

## Health Benefits

- Having more energy
- Sleeping better
- Keeping you fit - now and forever
- Spending time with family and friends



go on...  
Get out there!



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[www.north-ayrshire.gov.uk/outdooraccess](http://www.north-ayrshire.gov.uk/outdooraccess)



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Walking & cycling  
to school



## Walking to School

- Talk to your parents about your journey to school.
- Always look out for cars
- Wear a jacket to keep you dry
- Walk with your friends or parents
- Wear something bright
- Be careful - don't muck about on the road



## Cycling to School

- Check with your teacher what age you are allowed to cycle to school
- Always wear a helmet
- Wear something bright
- You must have front and rear lights and a red rear reflector to ride in the dark
- Be heard, have a bell or horn
- Look after your bike
- Don't overload your bike or take passengers
- Talk to your parents about the journey to school
- Cycle safe - do not show off or do tricks



go on...  
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## School Travel Plans

- Each school will develop their own travel plan
- The plans aim to encourage walking and cycling as a regular part of the school journey



## Responsible Access

- Respect the interests of other people
- Care for the environment
- Take responsibility for your own actions.

KNOW THE CODE BEFORE YOU GO!...