

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 MoveIt programmes

www.iway.org.nz/

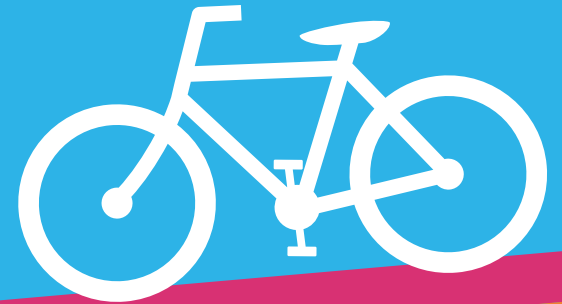
Cyclist road code

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



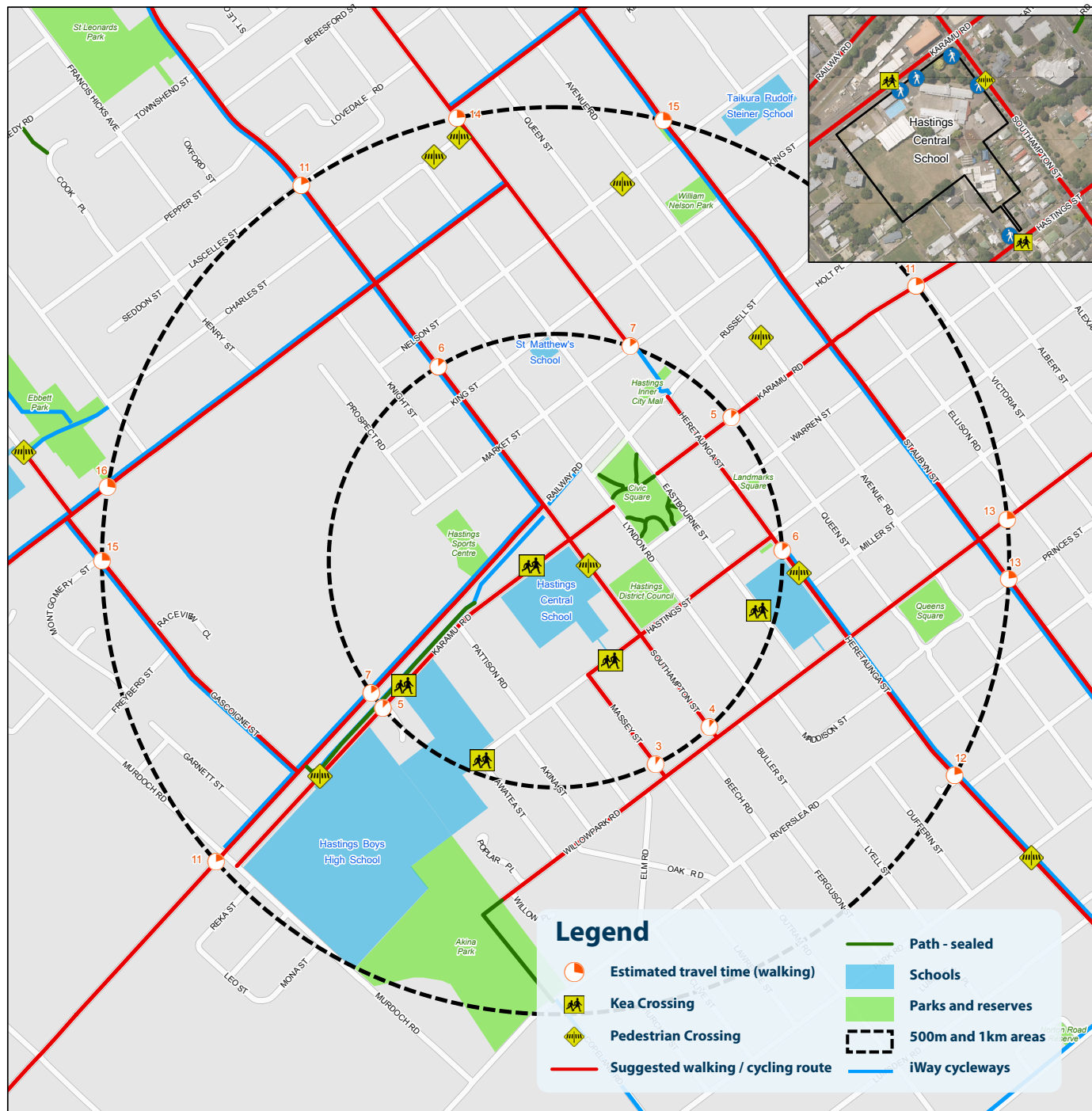
Hastings
Central School

SUGGESTED ROUTES TO SCHOOL



iway
walk it, bike it, love it

Hastings Central School suggested active transport routes



Legend

	Estimated travel time (walking)		Path - sealed
	Kea Crossing		Schools
	Pedestrian Crossing		Parks and reserves
	Suggested walking / cycling route		500m and 1km areas
			iWay cycleways

Walking, scooting or cycling

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.

- **Cycling:** we encourage children to be fit and active and support biking to school where practicable. Parents are asked to assist the school in promoting safe riding behaviour and to ensure bikes are road worthy. The NZ Police recommend that biking to school without supervision should be for children over nine years, who are capable of biking safely. Parents should make the decision based on the maturity and skill of their children. Younger children should be accompanied by an adult when riding on-road.

Driving

- **Don't stop in the middle of the road** to let your child in or out: this contributes to congestion and increases the risk for children crossing the road.
- **Drive slower** around a school to make it safer for everyone. The speed limit passing a stationary school bus is 20 km/h.
- **Need to turn around?** Please go around the block rather than u-turning in front of the school or turning into a driveway and then backing into the street.
- **Parking or stopping on yellow lines** impedes visibility for people crossing the road and turning vehicles. Please park legally and considerately.
- **Karamu Road time limited parking** restrictions have been installed near the bus stop in order to keep spaces free for short visits.
- **Hastings Street rear entrance:** you may pick up your child on Hastings Street, but please do not drive in – this is reserved for the Kowhai School and Dental Clinic.
- **Footpaths are for feet!** Please don't park on the footpath if you can't find an on-street park within sight of the school gate – just park a bit further away and walk to the gate. Keep an umbrella in the car for those rainy days!
- **Late arrivals or early pick ups:** parents or caregivers should come via the office and not the classrooms.