

Summer Active Travel Tips and Hints!

Summer is a great opportunity for your family to take a walk or cycle in your neighbourhood. It helps you and your family to get to know your neighbours, explore what's in your neighbourhood, as well as teach your children the rules of the road and how to practice safe road skills.

This summer take some time to go over safe road skills with your children and remember to also practice them with your children. Here are a few skills to go over:

Walking

1. Stay on the sidewalk. If there is no sidewalk, walk facing traffic, on the shoulder far from the road.
2. Watch for cars backing out of driveways.
3. **Stop, Look and Listen** before crossing the road.
4. Look both ways when crossing the street and use crosswalks where possible.
5. Stand back on the sidewalk until you are ready to cross.
6. Don't use electronic devices while walking (phones, iPads, games, headphones).
7. Obey crossing guards and signs posted.
8. **Be visible, be alert, be aware** of your surroundings.

Cycling

1. wear a properly fitted helmet. Every cyclist under 18 years of age must wear a bike helmet.
2. **Air Brakes Chain** – Check your bike tires, brakes and chain before you start riding.
3. Ensure your bike has a working bell, white light or reflector at the front, and a red light or reflector at the back.
4. Cross at crosswalks, if there is one. Walk beside your bike when crossing the road.
5. Watch for cars backing out of driveways and turning at intersections.

When possible, walk or cycle as a family to the park, local swimming pool or store. Remember to stay hydrated by drinking plenty of water and practice sun safety – wear a bucket hat, cover up, wear sunglasses, use sunscreen and stay in the shade when possible.

Below is an activity you can try over the summer to prepare for the 2019-2020 school year.

Have a safe, active and happy summer!

Sincerely,

YCDSB Active School Travel Team

Fill in the Blanks

1. Before you cross the street always remember to Stop, _____, and Listen and think and Look again.
2. Look to your left, _____ and left again before you cross the street.
3. Make _____ contact with drivers before crossing the street.
4. _____ appropriately for the weather -- rain, snow or shine.
5. Walk on the _____ or pathways.
6. Be _____ of your surroundings.
7. Put _____ devices, cell phones or games away while walking.
8. Plan your walking route during the summer, that way you know how to _____ to school when school starts.