

## Be a Safe Walker

- If there is a sidewalk, use it! If there is no sidewalk, walk facing traffic so that you can see oncoming vehicles.
- Watch for cars at driveways.
- Don't run out from between parked cars.
- Cross only at crosswalks or corners.

## Be a Safe Cyclist or Wheeler

- Learn and follow the rules of the road.
- Wear your helmet. It's mandatory in Nova Scotia to protect your brain!
- Always ride single-file and as far to the right-hand side of the road as practicable.
- Be aware of parked cars and always leave one door-length of space when riding next to them.
- Children under 12 will not be stopped by police for riding (safely) on sidewalks anywhere in town.
- Walk your bike or carry your wheels at all street crossings.
- Lock your bike and store your ride safely at school.
- Take cycling safety training with Making Tracks.
- Use correct hand signals to alert traffic when turning or slowing down.

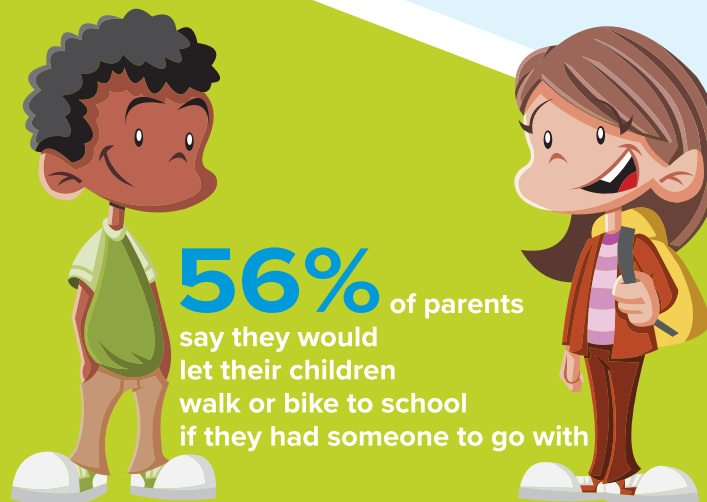
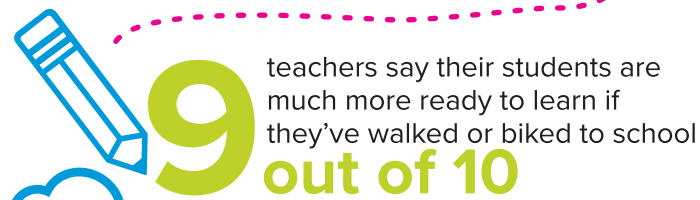
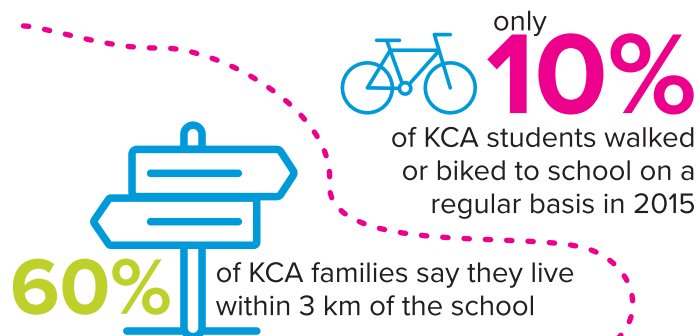
## Buddy Up!

Travelling with a trusted "buddy" is a proven way to improve safety for children. A buddy can be another child in the neighbourhood who is also on their way to or from school, or a parent, guardian, or older sibling. Parents should check in regularly with the buddies to make sure that they know the exact routes to travel to/from school, and practice safe walking or cycling habits on every trip.

Walk & Wheel to School Days are KCA events that allow children to safely walk to school in a group. It's great practice for making the journey with friends on a regular basis.

Consider meeting up with other kids in your neighbourhood at a designated spot to travel together to and from school, like a Walking School Bus!

