**Active Transportation Assembly**

Safe Routes to School assemblies can promote pedestrian and/or bicycle safety and encourage participation in an event. Using the slogan PALS to convey most important information helps presenters focus on the most important points and helps students repeat and review what they can do to travel safely. See below.

Depending on the time available for assembly, presenters can choose some or all points and choose your delivery with skits and examples like crossing procedure with and without obstacles, helmet fit, bike checks. If time and resources allow, a walk-about a couple of days after assembly will add to effectiveness of lesson.

**Sample Agenda**

**Introduction:** who you are, what you'll be taking about, why it's important.

**Announcement (optional):** Walk and Bike to School Day is next week, we want all to participate, have fun.

**Key Messages: Be P.A.L.S**

**Polite**

* Wait your turn
* Wave, smile (Thank people for waiting)
* Respect all road users (everybody has rights and responsibilities)
* Take a friend’s hand (or ask if someone needs help)

**Alert**

* Eyes up and Ears open (no earphones/buds)
* Focus (no distractions)
* Situational awareness (know what’s going on all around)
* Scan and shoulder check before you go

**Legal**

* Cross at crosswalks and corners
* Obey all traffic signs and signals
  + Countdown signal “ped head”: don’t start if flashing hand or numbers start.
* Helmet, lights (front white light, rear red flashing)

**Safe**

* Situational awareness (scanning, know what’s going on all around)
* Safety gear (lights, reflectors)
* Wear bright, reflective clothing
* Know your abilities and make good choices (only use roads that match your abilities)

Finish assembly with event day reminder. Ask students to repeat what each letter stands for and why it’s important as a step towards safety! And if we can be PALS everyone is happier, healthier and is ready to have more fun!