



## Nanaimo Ladysmith Public Schools Encourages Students to Walk or Roll to and from School



There are many reasons to walk or bike to school, and plenty of resources to help make your trip fun, easy and safe!

The Active & Safe Routes to School (ASRTS) program aims to encourage and support students and families to travel actively and safely to and from school. Many parents and children already enjoy walking or cycling to and from school. We hope you will choose to join them!

### Resources to plan active trips to and from school

#### Best Routes to School Map

Available soon! This map highlights the best walking and cycling routes to and from school based on comfort, safety and accessibility.

## Biking

Biking to school? The City of Nanaimo's [Bike Map](https://www.nanaimo.ca/docs/transportation-and-mobility/cycling/nanaimocyclingmap2015.pdf) (<https://www.nanaimo.ca/docs/transportation-and-mobility/cycling/nanaimocyclingmap2015.pdf>) shows common bike routes perfect for planning your ride to school. View it online, print it out, or pick one up at your local community centre or bike shop to keep yourself riding.



Biking is a great way to get around quickly and easily while building your child's confidence and physical literacy.

Check out these resources for biking to and from school:

- ["How to Bike to School Safely" Video](https://vimeo.com/166741641) (<https://vimeo.com/166741641>)
- [City of Nanaimo Cycling Resources](https://www.nanaimo.ca/transportation-mobility/cycling) (<https://www.nanaimo.ca/transportation-mobility/cycling>)

## Walking

Walking is a great way to get exercise while traveling to and from school, and familiarizes your child with their local neighbourhood.



Check out these resources for walking to and from school:

- [A Walking School Bus Story](http://greenactioncentre.ca/healthy-travel/building-community-a-walking-school-bus-story) (<http://greenactioncentre.ca/healthy-travel/building-community-a-walking-school-bus-story>)
- [Teach Your Child to be a Safe Pedestrian](http://www.icbc.com/road-safety/teaching/Documents/teach-your-child-to-be-a-safe-pedestrian.pdf) (<http://www.icbc.com/road-safety/teaching/Documents/teach-your-child-to-be-a-safe-pedestrian.pdf>)
- Study: [Why Walking to School is Better Than Driving](https://www.utoronto.ca/news/why-walking-school-better-driving-your-kids) (<https://www.utoronto.ca/news/why-walking-school-better-driving-your-kids>)

## Plan Your Trip by Transit

Public transit can be part of an active trip to school. A recent study by the University of British Columbia found that transit users are three times more likely to meet recommended Canadian fitness guidelines.



Visit the [BC Transit Trip Planner](https://bctransit.com/nanaimo/home) (https://bctransit.com/nanaimo/home ) to plan your best transit route to and from school. You can also [download route maps](https://bctransit.com/nanaimo/schedules-and-maps) (https://bctransit.com/nanaimo/schedules-and-maps) and [view transit alerts](https://bctransit.com/nanaimo/schedules-and-maps/alerts) (https://bctransit.com/nanaimo/schedules-and-maps/alerts) to help make your commute as smooth as possible.

Check out these resources for using public transit:

- [Public transit safety for kids](http://www.canadianliving.com/life-and-relationships/community-and-current-events/article/teach-kids-to-use-public-transit) (http://www.canadianliving.com/life-and-relationships/community-and-current-events/article/teach-kids-to-use-public-transit)
- Regional District of Nanaimo [Transit Rider Info](https://bctransit.com/nanaimo/riderinfo) (https://bctransit.com/nanaimo/riderinfo)
- [BC Transit Fares](https://bctransit.com/nanaimo/fares/family-travel) (https://bctransit.com/nanaimo/fares/family-travel)
- [Why public transit is good for kids](http://grist.org/article/2010-11-01-why-public-transportation-is-good-for-kids) (http://grist.org/article/2010-11-01-why-public-transportation-is-good-for-kids)



## **Carpooling and Drive-to-Five**

If there is no way around it, and driving is a part of your commute to school, carpooling is a positive way to reduce emissions while sharing the task of driving and making connections in the community.

**Drive-to-Five** is an excellent option for students who must make part of their commute in a vehicle. Locate your school's Drive-to-Five locations (link to Best Routes to School map): these are drop-off points that are about a five-minute walk away from the school.

The Drive-to-Five method is a great way to be part of the solution to decreasing traffic congestion around the school (increasing school ground safety), and provides children with a chance to be active before school, better preparing them for learning in class.



## **Traffic Safety in the School Zone**

The school zone is a high-volume area where student safety is very important. All commuters, whether drivers, cyclists or pedestrians, must be aware and follow the rules in order to keep the school zone safe.



## ICBC TIPS FOR SAFE WALKING:



### **LOOK!**

Always look left-right-left and shoulder check before crossing.

### **LISTEN!**

Remove your headphones so you can hear approaching traffic.

### **BE SEEN!**

Wear reflective materials or bright clothes and use lights after dark.

Check out these resources on carpooling, Drive-to-Five, and school zone safety:

- [School Zone Safety Tips](https://www.bcaa.com/road-safety/school-safety/overview/safety-tips) (https://www.bcaa.com/road-safety/school-safety/overview/safety-tips)
- [2016 ParticipACTION Report Card on Physical Activity for Children and Youth](https://www.participaction.com/en-ca/thought-leadership/report-card/2016) (https://www.participaction.com/en-ca/thought-leadership/report-card/2016)

### **Your School's Travel Plan**

Coming soon!

Your School Travel Plan is the document that outlines all of the efforts that have gone into improving infrastructure and encouraging students and families to plan active trips to school.

This document is a culmination of School Travel Planning efforts that began in January 2018.

### **Interested in more?**

Contact Lise Richard, School Travel Planning facilitator for the City of Nanaimo:

[lise@hastebc.org](mailto:lise@hastebc.org)