

## Walking to school

Walking to school with your children has many benefits, including:

- Time to talk to your children
- Teaching your children about road safety
- Reduced traffic congestion around the school
- Children arrive fresh and ready to learn
- Helping to reach the recommended 60 minutes of physical activity per day.

### Advice for parents

- **Children up to eight years old** should hold an adult's hand on the footpath, in the car park, or when crossing the road. An adult is defined as a parent, caregiver, grandparent, sibling in high school or older, other relative or neighbour, or other adult as advised by the child's parents/carers.
- **Children up to ten years old** should be actively supervised in the traffic environment and should hold an adult's hand when crossing the road.

### Teach your child how to cross the road safely!

- STOP! one step back from the kerb
- LOOK! both ways for traffic (right, left, right)
- LISTEN! can you hear any cars?
- THINK! is it safe to cross?
- Is there anything else that makes crossing dangerous?

### Safety messages for your children

Following are some key pedestrian safety messages for your children:

#### Until you are at least 8 years old:

Hold a grown-up's hand when:

- you're on the footpath
- you're in the car park
- you cross the road

#### Up until at least 10 years old:

- Hold a grown-up's hand when you cross the road
- Use a safe place to cross the road

### Walking to and from school independently

When you decide to let your child walk to and from school by themselves, plan the journey together. Practice and model being safe by:

- Using off-road pathways where available
- keeping to the left of the path
- being aware of vehicles coming in and out of driveways
- not using or being distracted by mobile devices
- not being led or distracted by friends
- showing respect to other pedestrians

Encourage your child:

- to walk with a friend or class mate
- to always use a safe place to cross the road such as a pedestrian crossing, traffic signals or a school crossing, if available
- to check for turning vehicles before they cross the road and driveways
- when there is no footpath or nature strip, walk facing the oncoming traffic, as far from the traffic as is practicable, and in single file
- never to assume that a driver can see you or will stop for you
- to make eye contact with a driver so they know the driver has seen them
- to wait until the driver has completely stopped their vehicle before they cross the road or driveway.

**Sunshine Coast Council**

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