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Scoot to school like a pro

Family guide to a hassle-free school run

sustrans
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WHY GET STARTED

Benefits of scooting to school

An active school run brings many benefits. Here are our top six.

1. **Build activity into the family's daily routine**
It'll help you meet government guidelines which recommend young people aged 5 to 18 get at least 60 minutes of physical activity every day.

2. **Boost your mental health and wellbeing**
According to the Mental Health Foundation, physical activity increases mental alertness and helps reduce stress and anxiety.

3. **Fewer cars means cleaner air**
You experience five times higher pollution levels in a car than on a bike, and three and a half times more than those walking.

4

Increase road safety awareness early and boost independence

Cycling, walking or scooting to school has long-lasting benefits. It can develop independent travel and create good habits for an active adult life.

5

Save a small fortune

Not only will you be forking out less on petrol, you might also save money on gym fees, leaving you with more cash in your pocket.

6

Arrive feeling ready to start the day

Teachers find that pupils who walk, scoot or cycle arrive at school more relaxed and alert than those who travel by car.

There are loads more reasons why scooting to school does wonders for the whole family. Want to find out more?

Head to the Sustrans website

GET GOING

Check your kid's scooter in 7 easy steps

Check your kid's scooter in 7 easy steps

Scooting is a brilliant way for anyone of any age to get about. It's fun, healthy, environmentally friendly and inexpensive, and will help get your child moving on the school run.

But, just like a bike, your child's scooter needs some TLC too.

So, get started by following the L check – it's just seven quick checks to ensure your kid's scooter is raring to go.

What you will need:

- 5mm hex/ allen key
- Pair of headset spanners
- Small adjustable spanner for smaller scooters

Get going

Check your kid's scooter in 7 easy steps

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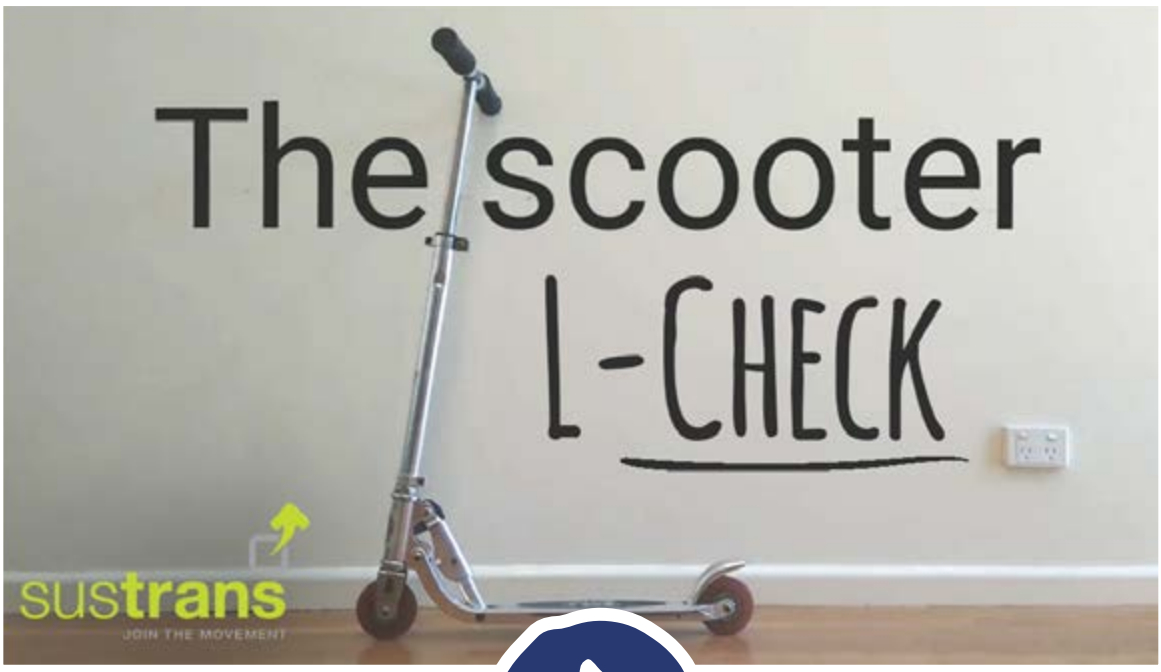
1. Check the grips are in good condition and the bar ends are secure.
2. For folding scooters, make sure the adjustable handlebars are waist high and clamped tightly shut.
3. Ensure the clamps connecting the handlebars to the headset are tight and don't rock back and forth.
4. If there is a folding mechanism, check it is fully locked in the riding position and tighten any loose bolts.
5. Take a look at the grip tape and replace it if it has worn down.
6. Check the brakes work and secure the bolts attached to them.
7. Make sure the wheels spin freely and are attached securely.

Check yours and your child's scooter is safe to ride

This handy video will guide you through the 7 step L-check



How to do it

Micro-tips for scooting to school

Micro-tips for scooting to school

Scooting is a fun and active way to beat the traffic when heading to and from school. Not only is it great exercise which will get your child's heart rate up, it's also a form of low impact toning which their legs will love.

