

# Active Travel Map

## Merrimac State School

Welcome to the Merrimac State School Active Travel Map. Our school is working hard to establish healthy lifestyles for all of our students and families.

You can help by walking, riding or catching public transport to and from school, instead of driving the car.

If you live too far away from the school to walk or cycle, try leaving the car 500m or more from school and walk or ride the remaining few blocks.

Try leaving the car at one of our five Park and Stride locations and join other families to walk, ride or scoot to and from school.

We are a healthy active travel school. Choose one of our 'Top 5 ways to get active' and be healthy!

**A family activity - no school supervision.**



## Top 5 ways to get active!



**Park, and walk or ride the rest of the way**

Try leaving the car 500m or more from school and walk or ride the remaining few blocks.



**Get on your bike, ride to school.**

Ride safely with a buddy. Remember your helmet!



**Use your feet, walk to school.**

You will feel great when you walk to the school gate. Remember your hat!



**Jump on board, catch the bus or train.**

Catch the bus or ride the train. Remember to travel safely with a buddy.



**Walk or ride to school events.**

Walking or riding to or from school events and activities is a great way to be active.

The walking and cycling tables below give you an indication of how long it will take you to travel a certain distance. You may be surprised by how far you can travel within a short period of time.

Cycling Speed	Distance/Time		
	5km	10km	15km
Slow (15 km/h)	20 mins	40 mins	60 mins
Medium (20 km/h)	15 mins	30 mins	45 mins
Fast (25 km/h)	12 mins	24 mins	36 mins

Walking Speed	Distance/Time		
	10 mins	20 mins	30 mins
Slow	0.6 km	1.2 km	1.8km
Medium	0.9 km	1.8 km	2.7 km
Fast	1.1 km	2.2 km	3.3 km

## Important tips to stay safe

Children need to develop the knowledge, skills and behaviours to travel safe. Follow these important safety tips:

- obeying the road rules
- travelling with an adult or buddy
- being visible to other road users
- sharing pathways
- learning and practising correct behaviours as a pedestrian, cyclist or passenger
- wearing appropriate clothing and footwear to suit all weather conditions
- encouraging sun safety by wearing appropriate clothing, hat, sunscreen, sunglasses and staying in the shade.

## Practice makes perfect

Before crossing the road, remember the rule – **STOP, LOOK, LISTEN and THINK:**

- STOP** at the kerb
- LOOK** right, LOOK left and LOOK right again
- LISTEN** for cars approaching
- THINK** whether or not it is safe to cross and wait until there is a safe break in traffic and all is clear to cross.

Then keep looking and listening for traffic as you walk straight across the road.

## Did you know?

- Children aged 5 – 12 should participate in at least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every single day.
- The cost of buying and maintaining a bike is around 1% compared to a car.
- Walking 400m can burn 105 kilojoules (25 calories).