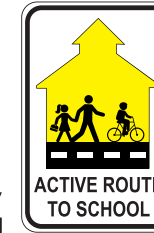
## Did you know?



## All Families can Practice Safe Walking & Wheeling!

### Parents Can Help Plan a Safe Route

- Choose a route with the least number of street crossings.
- Practice the route with your child and emphasize safety.
- Children typically acquire the skills to safely cross streets on their own between 9 and 11 years of age. Those who have not yet acquired these skills should be accompanied by an adult or older child when crossing streets.



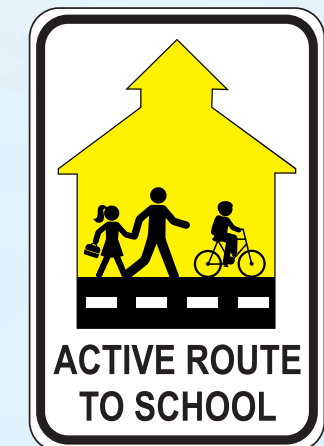
### General Safety Tips

- Travel with a parent or buddy.
- Dress for the weather.
- Wear bright or reflective clothing. Use lights and reflectors on your backpack and bike.
- Make eye contact with drivers and make sure all cars are stopped before crossing the street.
- When crossing at an intersection, stop at the curb, look all ways, and listen for oncoming traffic. POINT, PAUSE, and PROCEED when crossing the street.
- Always follow directions from Crossing Guards. Do not cross the street until they let you know that it's safe.
- Texting, listening to music, or talking on the phone are a distraction! Ear buds out especially when crossing a street.
- During winter, watch for ice and snow on your route. Remember that cars can slide unexpectedly on slippery roads, so be extra careful when crossing the street or walking in areas without sidewalks.

# Kentville

## ACTIVE ROUTES TO SCHOOL

Kings County Academy



Kentville

### Acknowledgements

This brochure, and the Active Travel Map, was produced by the Kings County Academy School Travel Planning Committee. This information was compiled in partnership with parents and school staff, as well as safety partners in the community including the Town of Kentville, Kentville Police, and the Central Kings Community Health Board. These partners are committed to making walking and wheeling to school a safe and convenient choice for as many families as possible. Many thanks to the Bridgewater Elementary STP Committee for generously providing a fantastic template.

