

Supporting YRDSB's and YCDSB's Students Health and Well-being through Active School Travel

In effort to keep our school zones safe and reduce traffic congestion we request all families and students walk, cycle and consider active modes as often as possible when travelling to and from school. Below are some guidelines to consider as you journey to school:

General principles:

- **Stay at least two metres away from other people, including, other students, and crossing guards whenever possible and follow public health guidelines.**
- **If physical distancing measures are difficult to maintain, wear a mask.**
- **All students who live within walking distance are encouraged to walk or bike to and from school. Students in grade 4 to 8 are especially encouraged to travel on foot or by bike rather than being driven to school.**

Schools

- Schools will share their own active school travel plan to ensure that students are dropped off and picked up according to these guidelines, and to set rules specific to their school situation including use of bike/scooter racks, Kindergarten hand-off procedures, entrance and dismissals.

Walking or Biking to School

- Stay at least two metres away from other families, school staff, crossing guards and other pedestrians.
- Greet neighbours, friends and crossing guards with a smile, wave, bow or nod.
- Remember to maintain physical distance when waiting to cross the road, if you cannot physically distance wear a mask.
- When walking children that must be supervised we encourage families to work together and take turns leading a group of children to and from school practicing physical distancing. Consider the [Walking School Bus](#) while adhering to health and safety measures, including physical distancing.
- Walk or cycle in single file, keeping two metres apart; step to the side to allow physical distance when passing someone going in the opposite direction, and near crossing guards or other pedestrians.
- Let children who are capable, walk or ride the last block or two on their own or with friends practicing physical distancing. This way, as few adults as possible enter the busy school zone.
- Families with older children are encouraged to have them walk their younger siblings to encourage as few adults as possible to enter the busy school zone.
- Help children cross busy streets safely and let them walk or cycle from there. This is a good way to gradually practice pedestrian skills and grow the distance your child can travel independently.
- If you cycle, dismount and walk near schools and in other areas where more pedestrians are present.

- Keep in mind that bike racks and scooter racks at schools are tightly spaced and could easily tempt children to be closer than two metres away from each other. Have your child maintain physical distancing and wait their turn to store their bike or scooter.

Student Pick-up and Drop-off

- It is preferred that kiss and ride loops are reserved for kindergarten and primary grade students.
- If you choose to drive your child to school, park your car a few blocks away and walk the rest of the way to school to allow safe physical distancing for all and to reduce congestion at the school. Follow all street signage and obey parking bylaws.
- Leave home earlier to avoid congestion on your travel routes.

What are the benefits?

- Improved physical and mental health and overall wellbeing including stronger immune systems
- Social development and improved academic performance
- Reduced vehicle congestion on our school sites and in our neighbourhoods, and
- Reduced air pollution and CO2 emissions

Many of our schools have active school travel plans in place and previously worked to encourage active school travel through a number of initiatives including Walking Wednesdays, Bike to School week etc. If you need some ideas to help boost active school travel modes at your school please visit the [student transportation active school travel programs](#) website.