

Health Benefits

- Keeping Fit
- Having more energy
- Sleeping better
- Reduces the chance of illness such as obesity, diabetes and asthma.
- Spending time with friends



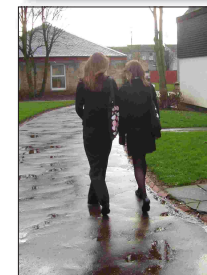
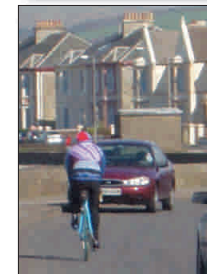
North Ayrshire Council
Perceton House
Irvine
Ayrshire
KA11 2DE

tel: 01294 225100
fax: 01294 225184

or visit
www.north-ayrshire.gov.uk/outdooraccess



go on...
get out there!



walking & cycling to school

go on...
get out there!



Walking to School

- Know the route you choose to walk, beware of hazards along the route.
- Pay attention to cars as they may not have seen you.
- Have a waterproof or umbrella to keep you dry.
- Try and find a bright logo for your backpack or bag.
- Walk with a few friends but don't be led by peer pressure.
- Don't muck around near traffic.
- Remember in wet weather it takes longer for cars to stop.

Cycling to School

- Wear a helmet, it can prevent head injuries.
- Be seen, wear a fluorescent by day and reflective at night.
- Be heard. Use a bell or horn if you feel drivers and pedestrians have not seen you.
- Keep your bike in good condition and check moving parts, tyres and brakes. You must by law use front and rear lights and a red rear reflector in the dark.
- Load safe. Don't overload your bike.
- Choose your route to avoid very busy roads and use cycle lanes. Always expect the unexpected.
- Stay legal. If you break the law, you may be liable to prosecution. You are still considered as a vehicle.
- Cycle safe. Two thirds of cyclists get hurt while playing or showing off doing tricks.

School Travel Plans

- A detailed description of issues relating to active and safe travel.
- North Ayrshire schools are currently involved in this initiative developing their own school travel plans to encourage safer sustainable travel on your school journey.

Responsible Access

Follow the Scottish Outdoor Access Code at all times and follow its three main principles:

- Respect the interests of other people.
- Care for the environment.
- Take responsibility for your own actions.
- For further information please visit www.outdooraccess-scotland.com

