

# WALKING WHEELING WEDNESDAYS



TRY LEAVING THE CAR 500M OR MORE FROM SCHOOL AND WALK OR RIDE THE LAST PART OF YOUR JOURNEY. IT CREATES A SAFER SCHOOL ENVIRONMENT, REDUCES TRAFFIC CONGESTION, AND IT'S A FUN AND HEALTHY WAY TO GET TO SCHOOL.

GRAB YOUR MATES, BROTHER, SISTER, MUM, DAD, GRANDPARENTS OR CARER AND TRY **WALKING**, **CYCLING** OR **SCOOTING** TO SCHOOL EVERY WEDNESDAY!



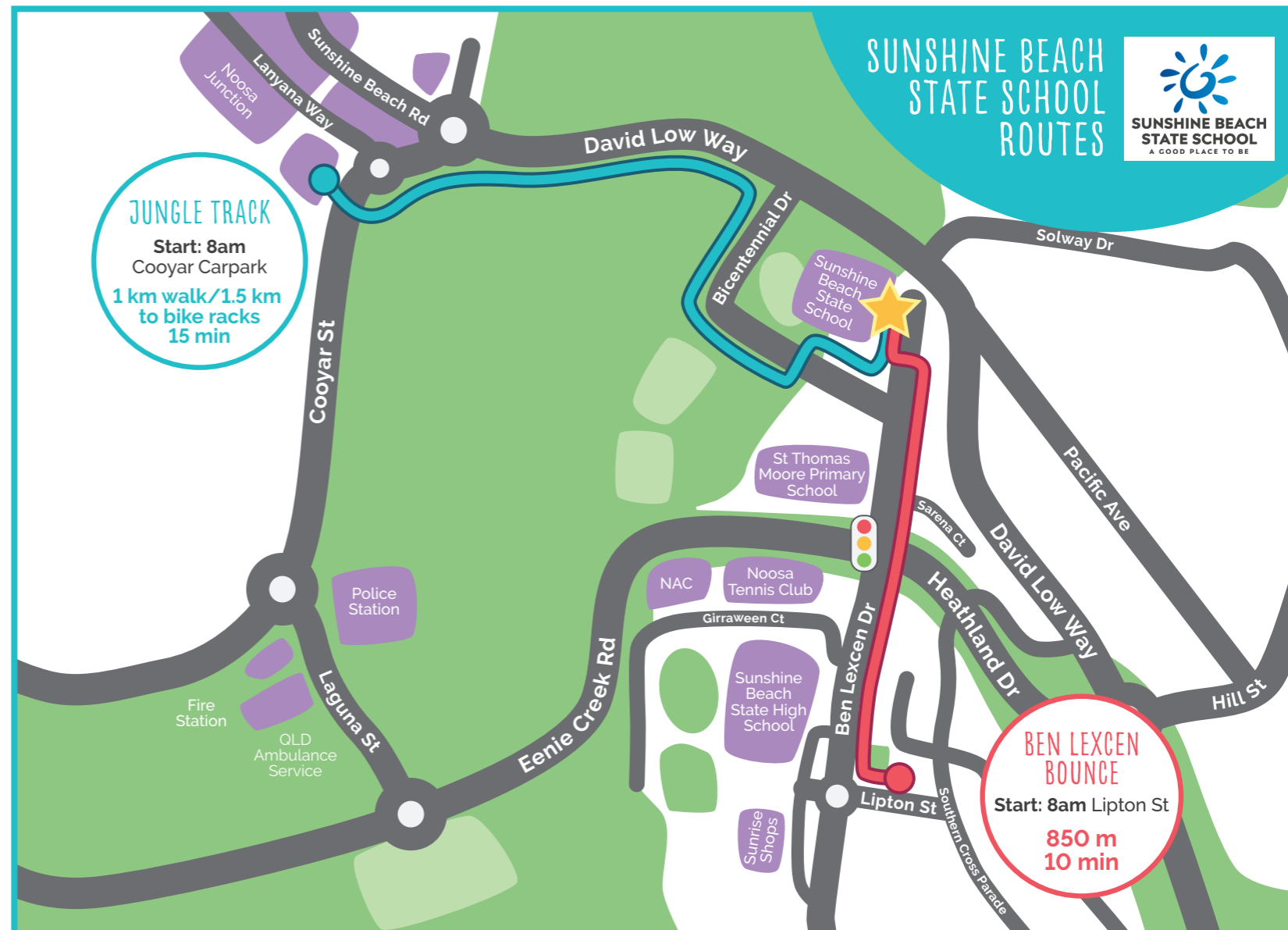
Stop, Look, Listen and Think. Stop on the footpath, Look for traffic by looking left and right, Listen for cars, and Think "Is it safe to cross?"

Research shows that children who walk or cycle to school are able to concentrate better with the positive effects lasting for up to four hours after they get to school.

You use an estimated 200 muscles while walking.

Australian Guidelines recommend that children aged 5 -18 years old should do a minimum of 60 minutes of physical activity every day to stay fit and healthy.

The word bicycle was created from the French word "bicyclette." Before this name, bicycles were known as velocipedes.



**JUNGLE TRACK**  
Start: 8am  
Cooyar Carpark  
1 km walk/1.5 km to bike racks  
15 min

**BEN LEXCEN BOUNCE**  
Start: 8am Lipton St  
850 m  
10 min

Walking, Wheeling Wednesday is not a supervised event, participation is at your own discretion.

Each time you do the walk/ride, visit or download Go Noosa and be counted!

## TIPS!

- Wear a helmet every time you ride a bike or scooter - it helps to protect your face, head and brain if you fall.
- Keep to the left and try not to walk, ride or scoot more than two people side-by-side, that way people coming in the other direction can pass easily.
- When coming up behind other riders or walkers let them know you're there by ringing your bell or give out a friendly "hi" or "thank-you" when passing.
- Always cross the road where you can see traffic coming from all directions. The safest place to cross the road is with the lollipop crossing supervisor or signalled crossing.

- Sharing is caring - on shared paths, bike and scooter riders must give way to people walking.
- Keep an eye out for cars entering and exiting driveways - follow the pathway and traffic signs.
- Safe bike riding is more than just staying upright. Make sure you can get on and off the bike easily, steer left and right, slow down and break.
- Slow down on crowded paths and always control your speed - slow and steady wins the race.



**NOOSA COUNCIL**

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