

Travel to

Sir Bernard Lovell Academy

North St

Oldland Common

Bristol, BS30 8TS



travelwest+

WEST OF ENGLAND
Combined Authority

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Combined Authority

The map overleaf shows both footpaths and cycle paths for you to plan your journey to school. Please use the key below.



Contact South Gloucestershire Road Safety and Sustainable Travel team:

email: roadsafetysecondaryandadults@southglos.gov.uk

www.travelwest.info/schools

<https://www.modeshiftstars.org/>

South Gloucestershire
Council

WHAT IS ACTIVE TRAVEL?

Active Travel is any form of travel that involves getting some exercise on your journey. Walking, cycling, scooting, Park & Stride and Park & Pedal are all excellent forms of active travel.

TAKE TO THE STREETS ON YOUR FEET

Walking is a brilliant way to get to school. You get plenty of fresh air and time to talk to your family and friends.

Park & Stride is where you are dropped off 5-10 minutes from school and then walk the rest of the way. This is ideal for those who live too far away from school.

Find a good drop off point, that is safe and allows you to walk or scoot the final part of the journey.

Use the map to work out the walking distances and don't park close to the school. It's often quicker to meet a parent/carer away from the school rather than sit in traffic.



THE NATIONAL SCHOOL TRAVEL AWARDS

Modeshift STARS is an accreditation framework rewarding schools for increasing the number of young people who regularly use sustainable travel to and from school.

SWAP 4 WHEELS FOR 2!

Cycling is a great way to get to school. It gives you freedom and independence to get around on your own steam, and is quicker than walking if you are in a hurry!

Park & Pedal is where you are dropped off some distance from school and then cycle the rest of the way. This is ideal for those who live too far away from school to cycle the whole way.

TOP 10 TIPS TO GET YOU GOING ON 2 WHEELS

1. Plan and practice your route, using cycle paths where they are available. This map should help you with this!
2. Check your bike is safe to ride before using it (do the M Check!) tinyurl.com/sustransmcheck
3. Be safe and be seen by wearing visible clothing. School uniform is often very dark – try choosing a brighter bag.
4. Get yourself some bike lights – a white one for the front and red for the back - so you can see, and be seen, when it is dark.
5. Wear gloves and a lightweight raincoat during the winter to keep yourself warm.
6. Mudguards are a brilliant bike addition and will help keep you dry.
7. Make sure your helmet is properly fitted – it should feel snug, but not tight.
8. Always lock your bike securely when you're not using it.
9. Consider buddying up with a friend, for some, or all of your journey.
10. Remember your Bikeability training. If you need training, ask your school for more information and check out bikeability.org.uk for more top tips.

The Better By Bike website has loads of great cycling resources, covering where to buy a bike (new or second hand, from local bike shops), as well as a bike journey planner, and much more. Visit betterbybike.info for more information.



OUR SCHOOL PROMOTES WALKING AND CYCLING BECAUSE...

It helps keep students fitter and healthy and being active can help students concentrate and increase levels of achievement.

By walking or cycling our school community can help reduce the number of vehicles on the road making it safer for pedestrians and cyclists and easier for local residents.

MAKING THE JOURNEY TO SCHOOL EASIER AND SAFER

Vehicles parking outside or close to the school gate cause congestion and actually makes the roads more dangerous for other road users and pedestrians.

Parking on yellow or white lines, blocking drives or crossings makes it difficult for students to cross safely. It also creates more pollution from exhaust fumes, resulting in poorer air quality around school.

Air pollution is the leading public health crisis in the UK today and it is hitting children, people with a lung condition and the elderly the hardest. Please don't leave the engine running – an engine running for 1 minute can fill 150 balloons with pollution.

If you need to come to school by car, please Park & Stride or Park & Pedal.

HOW TO USE THIS MAP

The map focuses on the school with icons to show some useful features such as pedestrian crossing points. It shows 5 - 10 minute walking and cycling zones, shown as circles on the map.

Use the map to work out if your home is in one of the 5 or 10 minute zones. If your home is inside one of the zones it means you live close to the school and active travel can be a really easy option for you.

If you live outside of the zones to help reduce congestion around the school gates park or drop off on the outside of the walking zones and walk, cycle or scoot the rest of the way to school.

10 REASONS TO ACTIVE TRAVEL

Cleaner air

Helps tackle climate change

Makes me healthier and fitter

Helps me unwind at the end of the day

Improves concentration

Gives me more independence

Reduces congestion

Quicker than sitting in traffic

Improves road safety at the school gates

It's cheaper to walk or cycle

