

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.

Transit

Sutherland is directly serviced by transit along routes 228 and 255. Additional routes are shown on this map.

Compass cards can be purchased at compasscard.ca, by phone, and at retail locations. Visit translink.ca, text 33333, or call 604-953-3333 for schedule information. If you have ideas to improve service, please share them at feedback.translink.ca

Safe School Travel Tips

Walking, Boarding and Cycling

Be cautious

- Make eye contact when crossing paths with another user and never assume they have seen you
- Be extra cautious at intersections and look both ways for traffic before you cross
- Alert other roadway or greenway users by ringing a bell before passing, saying 'hello' and slowing down, and using a light during darker hours
- On multi-use paths, follow pavement markings
- Use caution around parked cars and ride where other road users can see you



Be courteous

- On multi-use paths, follow pavement markings and walk on the right side
- Watch for, and yield to, pedestrians and dogs on greenways and shared crosswalks



Be safe and focused

- Stay off hand-held devices
- Ensure you can hear other road and greenway users



Be predictable and visible

- Dress to be seen



Worried about getting wet in the rain?

Wearing boots, rain jackets, and layers and taking an umbrella will keep you warm and make your trip to school more enjoyable all year around. Store an extra pair of shoes in your locker and you'll have warm, dry feet all day long.



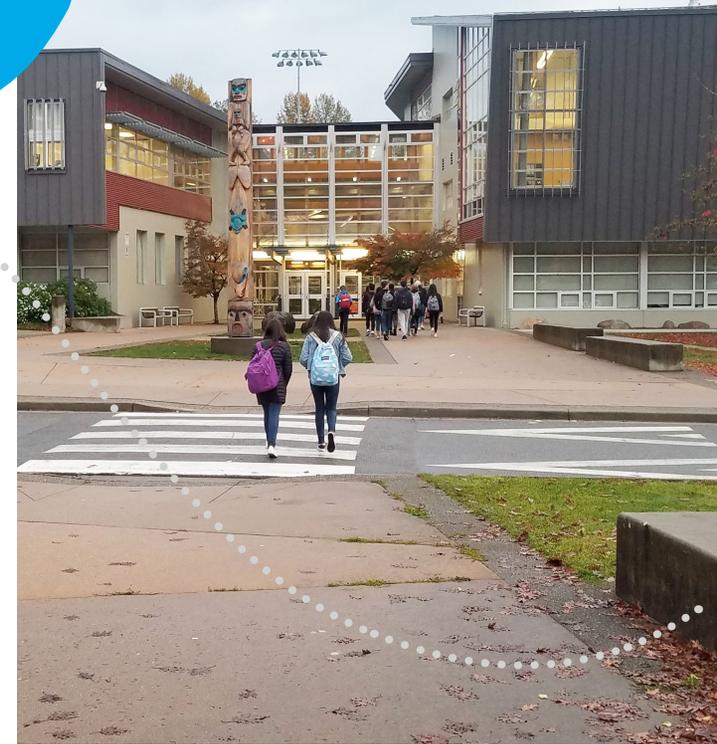
To find out more about safe, active trips to school, visit:

City of North Vancouver: cnv.org/SASTP

Look Think Go: cnv.org/LookThinkGo

North Shore Bike Map: cnv.org/cycling

TravelSmart: TravelSmart.ca



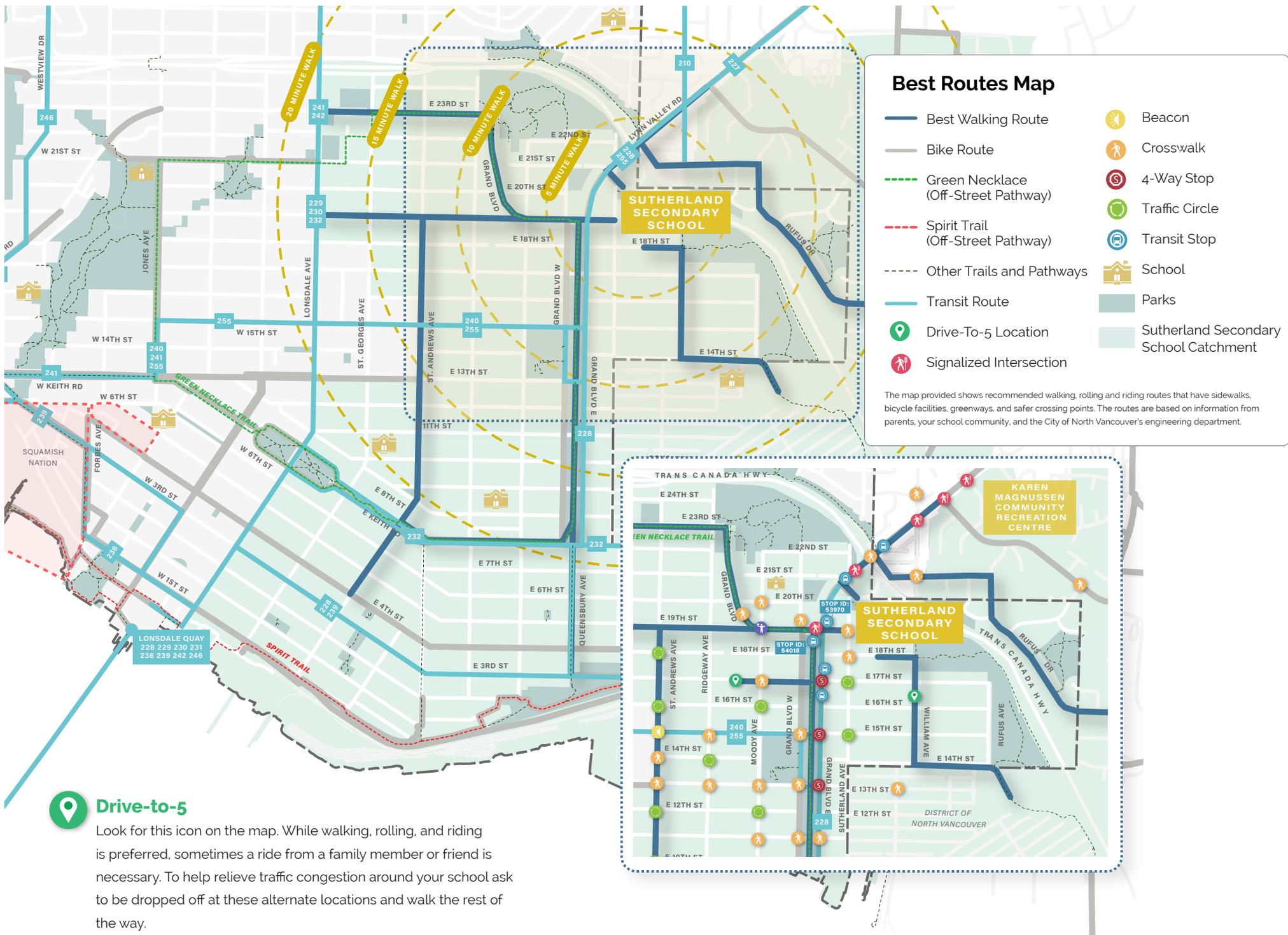
Safe and Active Routes to School

Sutherland Secondary School

School Travel Vision Statement: Sutherland Secondary's transportation systems will have more and better options.

These transportation options will be convenient, safe, social, sustainable, and integrated.





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.

