



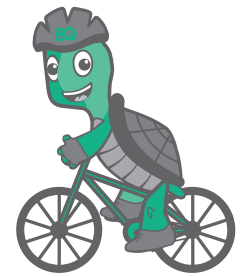


## ACTIVE TRAVEL CHECKLIST

NAME:				
AGE:		GRADE:		
TRANSPORT CHOICE:				
<b>THIS WEEK I TRAVELLED TO SCHOOL WITH MY CAREGIVER/SIBLING</b>				
1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS
WHEN CROSSING THE ROAD, I SHOULD...				
S _ _ _ _ L _ _ _ _ L _ _ _ _ T _ _ _ _				
<b>PRACTICE THIS TO ENSURE SAFETY WHEN CROSSING THE ROAD</b>				
I AM ENROLLED IN BQ'S ACT ROAD SAFETY SKILLS PROGRAM	YES	<b>NOT SURE</b> → Ask a caregiver/sibling to visit <a href="http://bq.org.au">bq.org.au</a> for more information on how to enrol.		
I KNOW THE SAFEST ROUTE TO MY SCHOOL	YES	<b>NOT SURE</b> → Ask a caregiver/sibling to show you the way. You might need a bit more practice before you feel confident and comfortable.		
I HAVE AN ACTIVE TRAVEL PLAN	YES	<b>NOT SURE</b> → Develop an active travel plan with your caregiver/sibling (find out how on our website)		
I HAVE AN ACTIVE TRAVEL BUDDY	YES	<b>NOT SURE</b> → Talk to your friends and see who lives nearby. See if they would like to be a part of the active travel gang. Follow Bicycle Queensland's guide and have a practice session together.		
HOW LONG DOES IT TAKE ME TO TRAVEL TO SCHOOL	..... MINUTES			
I AM READY TO WALK, RIDE, SKATE, OR SCOOT ON MY OWN	YES	<b>NOT SURE</b> → Repeat all the above steps until you are ready to ride, skate or scoot solo.		





## GET ON YOUR BIKE!



It's a great time to create some new school travel routines. Most bikes are either new or freshly serviced, and people are taking in more fresh air to keep minds and bodies happy and healthy. At Bicycle Queensland, we want parents to feel confident in making healthy choices when getting the kids to school, so we've come up with some steps to get you moving to school without your car.

### READY TO ROLL

- Tie up your laces and complete an ABC bike check
- Put on your helmet straight and snug
- Pack your school bag

### SET YOUR TRAVEL PLANS

- Search for the best route
- Review the road rules
- Grab a bike buddy

### GO!

- Test your travel route
- Part way is okay

### DO IT ALL AGAIN!

Check the Bicycle Queensland webpage for more information about getting your bike ready to roll and join our community to gain some tips and tricks to help you become more confident and comfortable on the bike.



BICYCLE QUEENSLAND

**ACT ROAD SAFETY SKILLS PROGRAM**

**APPLYING FOR A FAIRPLAY VOUCHER** - <https://www.qld.gov.au/recreation/sports/funding/fairplay/apply>

**JOIN THE BICYCLE QUEENSLAND COMMUNITY** - <https://bq.org.au/membership/join/>

**WHY RIDE TO SCHOOL** - <https://bq.org.au/resources/why-ride-to-school/>



Queensland Government

Proudly supported by the Queensland Government



BICYCLE QUEENSLAND