



## INFORMATION FOR PARENTS AND CARERS

# Walk or Wheel Safely to School Day

## 21 February 2018

### Dear Parents and Carers

Each year the Christchurch City Council sponsors a Walk or Wheel Safely to School Day, and we are delighted that your children's school is participating this year. Your family is invited to take part in this citywide celebration of the benefits for children of travelling actively, by walking, scooting or cycling to school on the morning of **21 February 2018**. If you live too far from school to walk or wheel all the way, your family can still participate by parking about 700 metres from the school gate and walking or scooting from there. This is about a ten minute walk.

**Because it is important that children travel safely when they are travelling actively, please discuss and practice these road safety tips with your children.**



### When walking, your children need to:

- Walk on footpaths as far away from the roadside as practical.
- Stop and check that the way is clear at "sneaky driveways", where drivers can't see them because they are hidden by a tall fence or hedge.
- Only cross roads where they can see any traffic coming and can be seen by drivers, and avoid crossing from between parked cars.
- Look and listen both ways for traffic, and walk straight across the road when no vehicles are coming.
- Wait for vehicles to stop for them at pedestrian crossings.
- Cross at the school patrol, and understand that a kea crossing is not like a zebra crossing. At a kea crossing, drivers don't have to stop for pedestrians when a school patrol is not operating.
- Only start to cross when the green figure lights up at pedestrian signals, and not when the red figure is on.
- On the footpath at pedestrian islands, listen and look right for traffic, and cross to the island when no vehicles are coming. Stop on the island, listen and look left for traffic, and cross to the footpath when no vehicles are coming.





## When scooting, you children need to:

- **Have a scooter that is “road worthy”**, by having good brakes, a steering column that locks easily and won’t collapse, handlebars at waist height and grips that don’t swivel, a running board that is high off the ground, anti-skid footboards, and fully inflated tyres.
- **Wear ankle supporting shoes, with closed toes and thick soles.** It’s also a good idea for children to wear helmets, wrist guards, and elbow and knee pads to protect against injury should they fall off their scooter.



## When cycling, your children need to:

- **Know and obey the road rules.** The Road Code for Cyclists can be downloaded from <https://www.nzta.govt.nz/resources/roadcode/cyclist-code/>
- **Have a safe bike**, with brakes that work, tyres that are pumped up, tight levers and bolts, and lights and reflectors.
- **Wear correctly a helmet that fits.** For information about how to wear a cycle helmet correctly go to <http://tfc.govt.nz/travel-by/bike/>
- **Only cycle on the footpath when it is a shared pathway**, and then cycle with care in the presence of people walking or in wheelchairs, not too fast and always being prepared to stop.
- **Signal clearly**, so drivers know what they intend to do, and ride where they can be seen by drivers.
- **Make eye contact with others, especially with drivers at intersections**, so they know they have been seen.

**Have a great time walking, scooting or cycling to school on Walk or Wheel Safely to School Day, and then consider regularly walking or wheeling to and from school.**

Be sure to fill in the entry form below and have one of your children give it to a teacher when they arrive at school, having walked or wheeled on 21 February 2018.

### Entry form – one per family

This certifies that my child/children (names) .....

..... walked, cycled, scooted or skated to school this morning as part of the Walk or Wheel Safely to School 2018 promotion. As a result we understand that our family will go in for a draw for a \$20 gift card, which will be drawn this morning by our school’s principal or by the person they delegate for this task.

Before participating in the Walk or Wheel Safely to School Day, our family identified the safest route to school and how to safely get across the roads we needed to cross on the way. We read and discussed the safety tips that came with this entry form, and are putting them into practice.

Signed .....

Phone number .....