

# Wheeling to and from school



**Ride your bike, scooter or skateboard to school. Riding with children can help boost their confidence, teach them about road rules and educate them on different traffic situations. It costs less than driving, and it can be faster.**

## Ride a bike

### Riding Rulz bike skills

The Active School Travel (AST) program includes the NEW Riding Rulz bike skills program for Year 5 and 6 students. The program aims to encourage students to ride to school and to have the skills, confidence and experience to ride safely. Held on school grounds, the training provides children with invaluable riding skills and lays the foundation for independent travel choices.

### Police Citizen Youth Club (PCYC) bike skills

The AST program includes bike skills training for Year 4 students at Ashmore PCYC. Year 4 students benefit from an excursion to learn basic bike skills and important road safety information.

### 'Bling Your Bike' day

As part of the AST program's calendar of events, bike riders can join in fun events like group rides and 'Bling Your Bike' day.



## Ride a scooter or a skateboard

Riding a scooter or a skateboard makes the school run fun! For parents, it's easy to walk or ride alongside a child on a scooter or skateboard. Plus, they're easy to carry home if they can't be stored at school. Scooting or skating are great ways to actively travel to school and incorporate physical activity in children's everyday lives.

### Safety tips

- Wear a helmet and make sure it's done up.
- Check your brakes before you leave.
- Keep your speed down.
- Watch for cars coming in and out of driveways.
- Have a bell on your bike and use it when coming up behind people.
- Put headphones and mobile phones away so you can see and hear.
- It's legal to ride on the footpath in Queensland – but make sure you always keep left and give way to pedestrians.
- Ride in a group with your friends – it's fun!