# Kentville

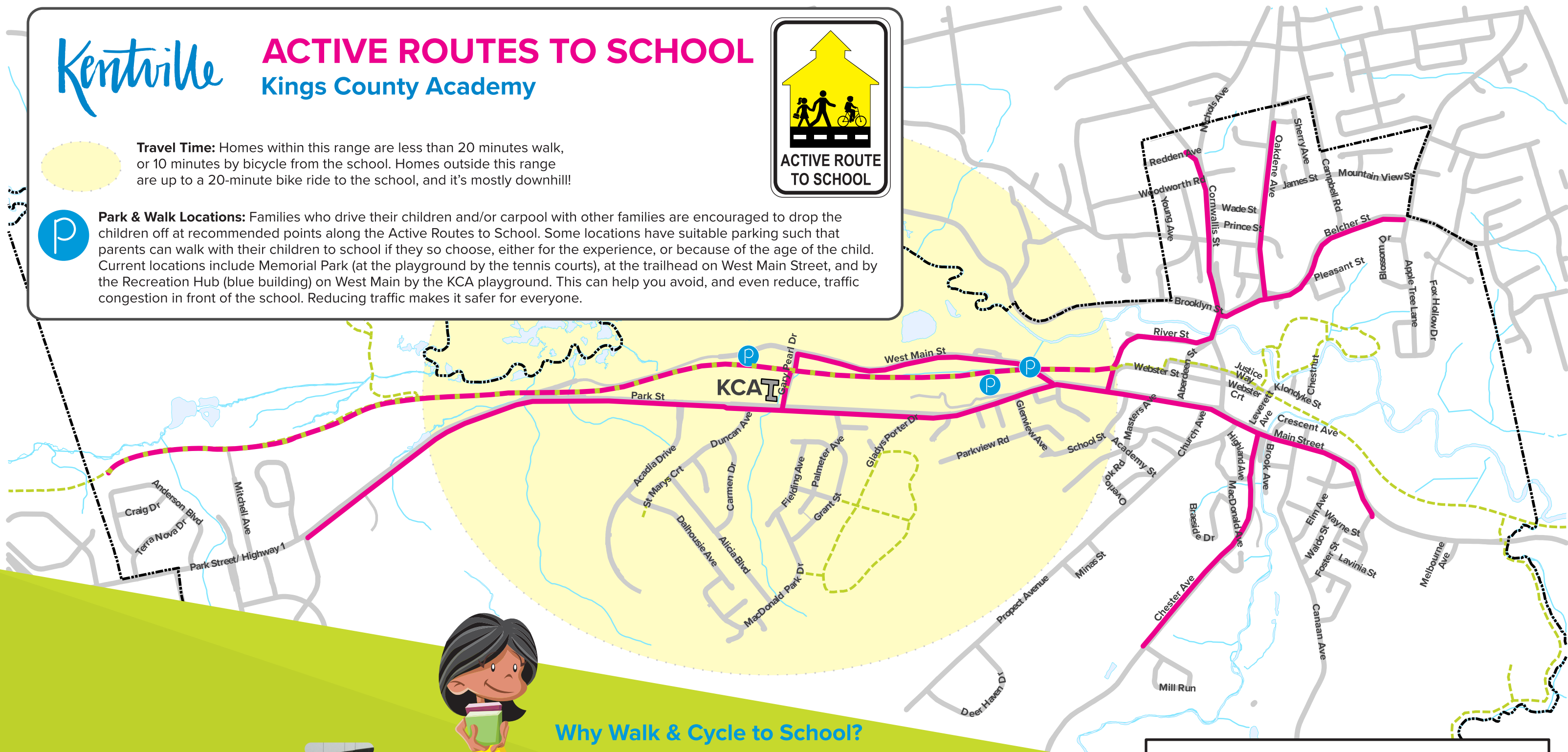
## ACTIVE ROUTES TO SCHOOL Kings County Academy



**Travel Time:** Homes within this range are less than 20 minutes walk, or 10 minutes by bicycle from the school. Homes outside this range are up to a 20-minute bike ride to the school, and it's mostly downhill!



**Park & Walk Locations:** Families who drive their children and/or carpool with other families are encouraged to drop the children off at recommended points along the Active Routes to School. Some locations have suitable parking such that parents can walk with their children to school if they so choose, either for the experience, or because of the age of the child. Current locations include Memorial Park (at the playground by the tennis courts), at the trailhead on West Main Street, and by the Recreation Hub (blue building) on West Main by the KCA playground. This can help you avoid, and even reduce, traffic congestion in front of the school. Reducing traffic makes it safer for everyone.



### Why Walk & Cycle to School?

#### Benefits for Children

Active children build healthy muscles and bones, experience better self-esteem and less stress, perform better at school, reduce their risk of developing chronic disease, and form lifelong positive associations with physical activity and healthy living.

#### Benefits for Families

Time spent walking together gives families an opportunity to connect without distractions. Parents get an opportunity to model good pedestrian behaviour and affirm the benefits of regular physical activity.

#### Benefits for the Community

More students and parents choosing to walk or wheel means less traffic in front of the school. This helps keep all students safe, no matter how they travel. Having children who can be active and comfortable outdoors demonstrates a safe and healthy community.

#### Benefits for the Earth

Vehicle emissions are a Canadian individual's greatest source of greenhouse gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change. Driving part-way, carpooling, and reducing engine idling times all help reduce emissions too.

### Legend

- Streets
- Trails
- Active Routes to School (year-round)
- Active Routes to School (no winter maintenance)
- Watercourse
- Waterbody
- Park & Walk

