

## Why Walk or Bike to School?

### BENEFITS FOR STUDENTS

Being active builds healthy bones and minds. Walking or biking to school is not only a great way to be healthy and keep moving but has also shown to increase alertness and grades at school.

### FAMILY AND FRIEND TIME

Time spent walking together allows families and friends to connect without stressful distractions. It is a time to unwind, play or share stories about each other's day.

### COMMUNITY LIVABILITY

Know your community. Walking and cycling is a great way to meet your neighbours. People feel safer when they know other people in their community.

### CARE FOR OUR EARTH

Vehicle emissions are the largest cause of poor air quality in BC and are individual Canadians' greatest source of greenhouse gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change.



## SUPER Road Cycle Safety

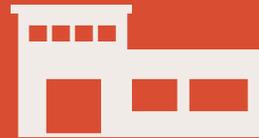
**Signs:** Use your hand signals when turning, slowing down or stopping. Follow all posted signs and obey the traffic laws.

**Urban Awareness:** See and be seen! Be aware of your surroundings. Wear light or bright coloured clothing, and use your lights and reflectors in low-light and at night.

**Protection:** It's the law to wear your helmet when riding – plus it protects your brain!

**Eye contact:** Communication is key! Make eye contact with other road users such as drivers and cyclists, especially when crossing intersections.

**Right hand side:** Ride single file and on the right-hand side of the road. Always leave one door length of space when riding next to parked cars.



## Colquitz Middle

September 2016

# Best Routes To School Map

Best Routes to School are developed based on information we've received from parents, your school community and the municipality's transportation department. They are chosen to use the safest crossing points and to enable more people walk and cycle together.

## Be Bright at Night

Fall and winter means darker days and the need for extra vigilance as students and families walk, bike and drive. Make sure to dress in light and bright colours.



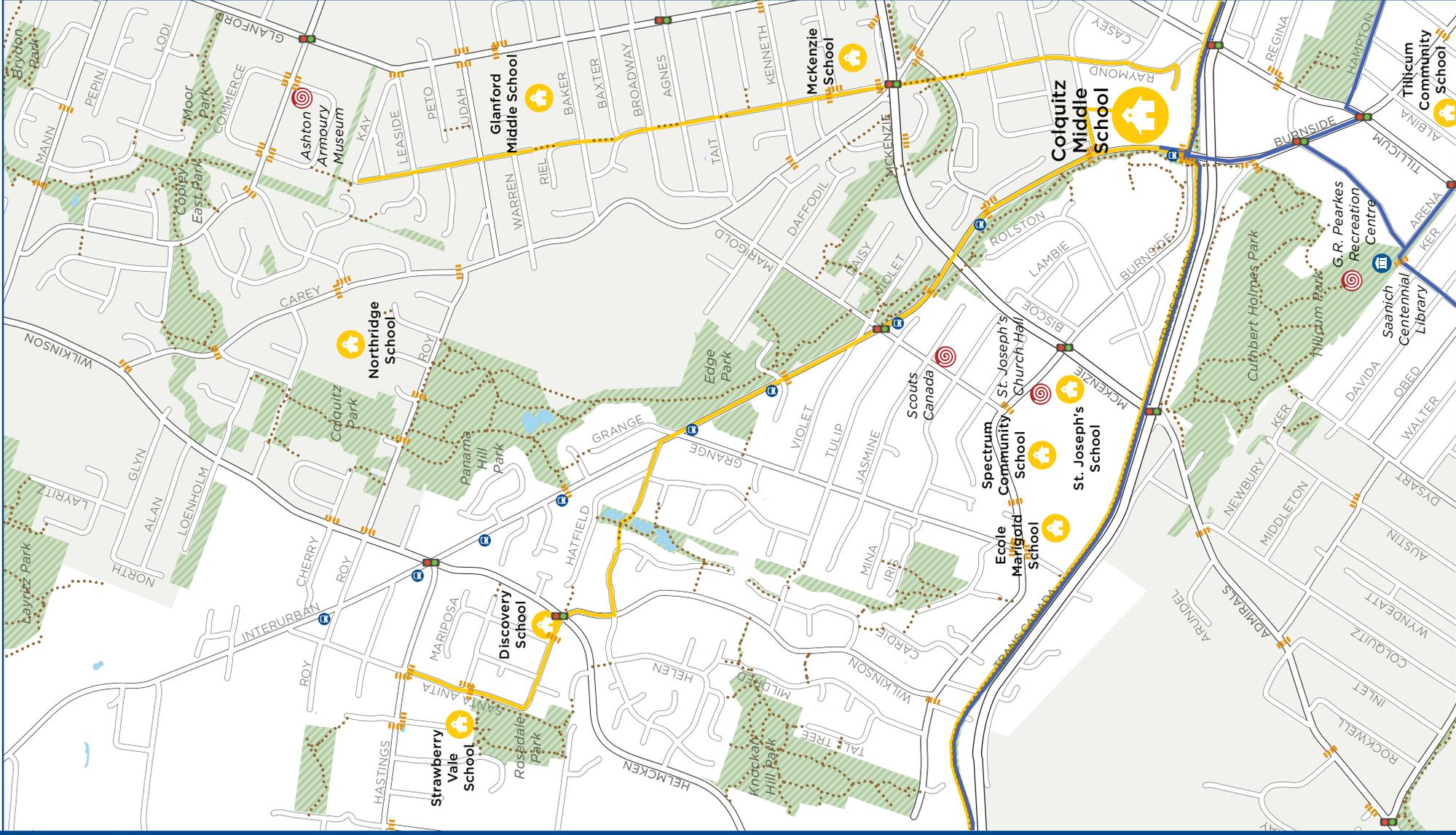
The Best Routes to School Maps is a product of The District of Saanich's 2015-2016 Active and Safe Routes to School program, to encourage and enable students and families to choose active modes of transportation to and from school. The program is funded by The District of Saanich, and delivered by HASTe, the Hub for Active School Travel. For more information visit [www.saanich.ca](http://www.saanich.ca)



