

Move Well Eat Well

Early childhood



STRIDE AND RIDE

How about a free set of Mini Traffic Lights for your Service?

If your *Move Well Eat Well* service has met the *Stride and Ride* criterion in both POLICY and PRACTICE, then you are eligible to apply to receive this promotion.

Name of Service: _____

We have a battery - operated mini traffic light (approx. 72cm high) available to encourage services to meet the 'Stride and Ride' criterion. This is available to services that have not yet met this criterion. These are great to use at your service on bike tracks and also for road safety education.

To be eligible, please return this form with the following:

- a) All requirements below ticked.
- b) Attached evidence (photos, program, curriculum, newsletters, displays etc.)
- c) Current official service POLICY which incorporates the Stride and Ride criterion.

Our Policy clearly states that:

- At least twice a year, our service arranges and promotes an age-appropriate pedalling, riding or walking activity within the service community, with a focus on road and pedestrian safety (e.g. to the shops, around the block, to a park) and/or on the service premises (establish a circuit 'walkathon', bike/pedal track).
- Road safety education supported and conducted at the service as part of the program.
- Active transport such as walking or riding bikes as a form of travel is positively promoted in the service to children, families, educators and support staff.
- Families, educators and support staff have access to up-to-date road safety information (e.g. pamphlets, newsletter articles, family information sessions).

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Please provide details below of how your service has met the *Stride and Ride* criterion in practice.

Contact person: _____

Director/Manager:

Name

signature

date

**Please scan and email back to movewelleatwellec@dhhs.tas.gov.au
Or fax to 6222 7409**

For any queries, please contact us by email or phone **6166 0617**