

PLAN YOUR ROUTE TO SCHOOL

Appendix A: Map & Activity – Lake Hill Elementary



APPENDIX A – PLAN YOUR ROUTE TO SCHOOL

Families who **plan**, **prepare**, and **practice** walking and wheeling to school help support children of all ages and abilities to learn safe and smart street-skills while gaining confidence, independence, and daily physical activity. Children will discover how easy, fun and sustainable any trip can be when you plan, prepare and practice using active travel.

Plan

- ✓ Plan the route to school with your child
- ✓ Identify landmarks, road names, and potential hazards
- ✓ Help your child dress for the weather
- ✓ Ensure all equipment is safe and suitable for your child

Prepare

- ✓ Set a good example when walking and wheeling
- ✓ Practice walking and wheeling with your child on weekends
- ✓ Teach road rules using the “CRD Handbook for Cyclists”
- ✓ Encourage independence – allow your child to help make decisions along the way

Practice

- ✓ Quiz your child on road rules and street signs
- ✓ Keep things fun with games like “Red light, Green light” and “I Spy”
- ✓ Invite friends to join you in walking and wheeling
- ✓ Explore new trails, parks, and activities that encourage active travel

This appendix includes:

1. A map (last page) of the pedestrian and cyclist infrastructure in the Lake Hill Elementary School neighbourhood
2. Ideas and tips to help your family plan, prepare, and practice safe active travel
3. A guided activity template to help your family plan your child’s safest active travel route to school
4. A blank activity template for your family to complete.

PLAN YOUR ROUTE TO SCHOOL – ACTIVITY SAMPLE

To get the most out of active travel it is important to plan your route, prepare yourself, and practice good etiquette on the streets and trails.

Learn how to plan the safest route to school for your family with this sample activity, which includes a blank activity along with a completed sample for your reference.

1. Write down each family member's morning & afternoon commute. Be sure to consider any additional stops along the way to their final destination.

Most mornings, Mom travels alone to work by bike
(family member name) (alone/with others to destination) (mode of transportation)

Most afternoons, Mom travels alone from work by bike

Most days, Mom would prefer to travel with Sam to school and work by bike

2. Set family goals! Be sure to consider the age, ability, and independence of each child.

1. "Our child will be dropped off 5 minutes away from school so they can walk part way"
2. "We will practice biking as a family to school on weekends, so our child can bike alone"
3. "I will start a walking school bus so other kids don't have to walk alone"

I would like to accomplish:

_____ by _____
(write your personal goal here) (date)

TRAVEL TIP: SKIP THE LINE!

'Kiss and Go' or 'Park and Stroll' at any of the Drive to 5 locations available at your school to avoid long lines and idling in the drop off loop line up.

3. Consider and make note of potential barriers in each family member's goal.

Examples: balancing other family member's schedules, childcare/supervision, traffic, distance

Barriers	Strategies for success
<p>Timing – we can't bike to school together in the morning, because I will arrive late.</p> <p>Weather – dark outside during the morning</p>	<ol style="list-style-type: none"> 1. Use school's early supervision to allow our family to drop Sam off early, and then bike to work. 2. Purchase bike lights, reflective accessories and clothing 3. Adjust my route to include lighted streets as needed.

4. Use Google Maps to determine the most direct route to school for your family. Explore different routes and travel time estimates for your preferred travel mode.

Route option 1: Use regional trail network. My trip will be 8km and take approximately 30 minutes by bike (including drop off time)

Route option 2: Use neighbourhood cut-through and travel on road bike lanes. My trip will be 10km and take approximately 40 minute by bike (including drop off time)

5. Plan your family's route! Use the attached map to compare suggested Google routes to your school's local infrastructure. With your child, identify safe crossings, caution points, and landmarks to help prepare them to walk and wheel to school.

What walk and wheel infrastructure can you use on the way? (check all that apply)

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> Sidewalk | <input type="checkbox"/> Pedestrian Overpass | <input type="checkbox"/> Walking School Bus |
| <input checked="" type="checkbox"/> Marked Crosswalk | <input checked="" type="checkbox"/> Crossing Guard | <input checked="" type="checkbox"/> Drive to 5 Parking Area |
| <input type="checkbox"/> Signalized Crosswalk | <input type="checkbox"/> Bike Lane | <input checked="" type="checkbox"/> Pedestrian/Cyclist Trail |

To travel my route, I will use:



It will take about _____ minutes to travel _____.

