

# Pond Cove School WALK and BIKE to SCHOOL Day October 1, 2008

**3 Recommended Options**

## WALKING BUS



## 3 "Bike Train"

The roles of Bike Train Engineers & Caboosees should be filled by parent & adult volunteers. *This is a parent supervised and generated initiative.*

- The Bike Train Engineer rides at the front of the "train" and sets an example for safe bicycling behavior. The Engineer knows the route and the stops along the way, and keeps track of the time.
- The Caboose rides at the back of the train as the "sweep," to keep an eye on the children in front of her/him and make sure no one falls behind.
- Both the Engineer and the Caboose wear bright clothing (or vests) so that the group is highly visible to motorists.
- It is recommended that all participants in the Bike Train wear bright clothing so that the group is highly visible to motorists.

## Rules of the Road

- 🚲 ride on the right
- 🚲 ride single file
- 🚲 obey traffic signs, signals, and laws
- 🚲 ride straight -- no surprises!
- 🚲 look back before turning
- 🚲 yield to people turning
- 🚲 always stop at the end of driveways and roads -- look left, right, then left again before entering the road
- 🚲 feel unsafe? you can always walk your bike

Maine Safe Routes to School • [www.MaineSafeRoutes.org](http://www.MaineSafeRoutes.org)

## 1 "Walking School Bus"

A walking school bus is a group of children walking to school with one or more adults. It may be as simple as two families walking their children to school together or as structured as a planned route with meeting points, a timetable and a schedule of volunteers. Please use sidewalks, paths, or walk as far from the cars as possible and face traffic. *This is a parent supervised & generated initiative.*

## 2 School Bus Riders

Students who are unable to walk or ride their bikes from home and must ride the school bus will still be able to participate. On this day, they will be dropped off at the High School Track for a walk around the track followed by a walk up to school. This event will be *supervised by volunteers and school personnel.*

## Why Promote Walking and Bicycling?

### CHILDREN

- 🚲 **have fun**
- 👟 **learn pedestrian safety with adult guidance and supervision**
- 🚲 **participate in physical activity as part of their day**
- 👟 **foster healthy habits that could last a lifetime**
- 🚲 **socialize with friends**
- 👟 **gain a sense of independence**
- 🚲 **arrive at school alert and ready to learn**

Communities are using the walk or bike to school as the first step to change community culture and create environments that are more inviting for everyone, young and old. Here are some reasons to support walking and biking to school:

### To enhance the health of kids

Increased physical activity can combat a host of health problems facing kids today.

### To improve air quality & the environment

Replacing car trips to school with walking or bicycling can help reduce air pollution.

### To create safer routes for walking and bicycling

Sidewalks, education programs and traffic calming measures are some of the ways to improve conditions



## International Walk to School

International Walk to School Month gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. In 2007, millions of walkers from around the world walked to school together for various reasons – all hoping to create communities that are safe places to walk.

<http://www.iwalktoschool.org/>