

Walk, make friends and get to know your neighbourhood

Iways ensure vehicles stop, make eye contact with the driver before crossing the road

 eave your phone alone, you need to see and listen to your surroundings

ick off your day with physical activity to help improve your memory and attention in class!

eflective accessories help you be seen on dark days, wear them on your pack and clothes

bey the law, wear a helmet when you ride your bike — it protects your brain

et pedestrians know you are coming, ring your **bell** or **yell** before you roll by

ike how you feel, outdoor activity helps your mind and body feel strong!

#### **Best routes to school**

Your map has all your options:

- Take the closest Best Route with friends and family.
- Taking the bus also creates opportunities to walk or roll!
- Get to know your community and how to navigate it year-round.

#### Drive to 5+

- If walking or rolling from home isn't an option for you, drive partway, park safely and walk
   5-10 mins.
- From a safe parking location, students walk or roll the rest of the way to school with friends and family!
- Drivers avoid time caught up in traffic at the school drop-off zone; you help keep students safe.



View your Best Routes map for:

**Blott Street at Kinsmen West Park** 

# CARE FOR YOU. CARE FOR OUR FARTH.



## **Active health and safety**

Walking and rolling to and from school safely is a great way to build physical activity into your daily routine. Regular physical activity supports your health and well-being, and can improve academic performance.

More information can be found here:

- FraserHealth.ca Physical Activity for Children
- ICBC.com Teach Road Safety
- BCCC.BC.ca Bike Sense, The How to Guide
- CSEPGuidelines.ca Children and Youth 24 hour movement guidelines
- GoByBikeBC.ca Learn2Ride Online (free)

Your daily bike maintenance **ABC**'s:

Air Brakes Chain

What you need to ride:

◆ Lights◆ Bell◆ Helmet

### **Support our earth**

Walking and rolling are forms of active travel that can help reduce household vehicle emissions.



Traffic-related air pollution and its impacts on both health and climate change can be reduced when we walk and roll.



# Best Routes to School



Best Routes to School are developed based on information received from the school community and municipality. They are chosen to use the safest road crossing points and to enable more people to walk and actively travel in their school neighbourhood.



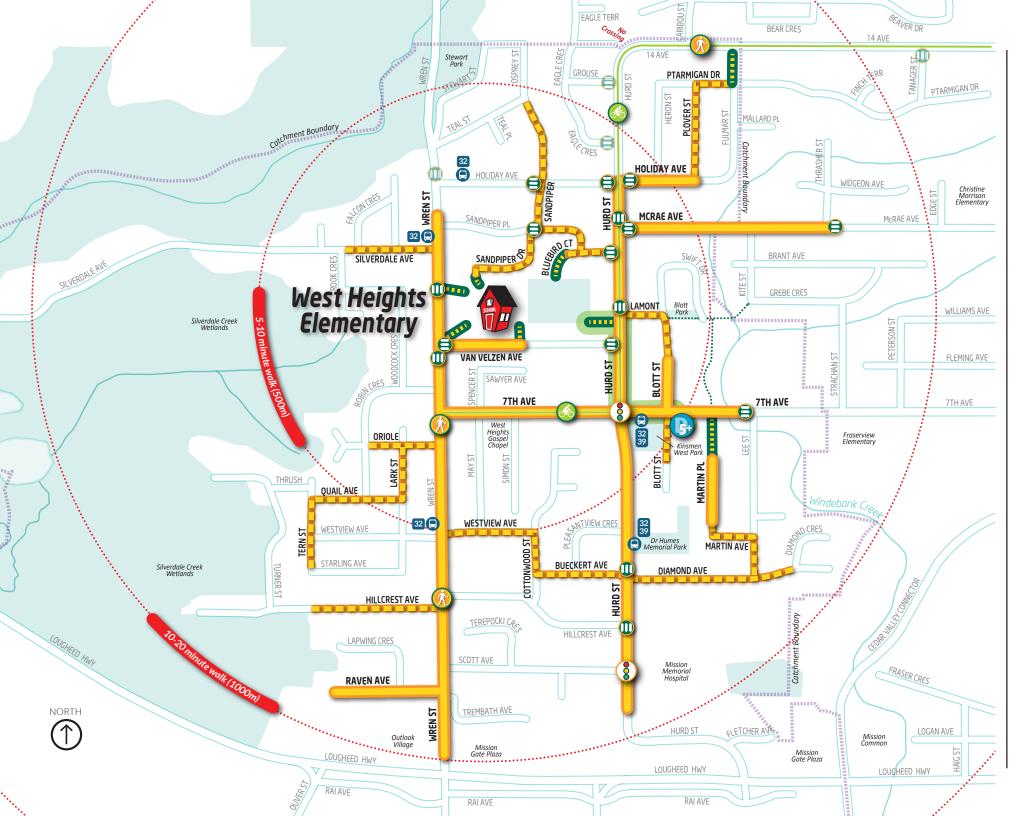














## **Best Routes**

Best Walking Route (sidewalk at least one side of road)



Best Connecting Route (no sidewalk)



Best Trail Route



School



Suggested Meeting Point for Walking/Cycling Groups



'Drive to 5+'
(5 minutes or more walk to school)



Suggested Group Walk Route



Traffic Signal



Special Crosswalk -push button activated flashing beacon



Marked Crosswalk



Bike Wav





Transit (closest to school)

Scale				Ju	ıly 2024
0	100	200	300	400	500

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