

Lesson 4 Resource: Barriers and Enablers to Active Travel

Do these things help or stop people from travelling actively?



Spending time with friends



Fear of falling or injury



Wet slippery roads



Adults walking too



Protective equipment



Heavy school bag



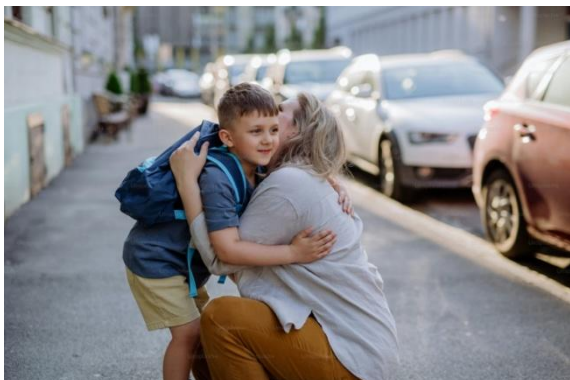
Active siblings



Public transport access

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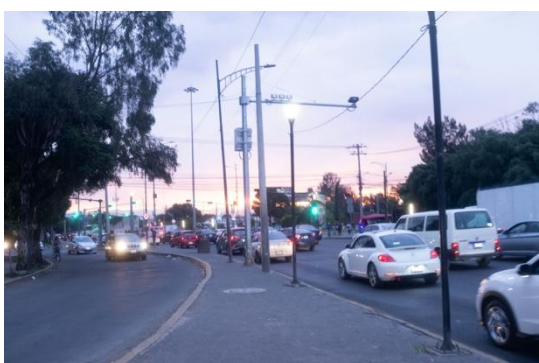
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Active parents



Parents ride bikes too



Busy traffic and roads



Parents and kids together



Feeling tired



Bike lanes and paths



Live a long distance away



Bike storage racks

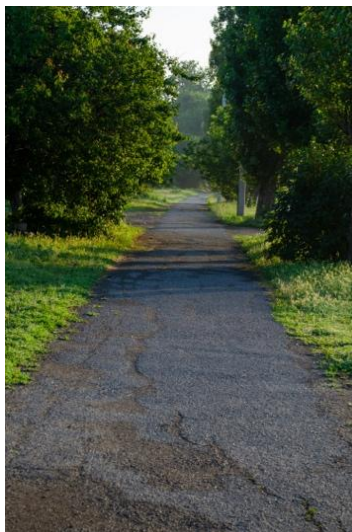


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Well maintained paths



Poorly maintained paths



Crossing signs and safe roads



Bike issues, including flat tyres



Wet weather gear



Lots of children in the family



Younger siblings can't walk yet