

**“Fifty per cent of kids hit by cars near schools are hit by cars driven by other parents dropping their kids off because they’re afraid of them getting hit by cars.”**

– Lenore Skenazy, *Free Range Kids: Giving Our Children the Freedom We Had Without Going Nuts with Worry*, 2009.

## **20** Encourage comprehensive cycling training programs in Manitoba through service organizations and through schools in collaboration with Manitoba Education and school divisions.

Developing safe and confident bicycle riding skills for Manitoba’s school-aged children requires comprehensive training with progressive annual instruction. Current programs tend to be short (half-day), voluntary and unable to meet demand from educators, parents and students. Programs offering practical on-road training would teach students how to safely interact with traffic and help to establish cycling as a lifelong activity. A cycling program is in keeping with the aim outlined by Manitoba’s Physical Education/Health Education curriculum: to provide students with planned and balanced programming to develop the knowledge, skills and attitudes for physically active and healthy lifestyles.

Based on the *Healthy Kids, Healthy Futures* Task Force recommendations, Manitoba introduced mandatory grade 11 and 12 credits in 2008 that require students to demonstrate they are engaging in at least 30 minutes of moderate to vigorous physical activity at least five days a week. Students can achieve these credits through in-class and out-of-class activities, an initiative that is among the first of its kind in the country.



Children and youth can have different needs from adults because they are smaller, growing, developing and dependent, and generally more vulnerable... Overall, about a fifth of all local trips may be made by young people, a significant share that impels attention to their transport needs.

– *The Centre for Sustainable Transportation, Child- and Youth-Friendly Land-Use and Transport Planning Guidelines for Manitoba*<sup>20</sup>