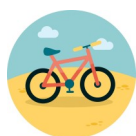


Travelling Back to School

Advice for parents and carers on social distancing practices during the journey to and from school

Below are several recommendations on how to maintain proper social distancing when travelling with your child to school. Overall we recommend adding **extra time in your journey** to school to ensure safe social distancing practices.

The Journey to School:



To avoid car congestion outside of the school, try to walk, scoot or cycle with your child. Be mindful to remain at least 1 metre apart from others when locking your child's scooter or bicycle, which may mean waiting your turn.



Try to avoid using public transport. If you must use it please wear a facial covering and sanitize & wash your hands before and after you travel. Also, try your best to avoid busy interchanges. Please plan ahead and allow more time for your journey as travelling at the busiest times may take longer than it would normally.



If you live too far away to travel actively or don't feel it is possible for you, please try and park and stride - parking a 5-10 minute walk away from school, ideally using an off-street car park, and walking the rest of the way with your child.

Important Measures to Keep in Mind:

- Check with your school on important updates or temporary rules they may have in place eg. Designated parent zones, staggered start and end times.
- Vary your route if possible, especially if you can stay away from busy roads.
- Try and keep at least 1 metre distance away from other parents and children.
- When walking on the pavement, if you must step in the road to pass others, reinforce looking and listening with your child.
- Remind children about slowing, stopping and giving space on the pavement, especially when scooting and cycling.
- Speak with your child about the changes in the way you travel; what is different about their journeys, how do they feel, what have they noticed. Talking and being active will help ease any anxiety they or you may have.

