

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:

- | | |
|--|--|
| <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: _____