

Walk smart



Look before you cross: Look right, left and right again. Look behind you for cars at intersections.



Make eye contact: Don't assume drivers have seen you. Make eye contact before you cross.



Use crossings: Use a zebra or kea crossing if there's one nearby (within 20 metres).



Follow the rules: Let kea crossing patrol members give you directions.



Be visible: Help other road users to see you by walking where there's light, wearing bright clothing and using a torch when it's dark.

Bike smart



Riding with traffic: Ride on the left, and in the same direction as other traffic. Use clear hand signals to indicate your moves. Follow all signs and signals.



Ride safe: Where you see this 'sharrow' symbol follow the markings to stay clear of hazards and be seen on roundabouts. Check the Cyclists' Road Code for more advice on roundabouts and busy intersections.



Share the path: Don't speed near walkers. Ring your bell or politely call 'on your right' before passing.



Be alert: Watch for hazards like car doors opening and vehicles turning across your path.



ABC quick: there's enough **air** in your tyres; **brakes** are connected and working; **chain** is oiled and not rusty or slack. **Quick** release hubs are closed and tight.



Wear a helmet: Helmets should fit snugly, be level on your head and always be buckled under your chin.

Suggested Routes to School

Mostly flat roads and good weather make our community a great place to walk and ride.

Walking, scooting, skating and cycling to school start habits and set trends that can last a lifetime:

- Daily activity helps hold a healthy body weight.
- Kids arrive at school attentive and ready to learn.
- Students show improved test scores.
- Exercise results in lower rates of depression and anxiety.
- Getting to school is more FUN!

Get involved!

Here are some ways adults can help:

- Plan your travel routes with your student.
- Help organise students into groups so they can travel together (with or without adult supervision) for safety in numbers. Plus it's more fun!
- Lead by example – students learn by watching adults, so follow the road code (there's one for drivers and one for cyclists) and be courteous.
- Volunteer to help at an event. Contact the school office or Sport Manawātū for more information.

Resources

Helmet fitting guidelines

www.nzta.govt.nz/resources/roadcode/cyclist-code/about-equipment/cycle-helmets/

Cyclist road code

www.nzta.govt.nz/resources/roadcode/cyclist-code



ROSS INTERMEDIATE SCHOOL



SAFE ROUTES

TO SCHOOL

Active kids

learn skills
for life

Let's help them
get there

Ross Intermediate School suggested active transport routes



ROUTES	EXISTING	PROPOSED
Cycle lane		
Shared path		
Quiet street		

Quiet streets: local streets with lower speeds and traffic volumes, often with 'calming' features like one-lane chicanes and landscaping.

Walking, scooting or cycling

We encourage children to be fit and active, and welcome walking, scooting, skating and cycling to school. This map is intended to help by showing you some potential routes that support active transport. Parents and carers are responsible for choosing the most appropriate travel option based on their knowledge of the available routes and the skill level of their students.

Cycling: We support biking to school where practicable and ask parents to help us by promoting safe riding and ensuring that bikes are roadworthy. Bike parking is located in the shed near the Hastings Street entrance.

Walking: Please encourage students to cross at designated kea crossing points where possible, and at marked pedestrian crossings at other times.

Driving

- **Don't stop in the middle of the road** to let your child into or out of the car; it adds to congestion and the risk for all children crossing the road.
- **Drive slower** around a school to make it safer for everyone. The speed limit for passing a stationary school bus is 20 km/h.
- **Don't U-turn on Freyberg St.** Please use the dedicated turning loop outside school. On other streets, try to go around the block rather than U-turning or turning into a driveway and then backing into the street.
- **Don't park or stop on yellow lines:** It makes it difficult for people to see when they're crossing the road or turning into and out of driveways. Please park legally and considerately.
- **Stick to the parking restrictions:** General parking is available on Freyberg and Ruahine Streets, but please don't turn into Terrace Street.
- **Don't drive in via Freyberg St entrance:** Parking inside the school gates is reserved for staff and contractors, unless there are special circumstances.
- **Keep footpaths clear for feet!** Please don't park on the footpath if you can't find a space within sight of the school gate – consider pick up/drop off at Norton or Papaioea Parks. Raining? Bring an umbrella!
- **Late arrivals or early pick-ups:** Parents or caregivers should come via the office and not the classrooms, so that we know who's on site.

No parking on broken yellow lines	School zone 8.05-9.00 am/ 2.45-3.20 pm: 40 km/h limit	Please: No U-turns on Freyberg St	Stop and check when exiting turning loop	Pedestrian access into/out of school	Cyclist access to/from bike parking	Parking for staff and contractors only	No entry for parent/visitor parking unless for special reasons	Drop-off/pick-up zone only: no waiting	General parking. Exit with care: use the loop