

Edward Peake CofE (VC) Middle School Cycling and Walking to school guide

"Parents and children and young people should be encouraged to walk or cycle where possible, and avoid public transport at peak times".

Department for Education, gov.uk

This guide has been put together to support the Edward Peake community with the facilitating of this action.

| Benefits of cycling or walking | Know your bike |
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| <p>You'll get fit – cycling and walking are some of the best forms of exercise you can get.</p> <p>Combat obesity and improve health and wellbeing.</p> <p>Good for the planet – bikes don't pollute the air with exhaust fumes.</p> <p>Become more confident, more independent and perform better at school!</p> <p>It's fun and it's free.</p> | |

Bike maintenance

www.sustrans.org.uk/keyworkers

This website will show you the local bike shops and repair centres which are currently open. Remember to check their website/ contact them first to discuss their social distancing measures before visiting.

Getting ready to go

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| <p>Five point check</p> <ul style="list-style-type: none"> • Tyres – Give them a pinch to make sure they are hard. If they feel soft, get someone to pump them up. Check they are not worn down. • Brakes – test them before every ride and make sure they are not rubbing against the tyres. • Chain – make sure it's not hanging off, broken or rusty • Saddle – make sure it's adjusted to the right height. Adjust the saddle until you can stretch your leg out and comfortably place the ball of your foot on the ground. • Lights and reflectors – even during the day these keep you safe. Check the lights on the front and back of your bike are both working and not covered up by mud or anything. You should also use your lights when the visibility is low, such as in bad weather. | <p>Geared up</p> <ul style="list-style-type: none"> • Get kitted out – whatever the weather if you're likely to be cycling every day, you might want to invest in some waterproof gear to keep yourself dry on your way in to school (you can pick up over-trousers and waterproof jackets at cycling shops or outdoor stores). When cycling, make sure your shoes are tied and the laces don't hang down • Brighten up – being safe is all about being seen. When cycling in the day wear bright coloured clothes and if you're cycling after dark make sure you wear reflective clothing and make sure the lights on the front and back of your bike are both in working order • Helmet – make sure your helmet fits your head. For a proper fit, the helmet should fit snugly and shouldn't allow any sideways movement • Secure your bike – get a lock and put it through the frame wherever you leave your bike, taking anything that is easy to steal with you (lights, pumps etc.) |
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Safer routes to Edward Peake

The map below shows you the safest routes to Edward Peake School (shown as the star) from different locations in the Biggleswade area. Feel free to use it to plan your journey to and from school in the safest possible way.

The other schools have been labelled with the following coloured diamonds: **St Andrews West, St Andrews East, Lawnside, Stratton Upper School, Biggleswade Academy**

Key

Cycling and walking route - shared path for cyclists and pedestrians

Walking route - pedestrians only

Road crossing - check the road is clear before crossing -
remember to: **STOP, LOOK, LISTEN, THINK**

Zebra/ Pelican/ bridge crossing - wait for traffic to stop before crossing (the bridge will take you safely over the railway)

