

## 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/](http://www.nzta.govt.nz/resources/roadcode/cyclist-code/aboutequipment/cycle-helmets/)

### iWay and Movelt programmes

[www.iway.org.nz/](http://www.iway.org.nz/)

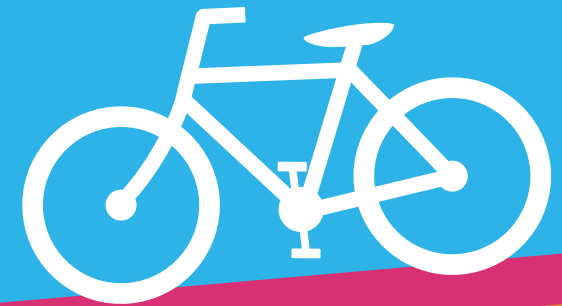
### Cyclist road code

[www.nzta.govt.nz/resources/roadcode/cyclist-code/](http://www.nzta.govt.nz/resources/roadcode/cyclist-code/)



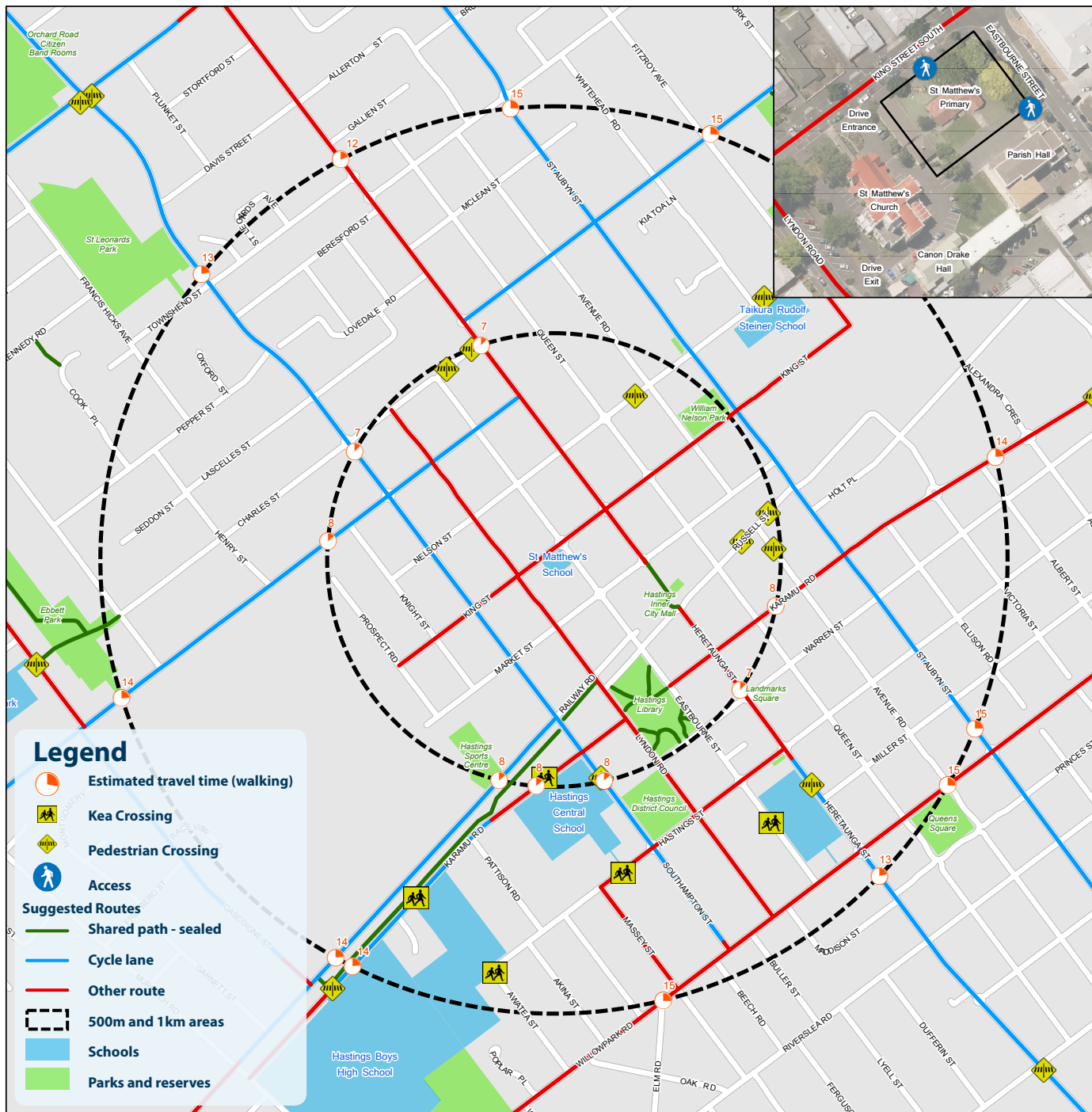
## St Matthew's Primary School

# SUGGESTED ROUTES TO SCHOOL



**iway**  
walk it, bike it, love it

# St Matthew's Primary School suggested active transport routes



## How to use this map

### 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, active and healthy and support biking to school where practicable. Parents are asked to assist the school in promoting safe cycling, promote correct behaviour and to ensure bikes are road worthy. All senior students are involved in the MOT Safe Cycling Programme every year. 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

- **Arriving between 8:35 and 8:50am** gives students plenty of time to catch-up with friends, hand up their school bag, hand in any notices, and be in class ready to start at 8:55a.m.
- **Drive slower** around a school to make it safer for everyone. The speed limit passing a stationary school bus is 20 km/ per hour.
- **Don't stop in the middle of the road** to let your child in or out: you contribute to congestion by stopping traffic behind you and increase the risk for children crossing the road.
- **Need to turn around?** Use the King Street / Eastbourne Street roundabout or proceed all the way through the church driveway – please don't put others at risk by making a u-turn.
- **Please make sure you use a car park** if you are picking up from inside the church grounds—please don't stop in the driveway.
- **King Street is P5** (8-9am, 2:30-3:30 pm) and P120 (other times).
- **Please don't park on yellow lines** – this impedes visibility for people crossing the road and turning vehicles
- **Don't honk your horn** as you wait for your child.
- **Late arrivals (after 9:00am) or early pick-ups:** parents or caregivers should come via the office and not the classrooms.