



Walk and Wheel Wednesdays



Gain skills and autonomy, have fun, get active, build community, meet friends, and have great day at school

BIKE BUS – JOIN THE FUN ALONG THE ROUTE

<https://strava.app.link/12hM6jnniOb>

A Bike Bus is an organized group of children riding bikes to school together along a set route led by trained parent volunteers and high school and middle school leadership students. A trained adult or high school student will be at the front and back of the bus.

To School:

Parents, high school and middle school students to accompany:

7:50am Lililana Park, depart at
7:55am

Marina Blvd to Frances Blvd,
Kalmar/Glenalan to Christopher Rd,
Albatross Cres, Birch St, 4th Ave,
Cedar St, Leishman Rd, 7th Ave, Ridge
Rd, 4th Ave

From School:

Depart from the following locations
EDM (2:40), Cedar (2:50 – dependent
on volunteers), Phoenix (2:55),
Pinecrest (3:15pm)

After School PLAY Club @ Pinecrest
2:15-3:15pm, supervision and snacks
included (Thanks to BC Alliance for
Healthy Living Society)

Register Here:

<https://forms.gle/aP4krLbrmJV1dCWw9>

What you need:

- Bright, weather appropriate clothing
- Closed toed shoes, helmet, lock
- Functioning bike with front and rear light and bike lock

Ages 6-10

Must be accompanied by an adult

Ages 10-17

Go to Streetwise Cycling on the HUB Cycling website and get your active commuting bike license. Email your certificate to

playcampbellriver@gmail.com

Join the Lililana to Carihi 2025 Team in the SD72 Walk and Wheel Wednesday League on Teamlinkt join code ZWFU-YQBW

Want to start a Biking or Walking School Bus in your neighbourhood?

Interested in volunteering on bike or foot? Criminal Record Check Required.

**CALL OR TEXT 250-203-
7832**

**EMAIL
PLAYCAMPBELLRIVER@GMAIL.COM**



Frequently Asked Questions

What Is a Bike Bus?

A Bike Bus is an organized group of children and families riding bikes to school together along a set route. Walk and Wheel Wednesdays will include a leader to bike with the children to and from school one day a week. Students and parents join in at the back of the bus along the route. There is always a leader at the front and a sweeper at the end the group, and ideally parent/adult/middle-high school volunteers for every 5-6 students.

What will volunteers need to do?

Volunteers will help out by riding in the back or the middle of the group. Depending on the route, volunteers might be needed to help with crossing some intersections. Training for volunteers will be provided and perhaps a small honorarium at the end of the school year.

Is there a cost to the program?

There isn't a cost to the program, but our capacity is limited, so we are starting with Pinecrest, Carihi, Phoenix, Cedar, and EDM can only offer the Bike Bus Program in a few select schools. However, bike buses are generally not complicated to organize by parents or parent advisory councils, and we can offer advice and some initial support to help you start your own bike bus.

Will bikes be provided?

Bikes will not be provided. Students need to have their own bikes in good working order and helmets to participate (we recommend having a bike lock as well). Check out the Eagles Bike Recovery program for used bikes.

What are the benefits of having a Bike Bus?

Bike Buses have many benefits! Here are some of them:

- Riding bikes to school improves the **health and well-being** of the children, as well as **engagement with the school community**
- The Bike Bus helps to create **better community connections**
- The Bike Bus helps to **reduce car traffic, noise, Greenhouse Gases and air pollution** around schools
- By riding in a group the children are **more visible** and it **increases road safety and awareness**
- The Bike Bus is a form of action to **address climate change**

School Hours Sandowne & Pinecrest 8:30am-2:15pm

Cedar 8:45am-2:30pm

EDM 8:40am-2:30pm

Phoenix 8:50am-2:50pm

Carihi 8:45am-2:45pm

Want to start a Biking or Walking School Bus in your neighbourhood?

Interested in volunteering on bike or foot? Criminal Record Check Required.

**CALL OR TEXT 250-203-
7832**

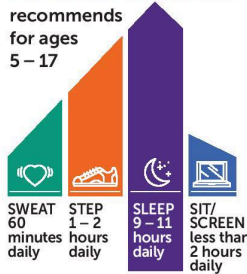
**EMAIL
PLAYCAMPBELLRIVER@GMAIL.COM**



ACTIVE KIDS ARE HEALTHY KIDS

Choose active travel to and from school.

THE CANADIAN 24 HOUR MOVEMENT GUIDELINES
recommends
for ages
5 – 17



Find out more: csepguidelines.ca

Introduce active travel into your routine.
Even one day per week can help.

DRIVE TO 5

Try parking just a few blocks away (5 minutes) and walk with your kids. You'll free up space in the school zone, get some fresh air, and have a chance to hear about your child's day.

WALK, BIKE, AND ROLL

Get your kids to walk, bike, skateboard, or take public transit to and from school. They'll get some fresh air, exercise, and a feeling of independence.

Team up with friends to make an impact!

WALKING SCHOOL BUS

Organize your own Walking School Bus program which allows children to walk to school together in a small group from a common starting point.

CROSS SMART

Always cross at designated crosswalks and follow pedestrian signs and traffic signals.

Watch for drivers turning left or right through the crosswalk.

AIR QUALITY

Reduced Vehicle Emissions
Improved Air Quality
Lower Risk of Lung & Cardiovascular Diseases

✓ BIG BENEFITS

HEALTH

Good for Heart & Bones
Increased Alertness & Attention
Improved School Performance
Better Sleep
Less Anxiety & Depression

COMMUNITY

Fostered Friendships
Increased Sense of Belonging
Better Understanding of the Local Area

SAFETY

Reduced Traffic Volume Around Schools
Lower Risk of Collision & Injury

Proud Partners



active school travel

Want to start a Biking or Walking School Bus in your neighbourhood?
Interested in volunteering on bike or foot? Criminal Record Check Required.

CALL OR TEXT 250-203-7832

**EMAIL
PLAYCAMPBELLRIVER@GMAIL.COM**