So to help get you started with scooting the school run, we've teamed up with Micro Scooters to get their micro-tips for a smooth and safe scoot to school.

5 micro-tips for a smooth and safe scoot to school

1

Before you set off

Make sure your child has all the right gear including suitable storage, sensible footwear, a helmet, lights and a bell.

2

Never scoot on the road

Small scooter wheels can catch on drain covers and pot holes so stick to the pavements and away from traffic.

3

Stop, look, listen

Always ensure that your child comes to a complete stop at kerbs and crossings.

4

Know when to stop

Keep track of your child's speed and if in doubt, ask them to use their brakes and slow down.

5

Be an A+ Rider

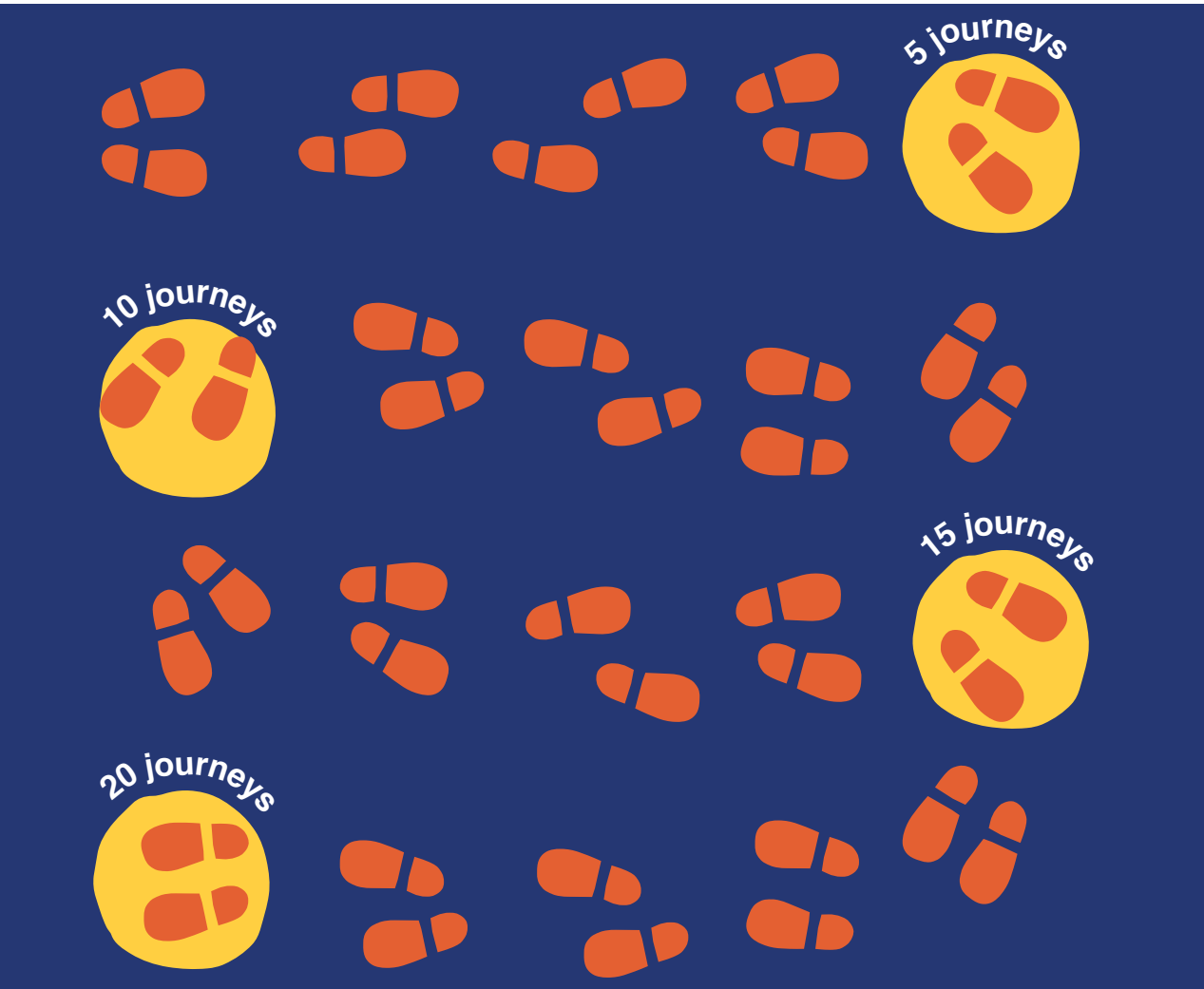
Make sure you all travel at a sensible speed and don't ride too close to pedestrians.

YOUR SCHOOL TRIP-OMETER

Your school trip-ometer

Use this trip-ometer to count up your active journeys to school.

Download a special certificate for every five journeys that you do together. Can you complete all 20? Click on the yellow markers to download and print each certificate. For added fun, invent your own incentives to treat the family every time you cycle, walk or scoot to school.



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Find out more at www.sustrans.org.uk

Follow us on Social media

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