

SUPER Road Cycle Safety

Signs: Use your hand-signals when turning, slowing down or stopping. Follow all posted signs and obey the traffic laws.

Urban Awareness: See and be seen! Be aware of your surroundings and always leave one door length of space when riding next to parked cars. Wear light or bright coloured clothing, and use your lights and reflectors in low-light and at night.

Protection: It's the law to wear your helmet when riding – plus it protects your brain!

Eye Contact: It's key! Make eye contact with other road users such as drivers and cyclists, especially when crossing intersections.

Right hand side: Ride single file and as far to the right hand side of the road as practical.

Use Your Street SMARTS

Sidewalks: Walk on the sidewalk, if possible. Stay on the inside edge, and stand back from the curb when waiting to cross the street. No sidewalk? Walk facing traffic so you can see approaching vehicles.

Music: If you are listening to music, remove an ear piece before crossing the street or walking in less populated areas.

Attention: Look out for moving vehicles at driveways, back lanes, and in parking lots.

Road Crossing: Always cross at an intersection or crosswalk if available. Make eye contact with the drivers to make sure you are seen. Be bold, extend your arm to indicate you want to cross!

Team-Up: It is safer and fun to walk to school with other family members or friends.

Stranger-aware: On no account ever go with a stranger. Practice and remember a special family password that only a trusted adult knows. With your family, identify safe places to go for help.

Best Routes to School are developed based on information we've received from parents, your school community and the City's transportation department. They are chosen to use the safest crossing points and to enable more people walk and cycle together.



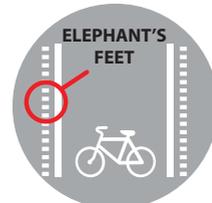
LOOKTHINKGO

share the journey

BIKE ROAD MARKINGS AND SIGNAGE



Shared Pathway Symbol Off-road paths such as greenways with the **Shared Pathway** symbol are shared by pedestrians and cyclists. When cycling, yield to people walking.



Elephant's Feet, dots that are parallel to the crosswalk markings, tell cyclists they do not need to dismount (as they would on a regular crosswalk). Cyclists should slow down and only cross when it is safe.



A painted **Bike Box** at an intersection is where cyclists wait ahead of traffic. Motorists stop behind the box and cannot make a right turn on red if there are cyclists in the box.



Sharrows are used where cyclists share the lane with motorists, either in single file or side-by-side. They guide cyclists to the safest place on the street to ride and inform drivers to share the lane with cyclists.



A painted **Buffer** along a bike lane increases the gap between vehicles and cyclists. Cars should not travel in or park in a painted buffer.

Why Walk or Bike to School?



BENEFITS FOR STUDENTS

BEING ACTIVE BUILDS HEALTHY BONES AND MINDS. Walking or biking to school is not only a great way to be healthy and keep moving but has also shown to increase alertness and grades at school.



FAMILY AND FRIEND TIME

TIME SPENT WALKING TOGETHER allows families and friends to connect without stressful distractions. It is a time to unwind, play or share stories about each other's day.



COMMUNITY LIVABILITY

KNOW YOUR COMMUNITY. Walking and cycling is a great way to meet your neighbours. People feel safer when they know other people in their community.



CARE FOR OUR EARTH

VEHICLE EMISSIONS ARE THE LARGEST CAUSE OF POOR AIR QUALITY IN BC and are individual Canadians' greatest source of green house gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change.

To find out more about safe, active trips to school visit



HASTE: hastebc.org

National: saferoutestoschool.ca

TravelSmart: TravelSmart.ca

City of North Vancouver: www.cnv.org



Best Routes to School



and Wheel

École Larson Elementary School

DRIVE TO FIVE — MINUTES OR MORE WALK TO SCHOOL

 LOOK FOR THIS LOCATION ON YOUR BEST ROUTES TO SCHOOL MAP

Too far to walk and cycle? Help relieve traffic congestion around your school and park legally at least five minutes away from the school entrance.

RIDE TRANSIT

 LOOK FOR BUS STOPS CLOSE TO SCHOOL ON YOUR BEST ROUTES TO SCHOOL MAP

Transit can be fun! Families can take the route together a few times before it becomes a solo trip. Remember the bus driver is your friend, sit close to them and they can help.

