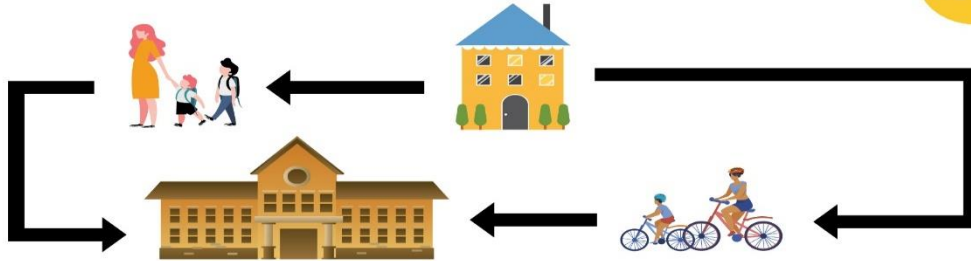




Practice Makes Perfect.

**PRACTICE
YOUR
ROUTE**



**Ontario Active
School Travel**

**Plan your active journey to school
and try it out before the first day of class.**

Walking to school.

Students who walk to school often must deal with traffic, weather conditions and other distractions along the way.

Teach your children the proper safety rules for walking to school by:

- Having them buddy up with a sibling, friend or designated older student to ensure that they get to school safely and on time
- Showing them the safest routes to take and discouraging "short cuts" or other deviations from the route
- Keeping their electronics stashed in their backpacks as electronics can be distractions that can make them late for school or unable to hear cars and bikes on their route

Riding bicycles to school.

Biking is great exercise for children of all ages but remember that bikes are considered vehicles too.

Teach your children proper bike safety on route to school by:

- Having them wear the right equipment, including a properly fitted bike helmet
- Instructing them how to maintain their bicycles so that mechanical issues do not slow them down
- Showing them the right routes and going on a test ride to ensure they know the way
- Educating them on the rules of the road to make sure they stay safe