

Ride2School Program Parent Information

Hi there!

We are currently working alongside your child's school to increase active travel. Active travel is the perfect way for children to get part of their 60-minutes daily recommended exercise and prepares minds for a full day of learning!

As a parent/guardian your support is essential in ensuring your child can actively travel, and we thank you for showing interest in the Ride2School program.

This booklet contains information and helpful tips on how to support your child to actively travel, including our most common FAQ's

What is Ride2School?

Ride2School is a Bicycle Network program that is funded by the Victorian government.

We work with councils, schools, health promotion organisations and community members to increase active travels in school communities across Victoria.

Currently, we are working with your school to conduct:



Bike education

To equip students with the skills to ride confidently and safely on paths and roads.



ActiveMaps

To highlight safe routes to school and encourage pick up/drop off at the beginning/end of these routes, reducing congestion on the roads.



Active travel celebration day

We celebrate active travel in all its form by cheering on students during their ride to school.

These initiatives set-up the students with the confidence and skills to travel actively long-term.

Why active travel?

There are many benefits to active travel. The most important include:



Health benefits

Including healthy bones, strong muscles, and improved cardiovascular health from regular exercise.



Independent travel

By learning how to travel actively, students can develop independence and confidence.



Morning exercise

Exercise in the morning sets students up for a great day of learning!



Reduced car congestion

Less cars on our roads=safier roads for our kids.

However, many barriers can get in the way of actively travelling. These may include:

- **Safety concerns**
- **Living far away from school**
- **No access to a bike**
- **Lack of confidence with bike riding/knowledge of bikes.**

Through our initiatives, we address these barriers as much as possible. Some FAQ's and solutions include:

FAQ's

Part way is ok!

We map routes to school with drop-off points in mind. You will find 2-4 drop off/pick up points available to use on the ActiveMaps for your school where you can drive your child to and see them off as they travel for another 5-15 minutes to school with their peers.

Safety is our utmost priority

Safety is our main concern when mapping active paths. We work with the students, local council, and school representatives to ensure all paths, roads and crossings are suitable for students to use on bike, on scooter, or by foot.

On bike, on scooter, or by foot

Whether you have access to a bike, or a scooter, or can walk – all are forms of active travel and reap the same benefits!

How can I support my child to actively travel?

Scan the QR code to access the Ride2School parents' portal.

You'll find videos that can help you to fit a helmet correctly, do a bike check and teach your child to ride a bike. All ensure your child's safety on their active trip to school!



Bike riding resources for parents.

Bicycle Network.

Or visit:

ride2school.com.au/get-involved/parent-portal/