

Walk Smart!



Look before you cross. Look right, left, and right again before crossing a street. Look over your shoulder for turning cars at intersections.



Make eye contact. Don't assume that drivers see you. Make eye contact before you cross the street.



Use crossings. Cross at zebra or kea crossings if one is nearby (within 20 meters).



Follow the rules. Follow directions from kea crossing patrol members.



Be visible. Walk where cars and bikes can see you. Wear a bright rain jacket or vest over your school uniform, and use a flashlight when it is dark outside.

Bike Smart!



Riding age. Students under the age of 10 should be accompanied by an adult when riding on-road. Parents should make the decision based on the maturity and skill of their children.



Ride with traffic. Ride on the left in the same direction as other traffic.



At busy intersections...at signals, try the 'hook turn' (see the cyclist road code). For roundabouts, ride in the centre of the lane or use shared paths.



Share the path. Pass walkers carefully; ring your bell or say 'on your right' before passing.



Be alert. Watch for opening car doors and cars turning across your path.



Be predictable. Ride in a straight line and always signal your moves to others.



Remember ABC-Quick: Air in your tyres is up to pressure indicated on sidewall, Brakes are connected and working, Chain is tight (single speeds) and not rusty, Quick release hubs are in closed and tight position.



Wear a helmet. Helmets should fit snugly, sit level on your head, and always be buckled.

Suggested Routes to School

The iWay walking and cycling network, mostly flat roads and great weather makes our community a great place to walk and ride.

Walking, scooting, skating, and cycling to school starts a habit that can last a lifetime:

- Daily activity helps hold a healthy body weight
- Arriving at school attentive and ready to learn
- Improved test scores
- Lower rates of depression and anxiety
- Getting to school is more FUN!

Get involved!

Here are some ways you can help:

- Plan your travel routes with your student
- Form or join a walking school bus or cycle train, where groups of students (with our without parent supervision) travel to school together for safety in numbers (plus it is fun!)
- Lead by example – students learn from watching what adults do, so adhere to the road code (there is one for drivers and one for cyclists) and be courteous.
- Volunteer to help at one of many events. Contact the school front desk and/or Sport Hawkes Bay to learn more.

