Action / Activity	Description	Resources
Best Routes to School (BRTS)	BRTS are safe routes to walk or cycle to school. The routes start at terminals located approximately 1 km from school. The terminals are located where it is safe for parents/carers to drop off students so they can walk or cycle the rest of the way to school.	Checklists to audit the routes Volunteers/students to conduct the audit Maps detailing the route Newsletter article Brochure detailing the routes and how BRTS work
Bike Ed	Bike Ed is a practical program that includes a safety check of bicycles and equipment, bicycle handling and riding skills, road rules and cycling experience in both simulated and on-road environments. Bike Ed is usually available for Year 4 – 6 students and is conducted in Hervey Bay the local PCYC.	Supplied by provider
Bike Week – School Challenge	A week long event held in March each year aimed at encouraging cycling for transport, recreation and health. Schools are invited to participate by encouraging cycling to school, recording the number of bicycles at the school with these results compared with other schools across the state.	Newsletter articles Assembly announcements Posters
Curriculum activities	A variety of active transport activities can be incorporated into the curriculum including subjects such as information technology, manual arts, physical education, science, visual arts and geography for high school students and maths, social sciences, science, health, art, English and physical education for primary school students. For example, Chatterbox, for years 1 – 2, designing the schools own active transport program logo, cartoons and website or studying the biomechanics associated with walking and/or cycling.	Dependent of activity

Action / Activity	Description	Resources
Funding - Bike Enclosures, Bike Racks and other cycling and walking infrastructure	Your school survey may have identified the need for walking and/or cycling infrastructure to assist with encouraging students to walk or cycle to school. Identify possible funding opportunities to assist with funding these projects.	Safest Walking and Pedalling Program – Qld Transport Gambling Community Benefit Fund Eat Well Be Active - Community Partnerships Program
Pedal Pods	Pedal Pods are similar to the walking school bus except passengers are riding a bicycle. Groups of students ride along a designated route to school accompanied by adults. The group collections passengers or students along the way at Pod Stops.	Coordinator Volunteers Safe vests for drivers & conductors Clipboards List of 'passengers' Description of safe routes Appropriate insurance coverage Codes of conduct or rules Mobile phone (recommended) Newsletter articles
Ride2School Day	National event held in March, encouraging students, their families and teachers to cycle to school. To enhance the event consider hosting a healthy breakfast for students when they arrive at school, conducting bike safety checks and bike engraving. Seek support of local businesses and authorities.	Assembly announcements Posters (supplied when your school registers for the event) Articles in newsletters Media release to local papers Breakfast items (optional)
Walk on Wednesdays (WOW)	Students, their families and teachers are encouraged to walk or cycle to school every Wednesday. (Or any other day) You may wish to record the number of students from each class that walk or cycle and award a prize or incentive to the winning class each month and or term.	Assembly announcements Articles in school newsletters Walk on Wednesday trophy Incentives/prizes

Action / Activity	Description	Resources
Walk Safely to School Day	A national event aimed at teaching children the benefits of walking regularly and to get them to be more active. To enhance the event consider hosting a healthy breakfast for students when they arrive at school.	Newsletter articles Assembly announcements Posters and stickers (provided when your school registers) Breakfast items (optional)
Walking School Bus	A group of primary school children who walk to and from school along a safe and enjoyable set route, accompanied by a minimum of two volunteer drivers/conductors per 'bus'.	Coordinator Volunteers Safe vests for drivers & conductors Clipboards List of 'passengers' Description of safe routes Appropriate insurance coverage Codes of conduct or rules Mobile phone (recommended)

Contact details and website links for the above activities are listed on the resource list contained in this kit.