

# Refresh your travel routine

**RIDE** or  
**WALK**  
to school

Your school is part of the **Ride or Walk to School** program, encouraging and supporting students to use active travel. Riding and walking to school is not only a great way to increase daily levels of physical activity but to reduce traffic congestion around your school. Getting kids more active as part of their daily routine can also improve educational outcomes.

A new school year presents a great opportunity to try something different and perhaps establish a new routine for getting to and from school. In a busy household it can be hard to make changes that suit everyone so start small – you don't need to walk or ride every day. You might like to try committing to riding or walking just once a week initially to see how it works for you and your family.

Another idea is to find a Part Way point where you can park the car and walk the rest of the way – it's also a great way to avoid the traffic congestion around school.

## Hints and tips to prepare for active travel



**Plan the best route with your child** – ask your school about the personalised walking and riding map they have been provided that shows safe routes and part way drop off points. Alternatively you could use Google maps to customise a map from your home to school, utilising crossings and underpasses where possible. Take some time to walk or ride the route options together and decide on the best one. Make sure your child knows the route well if they plan to travel independently.



**If your child is travelling independently help them to prepare** – talk about safety and road rules, work out a plan for what to do in an emergency, make sure their bike is in good working order and they have a helmet.



**Talk to other parents in your school community to see if your children can travel together** or if you have younger children you can work out a schedule for your children to travel with an adult.



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