

SUPER Road Cycle Safety

Signs: Use your hand-signals when turning, slowing down or stopping. Follow all posted signs and obey the traffic laws.

Urban Awareness: See and be seen! Be aware of your surroundings and always leave one door length of space when riding next to parked cars. Wear light or bright coloured clothing, and use your lights and reflectors in low-light and at night.

Protection: It's the law to wear your helmet when riding – plus it protects your brain!

Eye Contact: Communication is key! Make eye contact with other road users such as drivers and cyclists, especially when crossing intersections.

Right hand side: Ride single file and as far to the right hand side of the road as practical.

Use Your Street SMARTS

Sidewalks: Walk on the sidewalks, if possible. Stay on the inside edge, and stand back from the curb when waiting to cross the street. No sidewalk? Walk facing traffic so you can see approaching vehicles.

Music: If you are listening to music, remove an ear piece before crossing the street or walking in less populated areas.

Attention: Look out for moving vehicles at driveways, back lanes, and in parking lots.

Road Crossing: Always cross at an intersection or crosswalk if available. Make eye contact with the drivers to make sure you are seen. Be bold, extend your arm to indicate you want to cross!

Team-Up: It is safer and fun to walk to school with other family members or friends.

Stranger-aware: On no account ever go with a stranger. Practice and remember a special family password that only a trusted adult knows. With your family, identify safe places to go for help.

Best Routes to School are developed based on information we've received from parents, your school community and the City's transportation department. They are chosen to use the safest crossing points and to enable more people walk and cycle together.

Your School Neighbourhood

PARK AND WALK A BLOCK OR TWO

Too far to walk and cycle? Help relieve traffic congestion around your school. Park legally and safely a block or two away from the school entrance. Skip the traffic and enjoy a little extra active time outside.

CHANGES TO COME

The City of Coquitlam is helping. Traffic safety needs are being addressed in a number of ways, including:

- intersection assessments at Regan Avenue and Linton Street, Thermal Drive and Como Lake Avenue.
- cycling route upgrade near school.

Speed is being addressed on Como Lake Avenue through the Tri-Cities Speed Watch Program. This program is a partnership between ICBC, the Coquitlam RCMP and local communities that promote road safety.

RIDE TRANSIT

-  LOOK FOR BUS STOPS CLOSE TO SCHOOL ON YOUR BEST ROUTES TO SCHOOL MAP

Transit can be fun! Families can take the route together a few times before it becomes a solo trip. Remember the bus driver is your friend, sit close to them and they can help.

For transit to school, work or play visit TransLink at translink.ca or call 604-953-3333.

BIKING EVERYDAY

Let's bike, rain or shine! School cycling education and improved bike infrastructure are helping make biking possible everyday.

Follow the Super Road Cycle Safety rules, and use Coquitlam City Bike Ways if they are on your route to school.

Hillcrest Middle School
2015 Bike to School Week
CHAMPIONS!

Why Walk or Bike to School?

BENEFITS FOR STUDENTS

BEING ACTIVE BUILDS HEALTHY BONES AND MINDS. Walking or biking to school is not only a great way to be healthy and keep moving but has also shown to increase alertness and grades at school.

FAMILY AND FRIEND TIME

TIME SPENT WALKING TOGETHER allows families and friends to connect without stressful distractions. It is a time to unwind, play or share stories about each other's day.

COMMUNITY LIVABILITY

KNOW YOUR COMMUNITY. Walking and cycling is a great way to meet your neighbours. People feel safer when they know other people in their community.

CARE FOR OUR EARTH

VEHICLE EMISSIONS ARE THE LARGEST CAUSE OF POOR AIR QUALITY IN BC and are individual Canadians' greatest source of green house gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change.