(time in minutes) (distance; m or km)

PLAN YOUR ROUTE TO SCHOOL - ACTIVITY

1. On a separate sheet of paper, write down each family member's morning & afternoon commute using the same format as below.

Be sure to consider any additional stops along the way to their final destination.

Most mornings, _____ travels _____ by _____
(family member name) (alone/with others to destination) (mode of transportation)

Most afternoons, _____ travels _____ by _____
(family member name) (alone/with others to destination) (mode of transportation)

Most days, _____ would prefer to travel _____ by _____
(family member name) (alone/with others to destination) (mode of transportation)

2. Set family goals! Be sure to consider the age, ability, and independence of each child. If you're stuck on ideas, see the attached example.

I would like to accomplish:

_____ by _____
(write your personal goal here) (date)

3. Consider and make note of potential barriers in each family member's goal.

Examples: balancing other family member's schedules, childcare/supervision, traffic, distance

Barriers	Strategies for success

4. Use Google Maps to determine the most direct route to school for your family. Explore different routes and travel time estimates for your preferred travel mode.

Route option 1:

Route option 2:

TRAVEL TIP: SKIP THE LINE UP!

‘Kiss and Go’ or ‘Park and Stroll’ at any of the Drive to 5 locations available at your school to avoid long lines and idling in the drop off loop line up.

5. Plan your family’s route! Use the attached map to compare suggested Google routes to your school’s local infrastructure. With your child, identify safe crossings, caution points, and landmarks to help prepare them to walk and wheel to school.

What walk and wheel infrastructure can you use on the way? (check all that apply)

- | | | |
|---|--|---|
| <input type="checkbox"/> Sidewalk | <input type="checkbox"/> Pedestrian Overpass | <input type="checkbox"/> Walking School Bus |
| <input type="checkbox"/> Marked Crosswalk | <input type="checkbox"/> Crossing Guard | <input type="checkbox"/> Drive to 5 Parking Area |
| <input type="checkbox"/> Signalized Crosswalk | <input type="checkbox"/> Bike Lane | <input type="checkbox"/> Pedestrian/Cyclist Trail |

To travel my route, I will use:



It will take about _____ minutes to travel _____.

(time in minutes) (distance; m or km)

Plan, Prepare, Practice!

Plan your Route to Lake Hill Elementary

Speed Limit (no number = 50 km/h)

Bus Stop

Bicycle Repair Station

Drive To S Parking Location

All Way Stop

Traffic Signal

Crosswalk

Pedestrian Signalized Crosswalk

Crossing Guard

School Zone (30 km/h; 8AM-5PM School Days)

Playground Zone (30 km/h; Dusk to Dawn)

Trail

Sidewalk

Bike Route/Lane

Truck Route (busy)

Major Road (busy)

Minor Road (less busy)

