

Why Walk or Bike to School?

Health

The Public Health Agency of Canada recommends children and youth aged 5-17 get at least one hour of physical activity a day. Walking, rolling, or cycling to school can help students become more active and create good habits for an active lifestyle.

Friends, Family and Community

Active travel promotes social connections with friends, family, and neighbours and creates safer communities.

Academic Performance

Students that walk or roll to school arrive more alert, have better concentration in class, and are happier. Active transportation has also been shown to increase grades at school.

Environment

Across Metro Vancouver, approximately 40% of emissions come from on-road transportation. Every active trip reduces traffic, emissions, and pollution.

Lifelong Skills

Walking, rolling, and cycling is fun for students, helps promote positive perspectives towards physical activity, and teaches the importance of individual health.

Independence

Active travel builds confidence and promotes independence. Travelling actively helps foster independence and encourages students to explore the City.

Worried about getting wet in the rain?



Wearing boots, rain jackets, and layers, and taking an umbrella along for the trip, will keep students warm on their way to school. Store an extra pair of shoes at the school and the students will have warm, dry feet all day long!

Safe School Travel Tips

- Always cross at a marked crosswalk. If a marked crosswalk is not available, cross the street at an intersection.
- Look both ways and make eye contact with drivers. Make sure all vehicles have stopped before crossing the street.



Driving Tips for Parents

- When driving to school, stay safe and focused! Avoid distractions and don't use hand-held electronic devices.
- Drive cautiously and be respectful of others. Check for and yield to people walking and cycling at crosswalks, traffic circles, driveways, and lanes. Maintain a safe distance when passing (minimum 1 meter) or driving behind a person cycling.
- Obey the speed limit and the law, as well as all markings and signage. Always shoulder check and signal before turning, changing lanes, or parking.
- Be aware of parking and stopping restrictions. These restrictions are in place for everyone's safety. After parking look for cyclists before opening your car door.
- Consider using the "Drive-to-5" alternate pick up/drop off locations shown on the reverse side of this brochure!

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

City of North Vancouver: www.cnv.org/SASTP

Look Think Go: www.cnv.org/LookThinkGo

North Shore Bike Map: www.cnv.org/cycling

TravelSmart: TravelSmart.ca

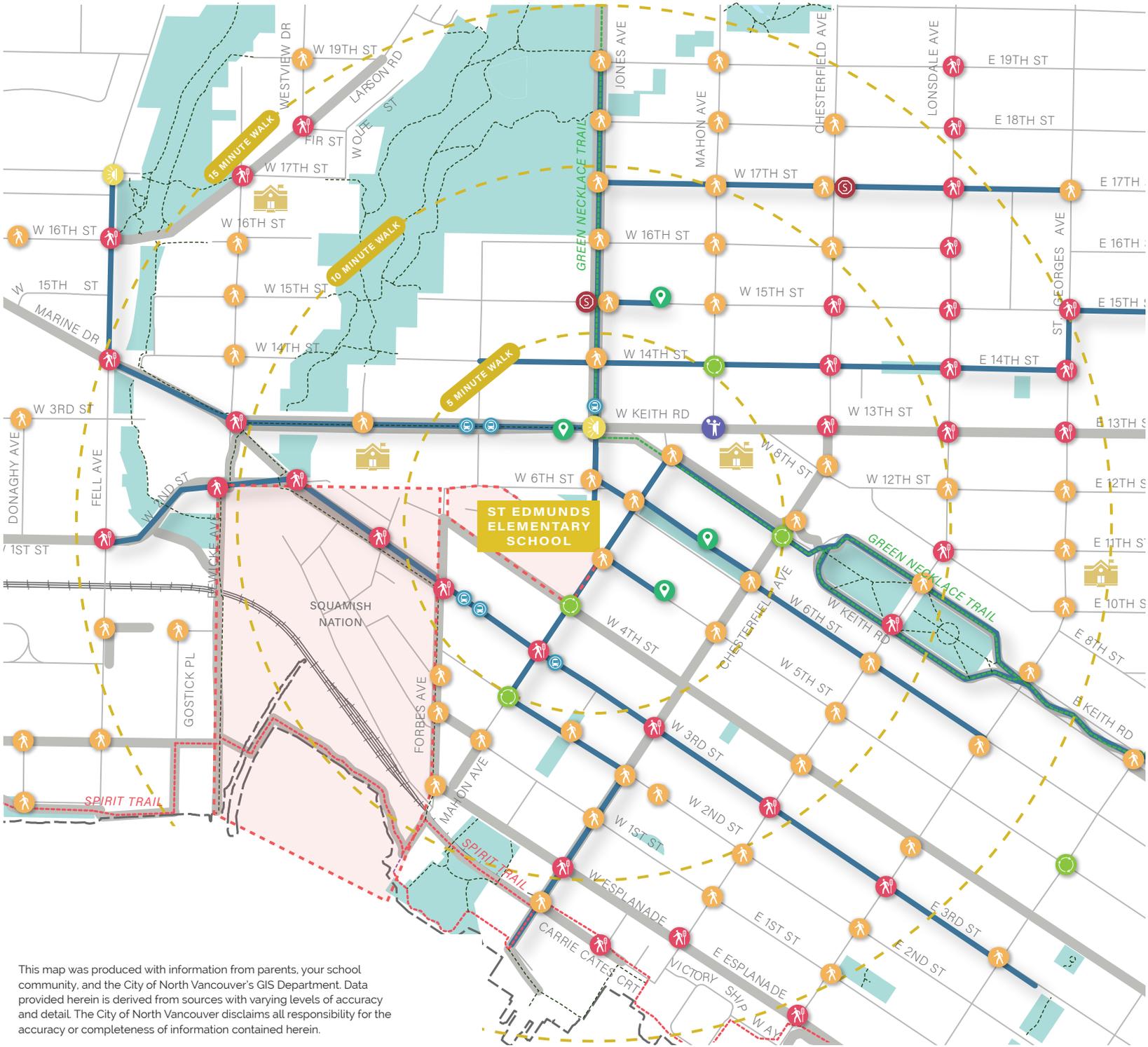


Safe and Active Routes to School

St Edmund's Elementary School

School Travel Vision Statement: T-Birds arrive to school from far and wide through safe and active modes, looking out for each other to make their community strong!





Best Routes Map

- Best Walking Route
- Bike Route
- Green Necklace (Off-Street Pathway)
- Spirit Trail (Off-Street Pathway)
- Other Trails and Pathways
- Drive-To-5 Location
- Signalized Intersection
- Beacon
- Crosswalk
- 4-Way Stop
- Traffic Circle
- Transit Stop
- School
- Parks

Drive-to-5
 Look for this icon on the map. While walking, rolling, and riding is preferred, sometimes a ride from a family member or friend is necessary. To help relieve traffic congestion around your school ask to be dropped off at these alternate locations and walk the rest of the way.

Traffic Circles
 Car or bikes should yield to the right and stop for people walking.

This map was produced with information from parents, your school community, and the City of North Vancouver's GIS Department. Data provided herein is derived from sources with varying levels of accuracy and detail. The City of North Vancouver disclaims all responsibility for the accuracy or completeness of information contained herein.