Resources

Helmet fitting guidelines

www.nzta.govt.nz/resources/roadcode/cyclist-code/aboutequipment/cycle-helmets/

iWay and Movelt programmes

www.iway.org.nz/

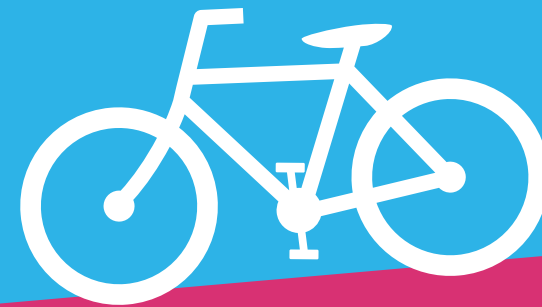
Cyclist road code

www.nzta.govt.nz/resources/roadcode/cyclist-code/



IRONGATE SCHOOL

SUGGESTED ROUTES TO SCHOOL



iway
walk it, bike it, love it

Irongate School Suggested walking and cycling routes

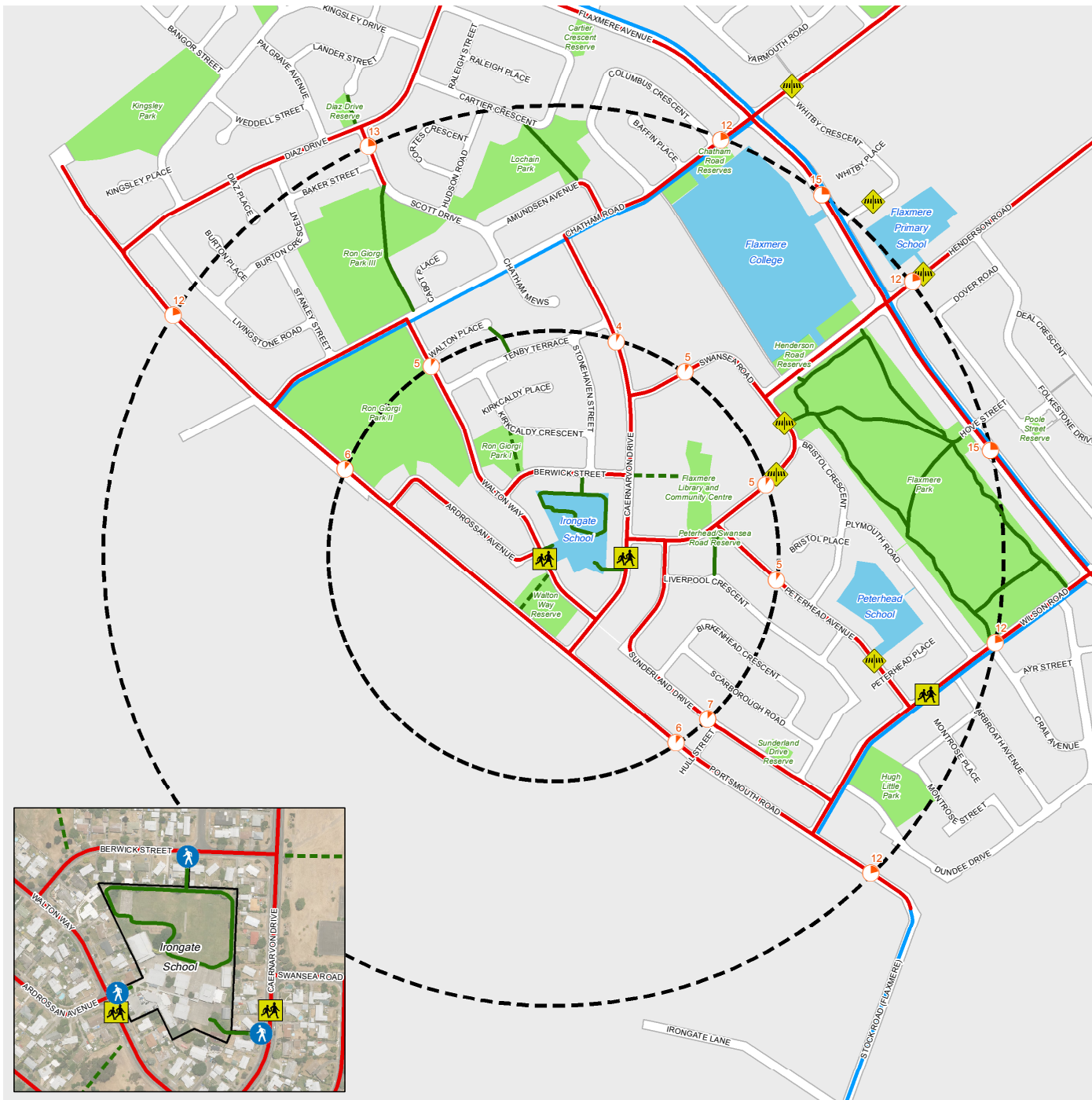
How to use this map

This map is intended to encourage adults and students to consider walking, scooting, skating, and cycling to school. Adults are responsible for choosing the most appropriate option based on their knowledge of the different routes and the skill level of their student.

This map includes suggested routes as well as the locations of intersection controls, zebra and school ("kea") crossings, accessways, and other pathways.

Drop-off and pick-up information

- Recommended drop-off and pick-up times are 30 minutes before the 8.30am bell and after the 2.30pm bell.
- The Walton Way and Caernarvon Drive kea crossings are patrolled and supervised for 15 minutes before and after the bells.
- Bicycle parking: use one of the two designated stands
Scooter parking: a closet is unlocked before and after school, otherwise please bring a lock and use the cycle stands.



Legend

- Estimated travel time (walking)
- School 'kea' crossing
- Pedestrian crossing
- ! Access
- Suggested walking / cycling route
- Path - sealed
- Path - unsealed / informal
- iWay cycleways
- Schools
- Parks and reserves
- 500m and 1km areas