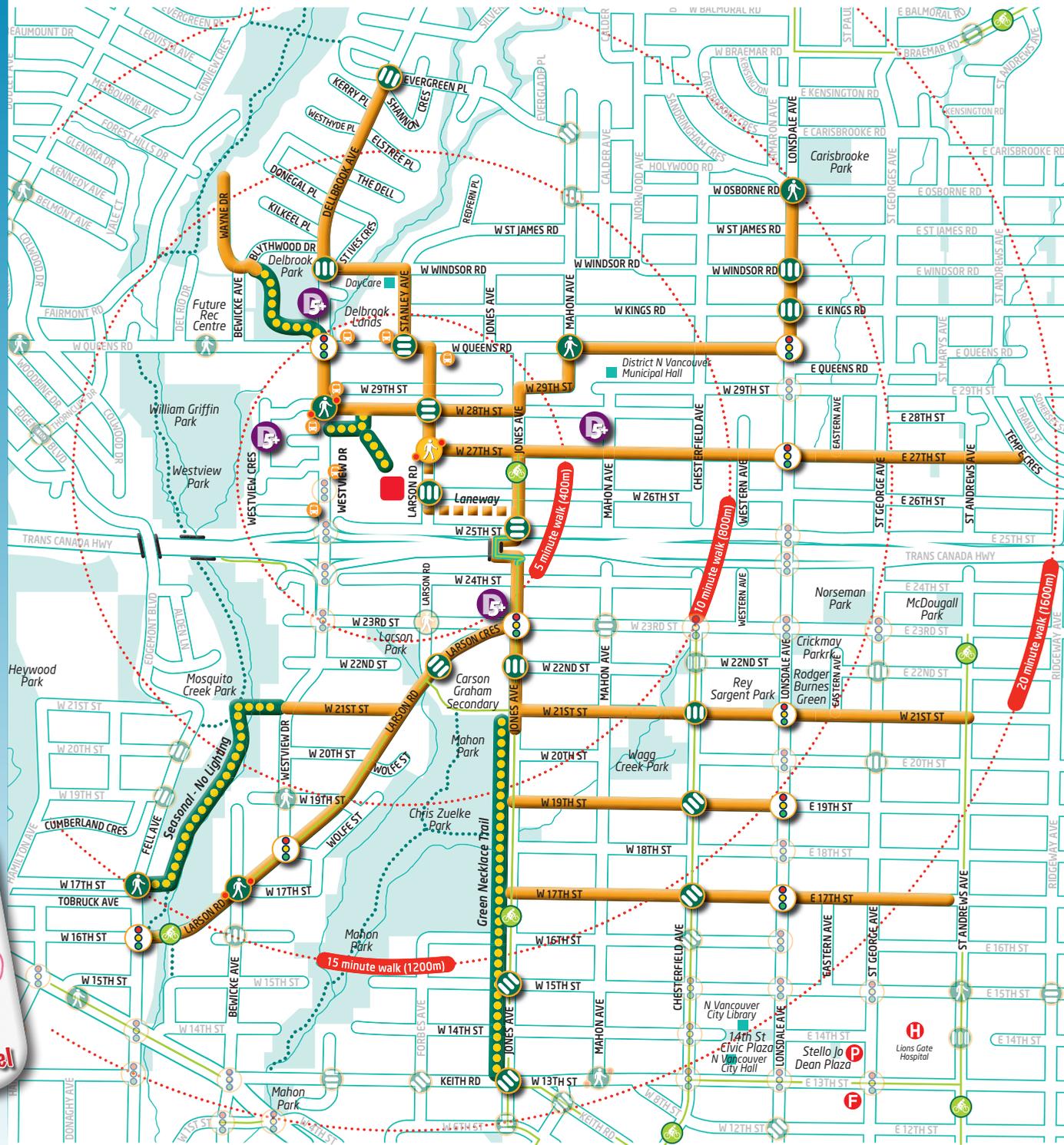
For transit to school, work or play visit TransLink at translink.ca or call 604-953-3333.

BIKING EVERYDAY

Let's bike, rain or shine!

School cycling education and improved bike infrastructure are helping make biking possible everyday. Follow the Super Road Cycle Safety rules, and use North Vancouver Bike Ways if they are on your route to school.

Skip the traffic and enjoy a little extra active time outside.



May 2016



École Élémentaire Larson Elementary School

Best Routes

-  École Larson School
-  Best Routes
-  Best Routes Connector
-  Best Route (Walkway/Trail)
-  Park & Walk
*'Drive to 5' (5 - 10 minutes)
For families out of catchment*
-  Adult Crossing Guard
-  School Crossing Guard
-  Traffic Signal
-  Pedestrian Signal
-  Special Crosswalk
- push button activated flashing beacon
-  Marked Crosswalk
-  City Bike Way
-  Walkway / Trail
-  Bus Stop (closest to school)
-  Firehall
-  Police

This map is provided as a public resource for general information purposes only. The information shown on this map is compiled from various sources and HASTE makes no warranties, expressed or implied as to the accuracy or completeness of the information.

SCALE
0 100 200 300 400 500m

NORTH