To find out more about safe, active trips to school visit



HASTE: hastebc.org

National: saferoutestoschool.ca

TravelSmart: TravelSmart.ca

City of Coquitlam: coquitlam.ca

Coquitlam



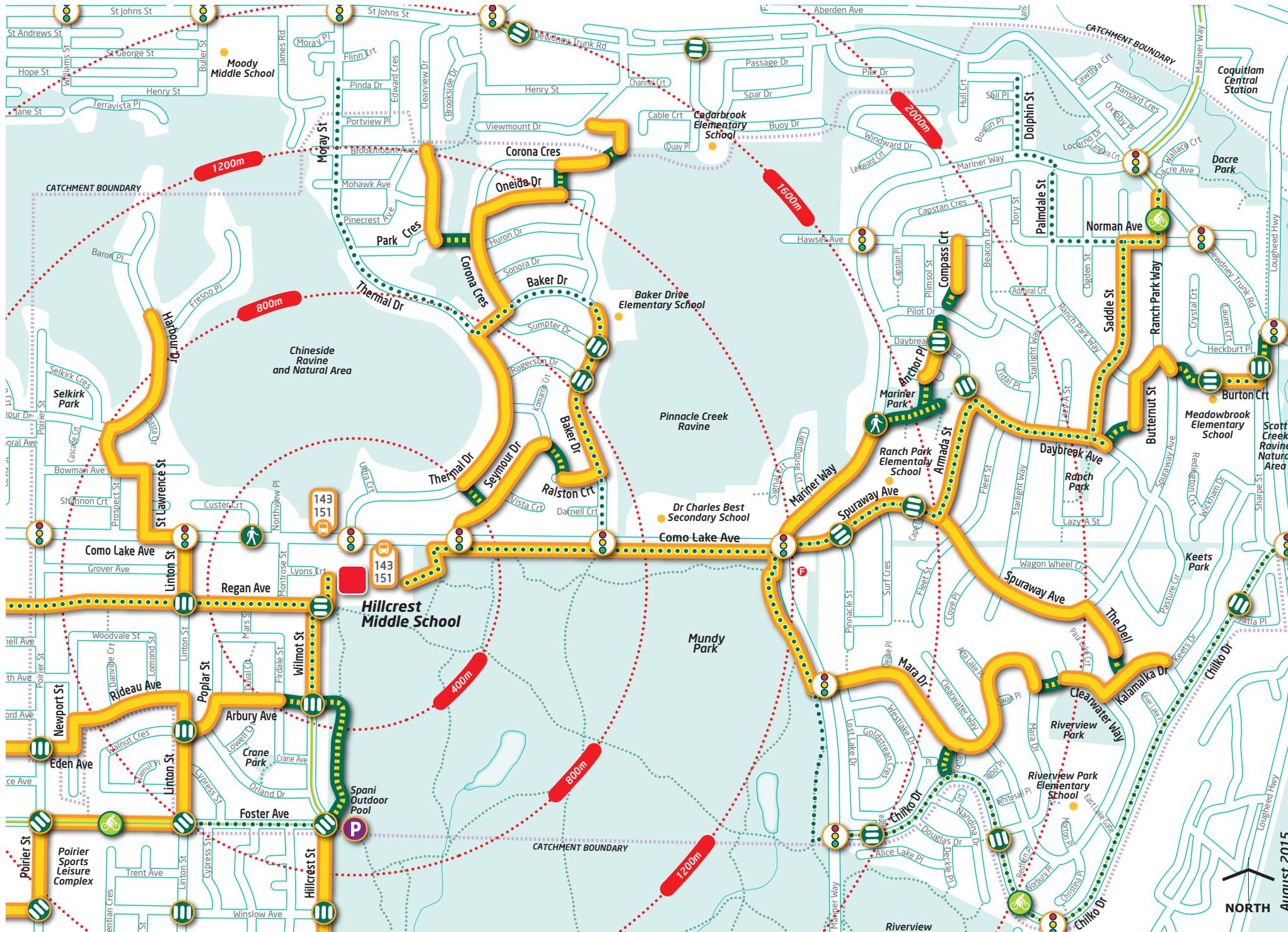
Best Routes to School



Hillcrest Middle School

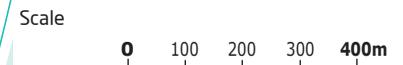
Hillcrest Middle School

BEST ROUTES



-  Best Walking Route
-  Best Route (Walkway/Trail)
-  Best Bike Route
-  Bus Stop (closest to school)
-  Traffic Signal
-  Pedestrian Signal
-  Marked Crosswalk
-  City Bike Way
-  Trail / Walkway
-  Firehall
-  School

This map is provided as a public resource for general information purposes only. The information shown on this map is compiled from various sources and HASTe makes no warranties, expressed or implied as to the accuracy or completeness of the information.




HASTe
HUB for ACTIVE
SCHOOL TRAVEL

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