# Colquitz Middle School

## September 2016

-  Walk Route
-  Bike Route
-  School
-  Traffic Signal
-  Crosswalk
-  Trail
-  Park
-  Catchment Area
-  Municipal
-  Recreational/Cultural
-  Bus Stop



The Capital Regional District (CRD) does not warrant or guarantee the safety or suitability of any route depicted. This information is provided for general information purposes only and the use of this document by any person or entity will be entirely at their own risk.



## Why Walk or Bike to School?

### BENEFITS FOR STUDENTS

Being active builds healthy bones and minds. Walking or biking to school is not only a great way to be healthy and keep moving but has also shown to increase alertness and grades at school.

### FAMILY AND FRIEND TIME

Time spent walking together allows families and friends to connect without stressful distractions. It is a time to unwind, play or share stories about each other's day.

### COMMUNITY LIVABILITY

Know your community. Walking and cycling is a great way to meet your neighbours. People feel safer when they know other people in their community.

### CARE FOR OUR EARTH

Vehicle emissions are the largest cause of poor air quality in BC and are individual Canadians' greatest source of greenhouse gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change.



## SUPER Road Cycle Safety

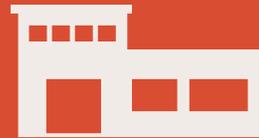
**Signs:** Use your hand signals when turning, slowing down or stopping. Follow all posted signs and obey the traffic laws.

**Urban Awareness:** See and be seen! Be aware of your surroundings. Wear light or bright coloured clothing, and use your lights and reflectors in low-light and at night.

**Protection:** It's the law to wear your helmet when riding – plus it protects your brain!

**Eye contact:** Communication is key! Make eye contact with other road users such as drivers and cyclists, especially when crossing intersections.

**Right hand side:** Ride single file and on the right-hand side of the road. Always leave one door length of space when riding next to parked cars.



## Colquitz Middle

September 2016

# Best Routes To School Map

Best Routes to School are developed based on information we've received from parents, your school community and the municipality's transportation department. They are chosen to use the safest crossing points and to enable more people walk and cycle together.

## Be Bright at Night

Fall and winter means darker days and the need for extra vigilance as students and families walk, bike and drive. Make sure to dress in light and bright colours.



The Best Routes to School Maps is a product of The District of Saanich's 2015-2016 Active and Safe Routes to School program, to encourage and enable students and families to choose active modes of transportation to and from school. The program is funded by The District of Saanich, and delivered by HASTe, the Hub for Active School Travel. For more information visit [www.saanich.ca](http://www.saanich.ca)



