

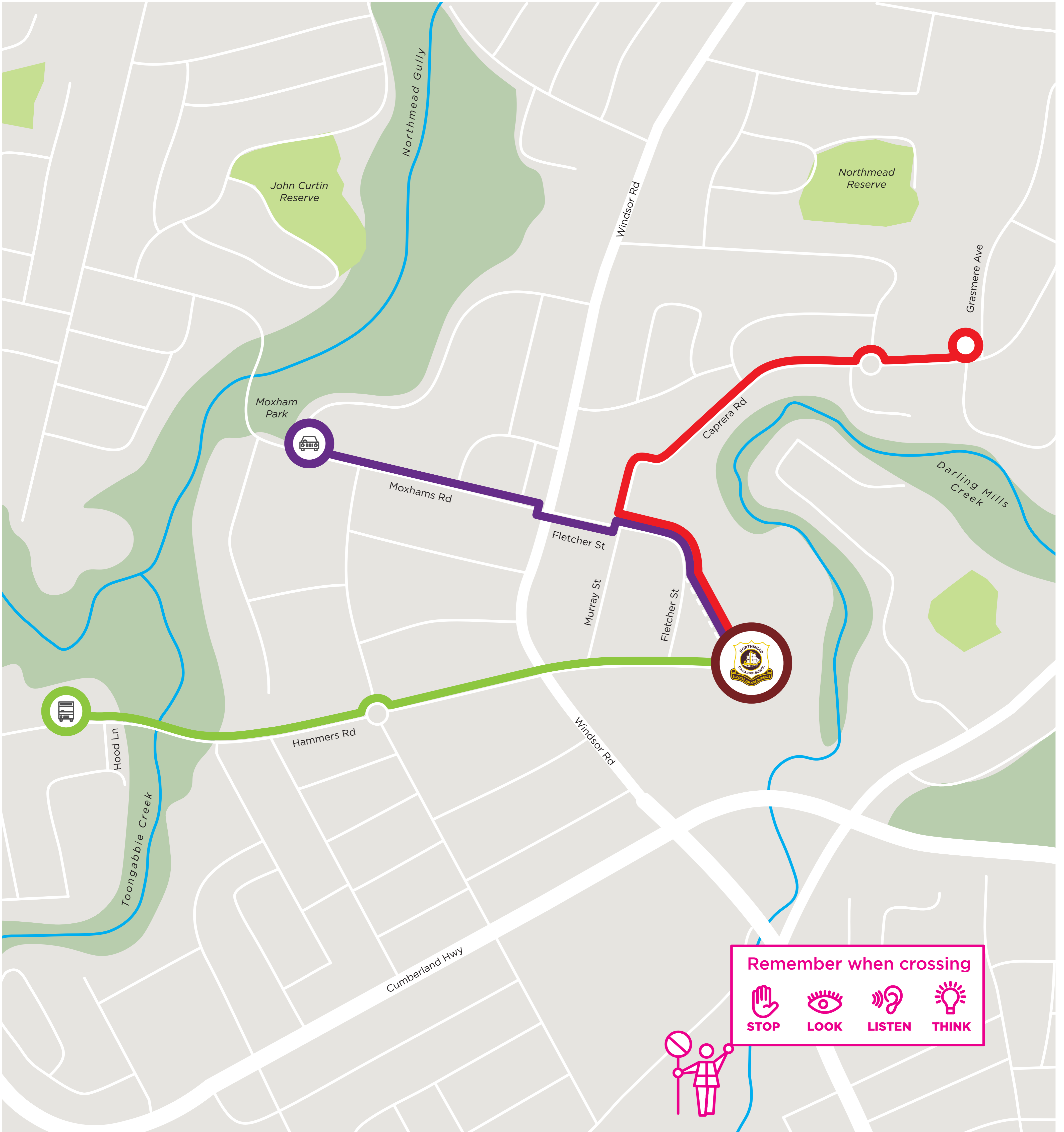


RIDE2 SCHOOL



ACTIVE MAPS

Northmead C.A.P.A. HS



Paths to school

- Hammers Path** 1200m / 15min walk
Start at bus stop 606 Hammers Rd opp. Hood Ln.
- Caprera Path** 1200m / 15min walk
Start at the corner of Caprera Rd and Grasmere Ave.
- Moxhams Path** 1000m / 13min walk
Start at the corner of Moxhams Rd and Whitehaven Rd.

Map key

- Start Point
- Parkland
- Car Park
- Bushland
- Bus Stop



ACTIVE MAPS

Northmead C.A.P.A. HS

Walking Wednesdays

Northmead Creative and Performing Arts High School encourages all students to walk or ride to school every Wednesday through their “Walking Wednesdays” initiative. Walking and riding to school helps students to achieve their required minimum 60 minutes of physical activity per day.

Active students are happier, more socially connected, and arrive at school ready to learn.

This map identifies start points along popular walking and riding routes to school. Our start points allow students to meet with friends and walk or ride to school together. These routes have special footpath stickers to help motivate students along the way. If you don't live near a start point, we encourage parents to drop children off at one of these points so students can walk the rest of the way. Remember Part Way is OK!

Walking Wednesdays is an initiative of the Northmead Creative and Performing Arts High School Active Travel Team. This team partnered with Western Sydney Local Health District Health Promotion Unit and City of Parramatta to encourage more students to walk or ride to school.

Thank you to the following Northmead Creative and Performing Arts High School Active Travel Team members:

Daneal Gardiner
Alyshah Moiz
Olivia Brown
Gabriella Farrugia

Yuden Sae-Ueng
Indiana Thomas
Montgomery Cartledge
Kelicia Ilencik



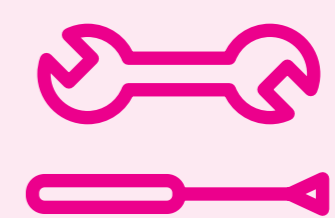
1. Helmet fit

Does your helmet move around when you wiggle it on your head? Can you salute two fingers between your eyebrow and helmet? Adjust to a snug fit.



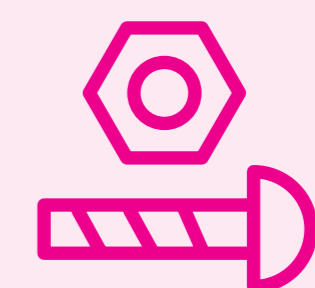
2. Firm tyres

Fully inflated tyres make riding easier and are more resistant to punctures. Check for the correct tyre pressure on the side of the tyre.



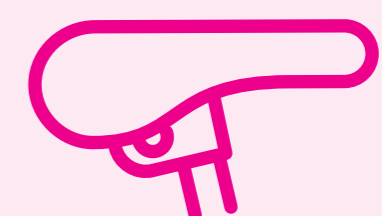
3. Check the brakes

It is important that you're able to stop quickly. Check that the bike brakes are working before you set off.



4. Check for loose bits and bolts

Have a quick scan for any loose bolts or bits on your bike before you set off. This includes bells, racks, bolts or any other attachments.



5. Wiggle the saddle

Your saddle is the right height when you can sit and place the balls of your feet on the ground.

Adjust your saddle and tighten so it can't move about while you are riding.



6. Be heard with a bell

All bikes need to have bells. Also use your voice to alert others.



7. Be warm and visible

Dress in brightly coloured clothing that is weather appropriate.



CITY OF PARRAMATTA



Health
Western Sydney
Local Health District