



# Traffic Safety Times

Winter Edition, January 2023

A newsletter for the Mississauga School Walking Routes Program

## Get Outside on the Journey to School This Winter!



Photo taken at Community Walk at St. Gregory Elementary School, November 2022.





Walking and rolling to school can be a great way to get exercise and socialize with friends, no matter what the weather. It's also a great way to get energized, keep your brain sharp, and combat the winter blues.

If you live too far to walk to school, you can still get some exercise in your commute by walking to the bus stop, or by driving partway and walking the last block or two.



Traveling outside in winter, whatever your travel mode, takes a bit of extra preparation. So we've compiled some tips to help make your winter journey smooth, safe and enjoyable.

**Did you know?** February is Winter Walk Month. Check out the Region of Peel's Environmental Education website for fun ideas for celebrating: <https://peelregion.ca/environmental-education/transportation/>



### Walking to School or the Bus Stop

-  Dress warmly to stay comfy. Wearing a few lighter layers is better than one heavy garment.
-  Choose a route that's been cleared of ice and snow. Call 311 to report issues if sidewalks or transit stops are not cleared of ice and snow.
-  Be alert! Be especially cautious crossing the road around large snowbanks and remember that drivers may have a harder time seeing you.
-  Do the "penguin shuffle" on slippery walkways to prevent falls. Walk flat-footed and take short steps. Keep your head up and don't lean forward.

### Riding your Bike

-  Yes, you can cycle in winter! Dress in layers that you can remove as you warm up; you will generate body heat as you ride.
-  Avoid puddles, metal bridges, and roadway paint markings. They can be slippery!

### Driving your Car

-  Clear your car of snow and ice. Make sure you can see well through all windows and mirrors.
-  Leave earlier to give yourself extra time for your journey. Go slow and brake well in advance of intersections and school crosswalks.