

THE ROUTE TO SCHOOL SHOULD ALWAYS START WITH SAFETY

Island Health recognizes the importance of daily physical activity. Are your children getting 60 minutes of physical activity a day?

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine - for the good of our physical and mental health and our communities."

~ Dr. Murray Fyfe, Medical Health Officer, Island Health

Active travel to school has many benefits including the development of physical literacy. It's a great way for family and friends to connect meaningfully during travel time, and to form new habits of becoming active and spending more time outdoors. It's also a great time to teach your children an important skill that we often take for granted... **road sense**. Remember to teach age-appropriate rules of the road.

Here are a few tips to make sure the commute to school is safe:

- ◆ **Look.** Ask your children to make eye contact with drivers before crossing the street, and reinforce the importance of looking in both directions before crossing the street.
- ◆ **Listen.** Put away electronics, and remind your children to be alert, especially when crossing streets.
- ◆ **Be seen.** Wear bright clothes and reflective gear, especially at night and in poor weather.

Parents can map-out safe routes to school. Contact your children's school, as there may already be a list or map of popular routes. For parents who are concerned about their children walking alone, connect with neighbours or classmates – there is always safety in numbers.

Less children being driven to school = less traffic and safer roads. It's a WIN WIN.

For more ideas and information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Bicycle Safety](#) (CAA)
- ◆ [Road safety for your kids](#) (ICBC)
- ◆ [Active School Travel Planning](#) (CRD)