BIKE TO SCHOOL WEEK – June 1st-5th, 2026t



Let's get rolling!

Celebrate active modes of transportation like cycling and wheeling along with other students and staff across Ontario during Bike to School Week – **June 1-5**, 2026.

Bike to School Week is a free and fun week-long celebration for kids of all ages and abilities.

When cycling, remember to:

- Wear a properly fitting helmet. Every cyclist under 18 must wear a bike helmet.
- **A**ir **B**rakes **C**hain – Check your bike tires, brakes and chain before you start riding.
- Ensure your bike has a working bell, white light or reflector at the front, and a red light or reflector at the back. For information and to learn more visit the Government of Ontario's bicycle safety information.
- Cross at crosswalks, if there is one. Walk beside your bike when crossing the road.
- Watch for cars backing out of driveways and turning at intersections.
- Lock your bike in bike racks.
- Be visible and dress for the weather.

For anyone who can't walk or cycle to school every day, we encourage you to try choosing an active mode of travel two or three times a week, or consider parking and walking a block to decrease the pollution around your school.

Benefits of Biking to School:

- Promotes physical and mental health
- Students arrive energized and ready to learn
- Improved safety in school zones
- Good for the environment
- Convenient, bicycling is often faster than sitting in traffic
- Good for the community, encourages social interaction
- Promotes life-long habits that foster independence and active lifestyles, preparing children for their future
- Just plain old simple fun!

Sincerely,

YCDSB Active School Travel Team

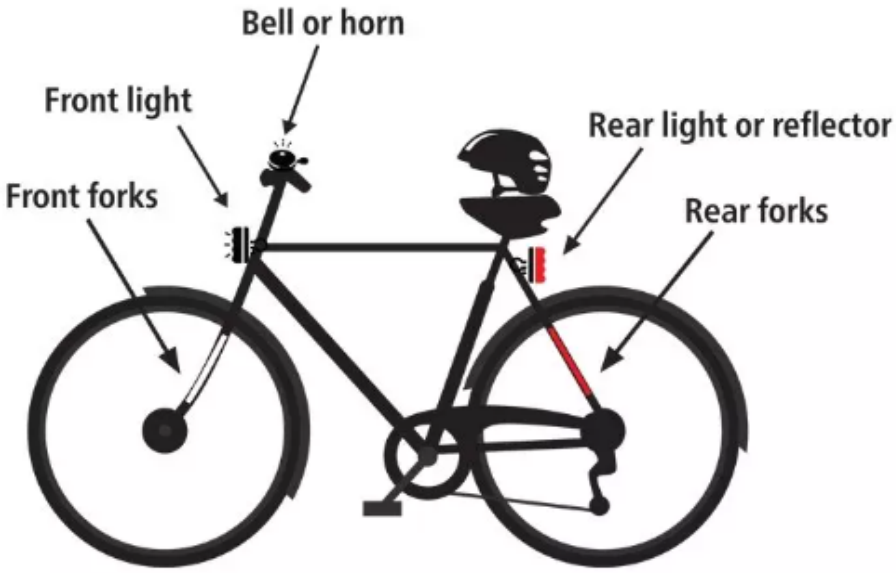
CYCLING SAFETY FACTSHEET

Be Seen — Be Heard — Be Safe

Did you know?

Ontario law requires that you equip your bike with:

- White reflective tape on the front forks and red reflective tape on the rear forks
- A white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise
- A bell or horn that works



Every cyclist under 18 years of age must wear an approved bicycle helmet