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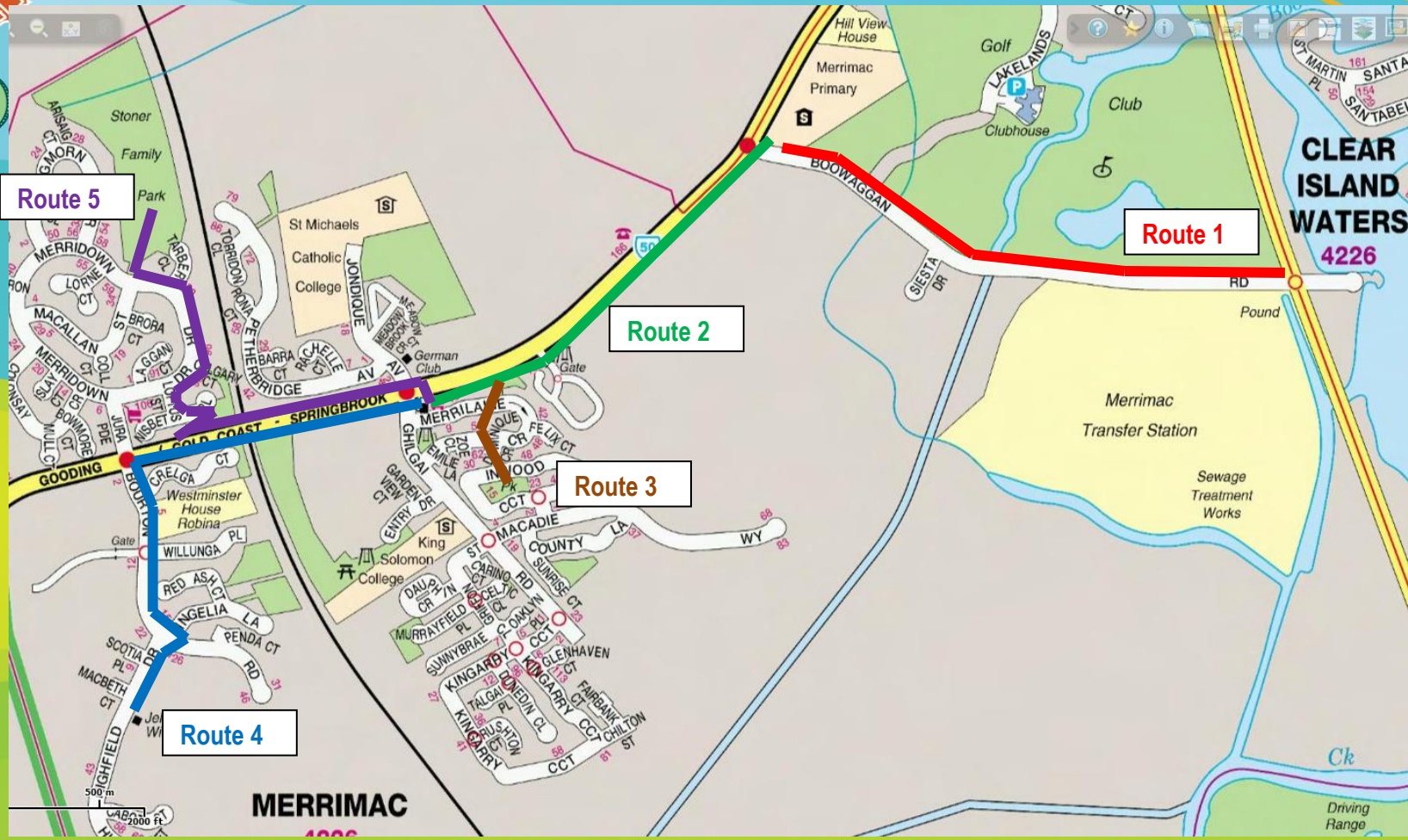
**Route 1 Boowaggan Road**  
 Start at the north-west corner of Boowaggan Road and Robina Parkway. Proceed along the shared path to the school car park. Use the internal car park crossings and footpath to the school gate.

**Route 2 Tavern – Gooding Drive**  
 Start at the car park in front of Merrimac Tavern. Follow the shared path along Gooding Drive. Cross Boowaggan Road to the school gate.

**Route 3 Faerie Park – Gooding Drive**  
 Start at Faerie Park rotunda. Cross Inwood Circuit and use the easement. Cross Merrilaine Crescent and use the easements to the small parkland to access Gooding Drive and join **Route #2** to school.

**Route 4 Highfield Drive – Gooding Drive**  
 Start near the paddock on the southside of Highfield Drive. Cross Bourton Road and head along the right-hand side to Gooding Drive. Join up with **Route #2** to school.

**Route 5 Stoner Family Park – Gooding Drive**  
 Start at rotunda in Stoner Family Park. Follow left-hand side of Merridown Drive and turn left at Loftus Street. Cross the Nisbet Place cul-de-sac and walk between the rear of houses and the noise attenuation fence up to the main road. Turn left and head along LHS of Gooding Drive. Use the signals to cross both Jondique Avenue and Gooding Drive to join **Route #2** to school.



**Walks commence 8:10am Thursdays. This is a family activity – without school supervision.**



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