

## TRAVEL TO

### Morecambe Bay Academy



Morecambe Bay Academy encourages students to keep fit and active by walking or cycling to school. The safest cycle route across Morecambe is the beautiful seafront ride across the main promenade.

Further road safety resources are available on [www.saferschools.lancsngfl.ac.uk](http://www.saferschools.lancsngfl.ac.uk)

### Your School

Your school encourages students to think about using more sustainable ways of travelling to and from school each day.

By walking and cycling you can help to keep yourself healthier and fitter, as well as making your journeys to school kinder to the environment.

This will also help to reduce parking issues and help to make the area outside school a safer place to be.

**Remember to keep a safe distance from anybody that is not from your household.**



### Walking

Walking is simple and free. It's one of the easiest ways to be more active and get healthier. It's suitable for people of all ages and fitness levels so why not encourage your friends to walk with you, while keeping a safe distance from each other? Walking to and from school is a great way to start the day. And you will have more time to chat with your friends.

**20 minutes of exercise each day can make you healthier!**

It's easy to fit walking into your daily routine, even if you live more than a mile from school. Why not try getting your parent/carer to park the car a little further away and continue on foot?

### Cycling

Riding your bike to school is one of the easiest ways to get some daily exercise.

With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

**Don't forget to wear a helmet when cycling or scooting.**

**Remember you will be seen easier if you wear bright and/or reflective clothing!**

For resources and further information please go to [www.saferschools.lancsngfl.ac.uk](http://www.saferschools.lancsngfl.ac.uk) log in details are available to schools by emailing [safetravelteam@lancashire.gov.uk](mailto:safetravelteam@lancashire.gov.uk)

### Parents - How to avoid school run stress

This map will help you plan your route if you want to drop your child a little further away. Not only would it avoid congestion and save you time, but you would also be helping your child to be more active on their way to school.

### During the partial lockdown

Please consider using private transport if it is not possible to walk, cycle or scoot to school. Please park as far away from school as possible and avoid parking on pavements to allow pedestrians more room to social distance when walking.

Avoid using public transport unless absolutely necessary.

Encourage pupils to avoid congregating at the school gates to ensure people can walk past and keep a suitable distance from them and others.

Check if the school have changed drop off and pick up times as they may have decided to stagger these to help with social distancing measures.

**Remind students to wash their hands upon arrival at school/home.**



**Don't forget to wash your hands for 20 seconds when arriving at home/school.**

