

Join in and celebrate

NATIONAL RIDE2SCHOOL DAY 2015



RIDE WALK SCOOT TO SCHOOL

WEDNESDAY 11 MARCH 2015

Werribee Primary School will be celebrating active travel day on **Wednesday 11 March**. We encourage students and their families to leave the car at home on this day and get a taste of the benefits, ease and fun involved in choosing to walk and wheel to school.

To celebrate riding, walking and scooting as fun ways to travel to school, we are organising the following activities on the day:

- Rollathon day (riding bikes or scooters)
- Handing out raffle tickets to the walkers and wheelers and present prizes at lunchtime on the day

Parents can join in the fun by walking or wheeling with the students. If you live too far away from school and want to travel part of the way to school, then **Meet Mrs Wembridge at Chirnside Park at 8:30am and walk with friends.**

We support our students to walk or wheel to school because:

- Students feel fresh and alert at the beginning of a school day.
- There are fewer cars around the school which eases 'drop off congestion'.
- Students are more likely to reach the recommended 60 minutes of physical activity they need each day.
- Students feel happier, healthier and perform better in the classroom.

DISCOVER BIKE SAFE

BIKE SMART

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**Bike riding is fun, good for you and the earth.
But remember a bike is not a toy; it's a vehicle!**
Just follow some basic safety tips when you ride.

BEFORE YOU RIDE

Put your helmet on
Protect your head in case you fall. Every time you ride, wear a helmet. It's the law. The helmet should fit snug and sit flat.

RIDING ON FOOTPATHS
(till you are 12 years old)

- Don't ride too fast.
- Always watch out for cars coming out or going into driveways.
- Watch out for people walking. Warn them you are coming by saying 'Excuse me' or ringing your bell before passing them slowly.
- Don't leave the footpath between parked cars to get on to the road. Go to the nearest corner or find a clear space.

Stop, look, listen and think
Is it safe to cross. Look right, then left then right again. Look at the driver and make sure they see you before crossing.

CROSSING ROADS

- At a 'Stop' or 'Give way' sign you must give way to all traffic.
- Always walk beside your bike when using a pedestrian crossing.

RIDING ON ROADS

- Give way to cars and trucks and avoid busy roads.
- Ride in a straight line, on the left hand side of the road. If there is a bike lane, you must ride in there, in the same direction as cars go.
- When riding with someone else you may ride in pairs, but single file is often safer.
- Always check behind you before turning or changing lanes.
- Give hand signals well before you stop or turn.
- When passing parked cars watch out for someone opening their door or driving out.

Traffic lights
If there are traffic lights stop on both the red and yellow lights. Wait for the green signal before crossing.

Be safe, be seen
Bright coloured clothes help others see you better. Don't ride in the dark. If you have to, make sure you have lights on. Always wear shoes. It protects your feet.

Check your bike
Tires pumped?
Breaks working?
Handlebars not loose?
Check that your seat is at the right height. Your leg should still be slightly bent when fully extended on the pedals. Make sure your bike is the right size for you by standing over your bike - there should be a clear space between you and the bike.

Bike Safe, Bike Smart

Always wear your shoes and helmet when riding your bike.

Check your bike before riding.

Look right then left then right again.

Use hand signals to indicate if you are turning or stopping.

Always obey traffic lights and signs.

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