

Champion's Checklist:

This Movin' March encourage students and their families to refresh the skills they need to travel to and from school safely.

Walking and cycling to school provides opportunities for students to develop important life skills including road safety and risk awareness, independence and decision making, as well as improving their physical and mental wellbeing.

Work through this checklist to make sure your child has the skills they need. Discuss the teaching tips from Melissa Moon and Robyn Wong with your children, tick and sign the checklist and send it back to school. Students who complete the checklist will be rewarded as Movin' March Champions!



Melissa Moon
World Mountain Running &
World Stair Racing Champion

Melissa Moon's Walking Tips:

Hi, I am Melissa Moon, two times World Mountain Running Champion and World Stair Racing Champion. Over the years running has provided me with a wealth of knowledge! Before I started running I was learning some very important skills for staying safe while I walked to school. Here are some tips for teaching your child these important skills.

What should I teach my child?

- Only cross where they can see clearly up and down the road.
- Pedestrian crossings, traffic lights, school patrol or pedestrian refuge are safer places to cross.
- Make eye contact with the driver when waiting to cross at a pedestrian crossing.
- Wait until any vehicles approaching the crossing have come to a stop before walking out onto the crossing, and to keep looking for vehicles as they cross.
- Be focussed and sensible when crossing the road.
- The Kerb Drill
 - Stop one step back from the kerb.
 - Look and listen for traffic coming from all directions.
 - If there is traffic coming, wait until it has passed and then look and listen for traffic again. If there is no traffic coming, walk quickly straight across the road.
 - While crossing, look and listen for traffic from all directions.
- Avoid crossing very close to intersections if there is no designated crossing. Mid-block is often safe as there is less traffic coming from different directions.
- Be aware of driveways where the entrance is obscured ("sneaky" driveways).

If you would like more information on teaching children road safety go to:

www.education.nzta.govt.nz/stay-safe/info-sheets.

When you have worked through these skills with your child, return the completed checklist to school.



Walking Champion's Checklist:

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|--------------------------------------------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> We stop, look, listen and check before we cross the road. | <input type="checkbox"/> We walk on footpaths where we can. |
| <input type="checkbox"/> We always use a pedestrian crossing if there is one nearby. | <input type="checkbox"/> We are careful around sneaky driveways. |
| <input type="checkbox"/> We know how to choose a safe place to cross the road. | <input type="checkbox"/> We use a safe route to school. |

Signed: _____ (Parent/Caregiver)

8 Date: _____

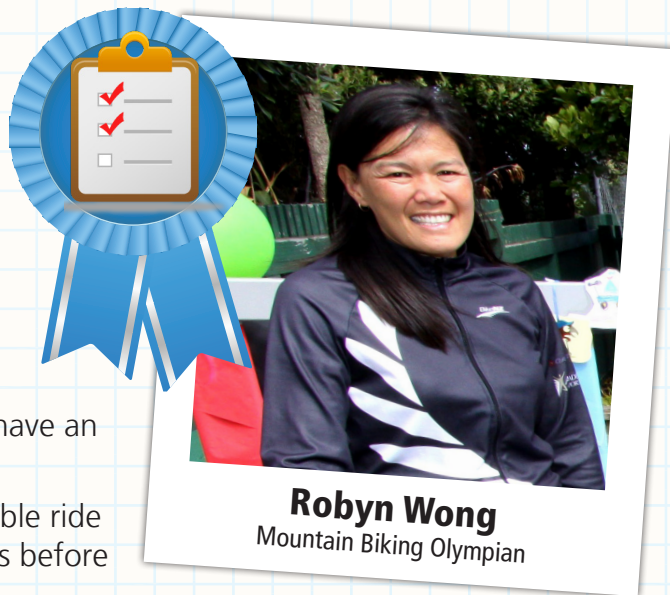
Robyn Wong's Cycling Tips:

Hi, I am Robyn Wong. I represented New Zealand in mountain biking at the Athens Olympics and recently managed the New Zealand Youth Olympic team. Cycling is a great way to get around, learn responsible road use and have fun.

Cycling is a great way to spend time with your children! Remember, it is advised that children under the age of 10 have an adult with them if they are riding on the road.

You and your children will have a safer and more comfortable ride if your bikes are working properly – ask these five questions before heading out on your bikes:

1. Can we **GO**? Check that pedals, cranks and tyres are secure, and if you have gears, check that they shift well.
2. Can we **STOP**? Check that the brakes are working.
3. Can we **STEER**? Check that the handlebar and stem are secure and not wobbly.
4. Are we **COMFORTABLE**? Check that the seat is secure, and that the bike fits in a way that means the rider can pedal and stop safely.
5. Most importantly, are we **SAFE**? Make sure the bike has reflectors (and lights if cycling at night). Don't ignore any loose or broken parts – they could ruin your day. Remember, everyone must wear an approved cycle helmet that fits them well. High-visibility clothing is a good idea too.



Robyn Wong
Mountain Biking Olympian

Bike & Helmet Checklist

If you would like more information on checking the condition of bikes or helmets download a Checklist from www.gw.govt.nz/safe2school or see one of the Movin' March bike shop partners, listed at www.gw.govt.nz/bikecheck for a **FREE CHILDREN'S BIKE SAFETY ASSESSMENT**.

For more on the rules of cycling see the Cyclist Road Code: www.nzta.govt.nz/resources/cyclists-road-code/index.html

Biking Champion's Checklist:

- We know how to check our bikes before we ride.
- We always check our helmets fits correctly before we ride.
- We always wear our helmets when riding our bikes.

Signed: _____ (Parent/Caregiver)

Date: _____

