Please read these Walking & Cycling Safety Tips with your child/children, then use the map to plan your trip and practice these SUPER street SMARTS.

Sidewalks: If there is a sidewalk, walk on it! Stay on the inside edge, and stand back from the curb when waiting to cross the street. If there is no sidewalk, walk facing traffic so that you can see oncoming vehicles.

Music: If you are listening to music, remove an ear piece before crossing the street or walking in less populated areas.

Attention: Watch out for moving vehicles at driveways, back lanes, and in parking lots.

Road Crossing: Always cross at a road intersection or crosswalk if available. At an intersection without lights make eye contact with the drivers in all lanes, to make sure you are seen. Be bold, extend your arm to indicate you want to cross!

Team-Up: It is safer and fun to walk to school with other family members or friends.

Stranger-aware: On no account should you ever go off with a stranger. Practice and remember a special family password if walking with other adults. With your family, identify safe places at which to ask for help.

“SUPER” Cycle Safety

Signs: Use your hand-signals when turning, slowing down or stopping. Follow all posted traffic signs and obey all traffic laws.

Urban Awareness: See and be seen! Be aware of your surroundings and always leave one door length of space when riding next to parked cars. Wear light or bright coloured clothing, and use your lights and reflectors in low-light and at night.

Protection: Wear your helmet when riding – it’s a law to protect your smart brain.

Eye Contact: Communication is key! Making eye contact with other road users such as drivers and pedestrians will increase safety for everyone.

Right hand side: Ride single file and as far to the right hand side of the road as practical.

NEW CROSSWALK
There are NEW crosswalks at Frost Road. Walking or cycling to School may be safer and easier than you think. Teach your children crosswalk safety and choose walk or cycle routes that use these new crosswalks.

PARK & WALK
To avoid congestion and increase safety, there is now no parking at the Pick-up Drop-off area.

If driving, please use designated side streets to “park and walk” instead. Rushing doesn’t compare to children’s safety or the little extra one-on-one active time outdoors you can share together.

Your School Neighbourhood

SAFETY IN NUMBERS
Time pressure? On your way to somewhere else? Team up with another parent or neighbour to share the responsibility of walking to or from school. If students are older, encourage them to walk or cycle with friends or with their younger siblings. Frost Road now has main meeting spots to encourage family and student walking groups.

Benefits for Students

Being active builds healthy bodies and minds. Taking an active journey to school is not only a great way to stay healthy and active but has also shown to increase alertness and student grades.

Family and Friend Time

Time spent walking together allows families and friends to connect without stressful distractions. It is a time to unwind, play or share stories about each other’s day.

Community Connectedness

Know your community. Walking and cycling is a great way to meet neighbours and learn about dangerous and safe places to play and travel. Allowing children to explore outside a car increases their community awareness, safety, and teaches lessons of life-long value.

Care for Our Earth

Vehicle emissions are the largest cause of poor air quality in B.C. and are individual Canadians’ greatest source of greenhouse gas emissions. Every vehicle trip replaced by walking reduces our contribution to climate change.

Why Walk or Bike to School?

Find more information about safe, active trips to school
HASTE BC: www.hastebc.org
Find us on Facebook
Twitter: HASTEBC
National: www.saferoutestoschool.ca
City of Surrey: www.surrey.ca/transportation

Frost Road Pick-Up Drop-Off

Frost Road

New Crosswalk

Pick-Up Drop-Off

Parking Available at 86 Ave - Use New Crosswalk Parking Available at 86B Ave & along east side of 162 St

Please follow new Pick-Up Drop-Off signage and enforcement to ensure that all Frost Road’s students and families get to and from school safely.

Walnut Road Elementary Student Artwork

Best Routes to School

Student Street “SMARTS”