

Remember when crossing

- STOP
- LOOK
- LISTEN
- THINK



# ActiveMaps

## Active kids are happy kids!

We support riding and walking to school as one of the easiest ways for kids to achieve their required minimum 60 minutes of physical activity per day.

Active kids are happier, more socially connected and arrive at school ready to learn.

With input from the Willoughby Public School students, we designed this map to identify the best routes for you to be able to walk, ride, scoot or skate to school. Students also told us how much they enjoy the trees, flowers, and neighbourhood dogs they see on their way to school. The journey to school is a great opportunity to get active and see Willoughby.

Draw a cross approximately where your home is so you can work out the best way to walk or ride to school. If you can't ride or walk the whole way, part way is OK!

## Be alert on paths

When riding and walking remember to look for:

- Other path users
- Dogs or other animals
- Driveways, laneways or other crossing
- Path obstacles, such as pot-holes, change of surface, sharp or blind corners

## Riding on paths

- Keep to the left of the path
- Let others know you are approaching by ringing your bell or calling out
- Don't ride too fast or maneuver unexpectedly
- Give way to pedestrians

- Obey signs
- Ride side-by-side only when the path is wide enough to give way to oncoming bikes and pedestrians

## When passing driveways

- Children need to learn to be aware of reversing cars
- Remind them to watch out at each driveway and stop out of the way of reversing cars
- Children's peripheral vision is not fully developed until around the age of 10, so it's important to encourage them to turn their head to look at driveways



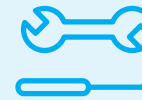
### 1. Helmet

Does your child's helmet move around when you wiggle it on their head? Can they salute two fingers between their eyebrow and helmet? Adjust to a snug fit.



### 2. Firm tyres

Fully inflated tyres make riding easier and they are more resistant to punctures. Check for the correct tyre pressure on the side of the tyre.



### 3. Check the brakes

It is important that your child is able to stop quickly. Check that the bike brakes are working before you set off.



### 4. Check for loose bits & bolts

Have a quick scan for any loose bolts or bits on your child's bike before setting off. This includes bells, racks, bolts or any other attachments.



### 5. Wiggle the saddle

Your child's saddle is the right height when they can sit and place the balls of their feet on the ground with straight legs. Adjust their saddle and tighten so it can't move about while they are riding.



### 6. Be heard with a bell

All bikes need to have bells. Also teach your child to use their voice to alert others.



### 7. Be warm and comfortable

The weather can be a deterrent, but with just a small bit of planning and layered, comfortable clothing, it doesn't have to be!

