

Construction is coming...

SURVIVAL GUIDE

Starting August 2015, Capilano Road will be under construction with traffic rerouted to DELBROOK & HIGHLANDS .

Ways to make your commute easier:



1

DO NOT ADD TIME TO YOUR COMMUTE

Your time is too precious to get stuck in school zone traffic.

Info at : www.metrovancouver.org

2

WALK OR WHEEL TO SCHOOL

If you live more than 30 min walk from school - drive to 5 minutes away and walk .

Safety education begins with parents modeling respectful driver & cyclist behaviours.



3

EVERYTHING'S BETTER WITH A FRIEND

Find a walking or riding buddy

Parents can take turns or allow children to walk with a friend. There is safety in numbers.

4

SAFETY IS A PRIORITY

Take the summer to prepare your child to be a safe pedestrian and cyclist.

Reference: www.icbc.com/road-safety/teaching



ACTIVE TRANSPORTATION HAS GREAT BENEFITS

- Easy and convenient way to get the required 60 minutes of daily physical activity
- Children arrive brighter and more alert for school.
- An opportunity to be independent, think responsibly, and make decisions for themselves.
- Walking and cycling gets children outdoors.
- Driving a short distance and idling burn a lot of fuel per KM
- The exhaust that surrounds a school's drop-off zone is not good for the health of your children, and certainly not good for the planet.
- If you can't walk or cycle everyday, try once a week. Remember to always follow the rules of the road

LET'S START THE YEAR HEALTHY!