

Edward Peake C of E (VC) Middle School

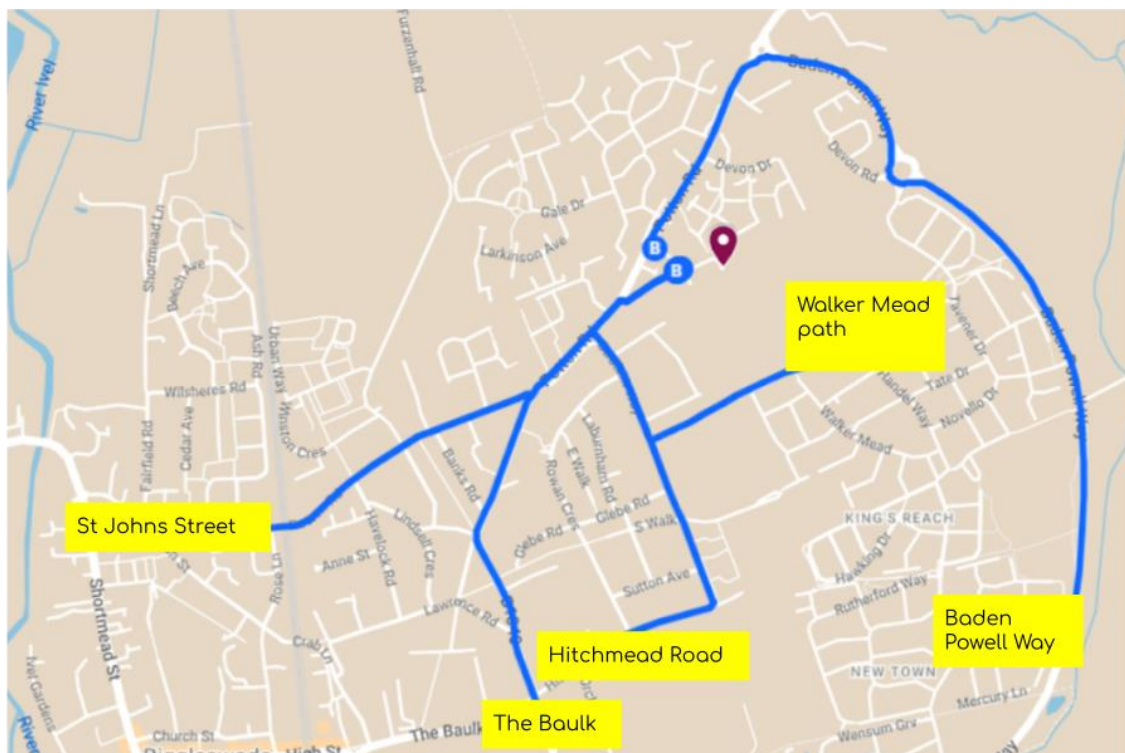
Headteacher: Miss Z J Linington
Potton Road, Biggleswade, Bedfordshire. SG18 0EJ
Tel: 01767 314562
E-mail: info@edwardpeake.beds.sch.uk
Web: <http://www.edwardpeake.beds.sch.uk>



Sustainable Travel 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.



Safer routes to Edward Peake

The map below shows you the safest routes to Edward Peake School (shown as the purple pin) from the locations marked in yellow in the Biggleswade area.

All routes will take you to the crossings outside of Edward Peake school for safe navigation across the road.

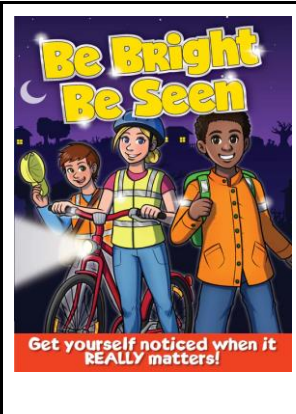
Baden Powell Way and Walker Mead footpaths have wider paths suitable for cycling.

Be bright and be seen

As we approach the winter months it is really important we keep ourselves visible when using public footpaths or any local roads.

The items listed below will give you quick fixes:

1. Lights - a head torch, bike or scooter light.
2. Reflective bands - easily attached to wrists or legs
3. Bright coloured coat or bag - yellow, pink or orange are the most visible in winter.



The Green Cross Code

When walking, scooting or cycling to school we actively encourage all members of our community to use the Green Cross code when crossing the road.

The guidance shown in the poster below will keep your child safe on their way to school.

THE GREEN CROSS CODE

A thorough knowledge of the Green Cross Code is vitally important to primary school children aged **over 7 years**:

1. First find a safe place to cross
2. Stop just before you get to the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass, look all around again and listen
5. When it is safe go straight across the road - do not run
6. Keep looking and listening for traffic while you cross

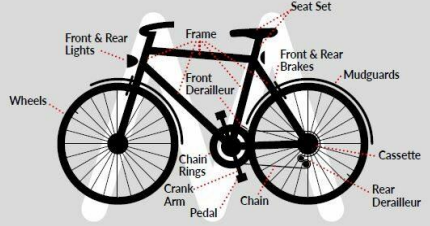
STOP - LOOK - LISTEN

Maintaining your vehicles

M - check for your bike

Make sure your bike is safe and roadworthy!

DO AN M CHECK ONCE A MONTH AND A QUICK ABC CHECK EVERY DAY YOU RIDE



ABC CHECK		
A - AIR Make sure your tyres are inflated (local tyre shops will say the minimum and maximum pressure)	B - BRAKES Make sure they are working and you can stop quickly in an emergency	C - CHAIN Make sure it is running smoothly and lubricated - add a few drops of bike lube and give it a good clean every three weeks.

If in doubt or unsure how to fix something take your bike to a cycle mechanic for a service. London Cycling Campaign members get discounts at many bike shops across London see lcc.org.uk/membership for more details.

An M-check follows the frame of the bike.

The diagram to the left shows you the different features of your bike you need to test for either:

1. Functionality, (e.g. brakes, pedals, chain)
2. Visibility (reflectors, lights)

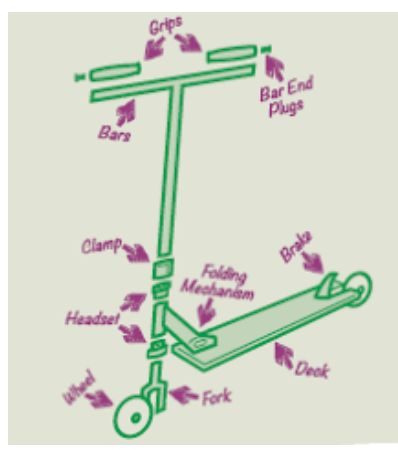
Your ABC check will ensure your bike is safe to use before you start cycling.

L - check for your scooter

An L-check follows the frame of the scooter.

The diagram to the right shows you the different parts of your scooter. These should be checked before riding, focussing on:

1. Grips - are they secure?
2. Clamp - is it secure?
3. Wheels - do they spin smoothly?
4. Brake - does it provide adequate braking force?



There are also tutorial videos available through www.sustrans.org.uk

Bike maintenance

<https://www.sustrans.org.uk/campaigns/bike-shops-near-me/>

This website will show you the local bike shops and repair shops which are currently open. The school will also book regular Dr Bike services for pupils.