

# Active School Travel modes of transport



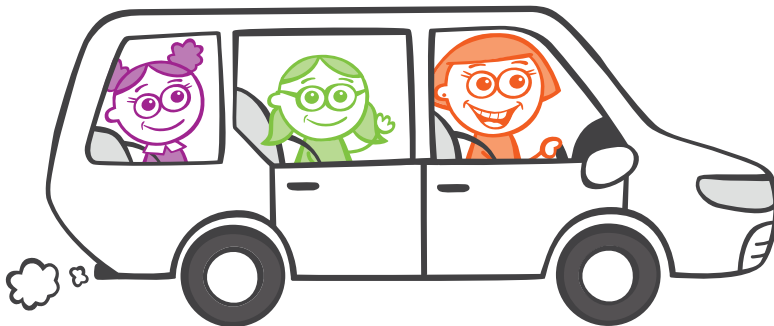
## There are many ways to active school travel.

When children engage in the four main modes of active travel at an early age and then continue to reinforce the skills they learn throughout their schooling, it has a major effect on their attitudes and behaviours for the rest of their lives.

Parents and carers play a critical role in influencing children's positive road behaviour when engaging in active school travel.

The following modes count as active school travel:

- Walking** Leave the car at home and walk to school. If you live too far away, drive part of the way and walk the rest. We call that 'park and stride'.
- Wheeling** Riding a bike with your children helps them get to school quickly, be active and develop lifelong riding skills.
- It's fun and fast to scooter or skateboard to school. Just like when riding a bike, stick to the footpath and wear a helmet.
- Carpooling** If you have to drive, try carpooling with another family to help reduce the number of cars at the school gate.
- Catching public transport** Travelling on public transport can give older children a sense of independence and free parents from daily school trips.



For more information on the Active School Travel program, please visit [cityofgoldcoast.com.au/activeschooltravel](http://cityofgoldcoast.com.au/activeschooltravel)

