

Walking or cycling to and from school





Is your child walking or cycling to school for the first time?

This is an exciting time for your child. Getting to and from school without adult supervision is a new stage in their personal development. It allows them to grow with new found independence and responsibility. However, it is important that they have the right advice to get to and from school safely.

Tips for parents:

- Find out if your child's school has any Active Paths or a Walking School Bus.
- Prior to the first day of school, walk or cycle the route with your child several times so they are familiar with it. If possible, continue to escort them for the first few days of school.
- Identify any 'safe houses' along their route ie. homes belonging to neighbours, relatives or friends, where your child can go and feel safe.
- Teach your child to always cross at pedestrian crossings or intersections, to stop one step back from the kerb and to be fully alert when crossing the road.
- Teach your child to look out for cars entering and exiting driveways and to ride safely at all times.
- Advise your child to put away anything that could cause distractions such as mobile phones, music or gaming devices.
- Teach your child how to respond to strangers if they are approached.
- If your child has a mobile phone, show them how to dial the emergency number and make sure emergency contacts are stored in the phone.
- Provide an umbrella or raincoat in case of bad weather.

Tip for kids:

Your bike is a vehicle and you must obey the road rules at all times. Before you set out on your bike, think about...

Helmets

A loose helmet is very dangerous and won't protect you. Your helmet should not tilt forward, backwards or sideways, or come off without undoing the buckle.

Your helmet should:

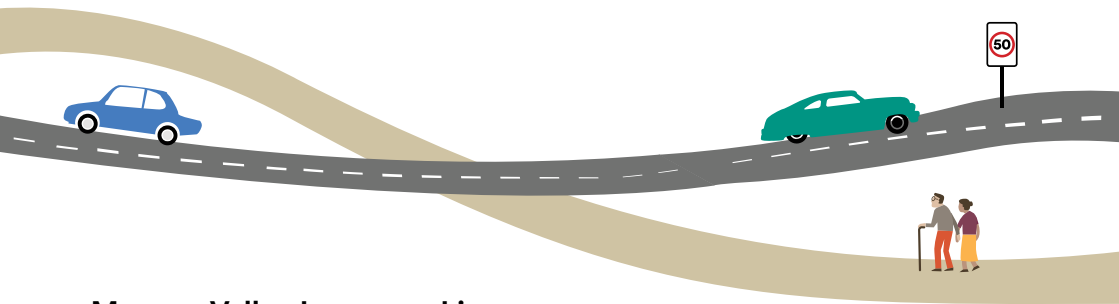
- fit firmly and comfortably
- have straps that fit around the ear without any slack
- have no twists and be adjusted so the buckle is under the chin
- have ventilation holes
- be lightweight and bright in colour
- have thick energy-absorbing hard foam to slow the head gradually if stopped abruptly.

Walking and cycling is a lot of fun and great exercise but it's important that you do it safely. Be alert at all times and always use the pedestrian crossings!

Bicycle laws

- Do not hang onto or be towed by another vehicle.
- Always have one or both hands on the handlebars (except when signalling). Give clear hand signals when turning or stopping, eg. left/right turn, stop.
- Only children under 12 years of age and the adult accompanying them are allowed to ride on the footpath. Give way to pedestrians and when possible, keep to the left of the footpath. Cyclists must dismount when crossing a crossing.
- Check that your brakes work.
- You are allowed to ride side by side but only if there is room on the road and it is safe to do so.
- You must have a bell or horn on your bike to warn others that you are coming.
- You are not allowed to dink. A bike has only one seat. Only one person can ride it!
- Your bike must have a white light at the front and a red light facing the back if you are riding at night.





Moonee Valley Language Line

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Moonee Valley City Council

9 Kellaway Avenue Moonee Ponds

PO Box 126 Moonee Ponds

Victoria Australia 3039

Phone 03 9243 8888

Fax 03 9377 2100

Email council@mvcc.vic.gov.au

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