

# RIDE



# WALK



# SCOOT

# SKATE

**Bicycle Network's Ride2School program supports thousands of schools across Australia to develop an active travel culture and help maintain and improve the health of students.**

A range of tools and activities are on offer for your school. The Ride2School program is supported and funded by the Victorian State Government and uses behaviour change methodologies to increase the number of students actively travelling to school all year round.

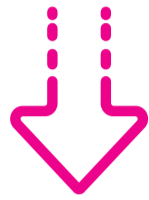


# RIDE2 SCHOOL

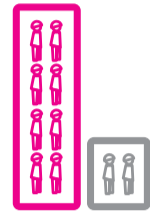
# The Ride2School Program

## Why is it important?

By supporting an active travel culture within your school community you can champion positive behaviours, and see the benefits in your students who naturally become healthier, happier and more socially connected.



Physical activity is one of the most important factors in disease prevention in Australia – over the past 40 years, the number of children who are physically active every day has significantly dropped.



In the 1970's, 8 out of 10 students rode or walked to school. Today the national average is only 2 out of 10.



Active travel is an easy way for students to meet their minimum daily dose of physical activity (60 minutes every day.)



Schools that participate in our Ride2School program achieve an average of 5 out of every 10 students who actively travel to school.



Students are more ready to learn after actively travelling to school.

## It's easy, and it's free.

We support our schools to create and maintain active travel cultures through the following key tools and activities:

- Local council and State Government support to create active travel environments (eg. school crossings, reduced speed limits, paths etc.)
- Development of active travel routes
- School visits from the Ride2School Team
- Bike education, training and skills workshop support
- Curriculum resources
- Twice yearly grants program - offering prizes including sports equipment and bike parking rails
- Weekly HandsUp! counts
- National Ride2School Day
- Termly e-news to stay up to date with the latest information

## What's involved

All that's involved from your school is submitting a weekly HandsUp! count on your Ride2School portal. It only takes three minutes, and it helps us (and you) track your school's progress. The best part is that the more HandsUp! you submit, the more initiatives and resources you qualify for!

Once you're registered in the Ride2School program, touch base with us to help you tailor the program to suit your school's needs.

## Register now!

Join thousands of schools across Australia and commit to creating an active travel culture in your school. Register your school in the Ride2School program today at [ride2school.com.au](https://ride2school.com.au)

## Need more info?

Contact our Ride2School team at [ride2school@bicyclenetwork.com.au](mailto:ride2school@bicyclenetwork.com.au) or call 1800 639 634