



# FAQ

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**I would rather bike or scooter, does this count?** You bet! Walking and Wheeling Buddies is for all active travelers. You can bike, roller blade, or even cross country ski to and from school or a community group. As long as you are using your own muscles to get to school or community gatherings you can participate in Walking and Wheeling Buddies!

**I walked to school in the morning and walked back home in the afternoon. How many entries does this count as on my Log Sheet?** For every Walking or Wheeling trip "TO", record 0.5, For every trip "FROM", also count 0.5. If you rolled both TO and FROM, this counts as one entry.

**What role does my parent, teacher, or caregiver have in Walking and Rolling Buddies?**

All the adult needs to do is witness and sign each time to walk or wheel! If these adults are interested in further involvement, they could organize a school or classroom challenge or even share the program with other groups!

**What role does the student have?** Students are responsible for walking or rolling to and from school and community groups safely, recording their entries, and encouraging other students, friends, and neighbours to get involved!

**What do I do when I complete the first Log Sheet?** Once you have completed Log Sheet 10, please submit to your facilitator and move on to Log Sheet 30 and then 100!

**I am a student leader, teacher, or parent and would like a Walking and Wheeling Buddies package. Where can I get one?** Simply email [walkingbuddies@shapeab.com](mailto:walkingbuddies@shapeab.com) with the subject line "Walking and Wheeling Buddies Package". In the email, please include:

*Contact Name, Address, Phone Number, Number of participants anticipated.*



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Can't find what you are looking for? email [lesley@shapeab.com](mailto:lesley@shapeab.com)





# TO "BEE" A WALKING & WHEELING BUDDY.....



Our friend, the Walking & Wheeling Buddies Bee, has some great ideas when walking or wheeling to and from school or a community activity. Use these 5 tips as a weekly lesson for those students participating in Walking & Wheeling Buddies, or share them in newsletters or social media for students and parents to review and discuss at home.

*To be a Walking & Wheeling Buddy,  
BE SEEN, BE SURE, BE SAFE, BE SMART, & BE AN EXAMPLE!*

## #1 BE SEEN

Make yourself visible to other road users!



- Wear bright or reflective clothing
- Stay on pathways - do not cut through parking lots or lanes
- Use lights and reflectors on your backpack & bike
- Make eye contact with drivers and make sure all cars are stopped before crossing the street



## #2 BE SAFE

Take Responsibility!

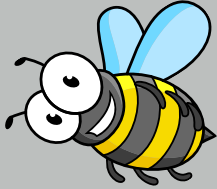


- Travel with a parent or Walking & Wheeling Buddy
- Cross only at crosswalks & corners
- Don't travel between parked cars or busses
- Lock your bike, scooter, or skateboard safely



# #3 BE SMART

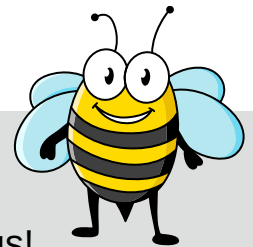
Know the rules & the risks!



- Learn & follow the rules of the road
- Wear your helmet & safety gear
- Dress for the weather
- Walk your bike & carry your scooter or skateboard at crossings

# #4 BE SURE

Be aware of your surroundings!



- Point, Pause, & Proceed when crossing the street
- Stop at the curb, look all ways, & listen for oncoming traffic
- Listening to music, texting, & talking on the phone are dangerous distractions

# #5 BE AN EXAMPLE

Model safe behaviors every time!



- Yield to pedestrians
- Cross at intersections
- Walk or Wheel with your children
- Park at least 5 metres from crosswalks





## Dear Parents and Caregivers,

*Does your child love to walk or wheel to school, recreation sporting events, art programs, or any other community groups? Does your child walk or wheel with a friend, neighbor, or sibling? Would you like your child to be recognized for being a safe and active transportation champion in your community?*

If you answered "YES" to any of these questions, then **Walking and Wheeling Buddies** is a simple and rewarding program for your child.

Our school is participating in SHAPE (Safe and Healthy Active People Everywhere) and Ever Active School's **Walking and Wheeling Buddies** program. This program encourages students to use active transportation to and from school or an organized community event with at least one other student or peer. Students are responsible for recording their walking or wheeling trips on the provided Log Sheets. Once a pair or group of Walking and Wheeling Buddies have completed a Log Sheet, and have an adult signature, they will submit the completed form to our Walking and Wheeling Buddies Facilitator and will be rewarded with a Star Zipper Pull. We would like to challenge each team to collect all three zipper pulls- 10, 30, and 100!!

The Walking and Wheeling Buddies Facilitator for our school/organization is:

\_\_\_\_\_

Thank you for joining SHAPE and Ever Active Schools in creating a safer, healthier, and more active Alberta!

**Happy Walking and Wheeling!**





Dear \_\_\_\_\_,

Thank you for signing up for **Walking and Wheeling Buddies!**

This program encourages students to use active transportation to and from school or an organized community event with at least one other student or peer. Once a pair or group of Walking and Wheeling Buddies complete each form, please reward their achievement with a Star Zipper Pull. Challenge each team to collect all three zipper pulls- 10, 30, and 100!!

In your Walking and Wheeling Buddies Kit you will find:

- Introduction letter for parents and caregivers
- Walking and Wheeling Buddies Log forms (10, 30, 100)
- "To BE a safe Walking and Wheeling Buddy" safety tips
- Walking and Wheeling Buddies Star Zipper Pulls (10, 30, 100)

Please feel free to share these material as you see necessary. If you require more zipper pulls, please email [lesley@shapeab.com](mailto:lesley@shapeab.com) indicating the quantity and denominations required.

Thank you for joining SHAPE and Ever Active Schools in creating a safer, healthier, and more active Alberta!

**Happy Walking and Wheeling!**

**Lesley McEwan**  
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**Tracey Coutts**  
[coutts@everactive.org](mailto:coutts@everactive.org)





## Log Sheet

10

[illegible]



## Log Sheet

Happy and safe Walking and Wheeling!



*Names of Walking & Wheeling Buddies:*

[illegible]

Once you have completed the form, please share with your Walking and Wheeling Buddies Facilitator.





## Log Sheet



Happy and safe Walking and Wheeling!

*Names of Walking & Wheeling Buddies:*

[illegible]

Once you have completed the form, please share with your Walking and Wheeling Buddies Facilitator.