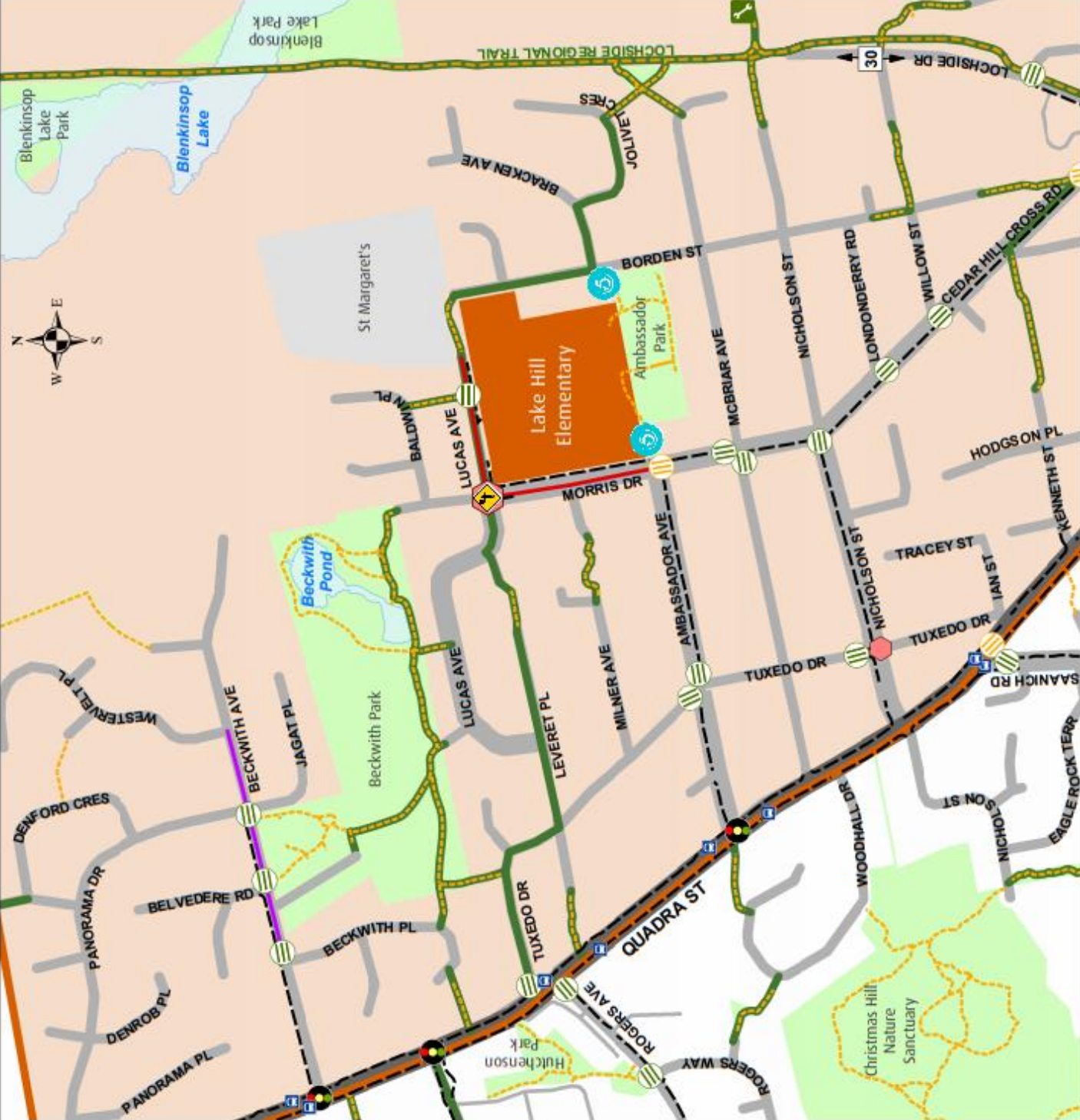
Lane (less busy)

School Catchment

Park



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Plan Your Route: This map was created to show the pedestrian and cyclist infrastructure in the Lake Hill Elementary school neighbourhood. Use this map to help identify the safest route for your child by selecting routes that use less busy roads and allow for safe street crossings. This map also shows Drive to S locations where parents are encouraged to park and walk approximately 5 minutes to school with their child.

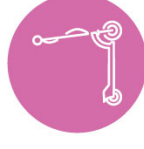
PLAN YOUR ROUTE TO LAKE HILL

READY STEP ROLL
ACTIVE SCHOOL TRAVEL PLANNING

In the 2019-20 school year, Lake Hill completed the CRD's Ready Step Roll - Active School Travel Planning program to encourage and support more families to walk and wheel to school more often.

HOW DO I USE THIS MAP?

1. Using Google Maps, find the shortest route to walk or bike to school. Explore suggestions for multiple possible routes!
2. Compare the routes suggested by Google Maps to the infrastructure (i.e. crosswalks) shown on this map.
3. With your child(ren), identify and talk about:
 - o Safe crossing locations and behaviours
 - o Landmarks to help with wayfinding
 - o Caution points along the route
 - o Safe behaviours and habits
4. **Plan, Prepare and Practice with your child** to build their confidence and ability to walk and wheel to and from school with friends or independently!



WHAT IF WE NEED TO DRIVE?

Walk and wheel part way to school to skip the drop off loop line up!

1. **Use Drive to Five parking** available at Ambassador Park off Morris Dr and off Borden St (see map).
 - a. Park and Stroll - park and accompany your child on their walk to school
 - b. Kiss and Go - allow your child to walk independently to school
2. **Talk to classmates/neighbours** to see if you can arrange or join a group to drive, ride or walk with!
3. **Try walking and wheeling on a weekend...** it might be more doable than you think!

