

# Safe Routes to "School": A Guide for Remote Learning

## COVID-19 in North Carolina

With stay at home orders in effect across the state and schools in NC closed until mid-May due to COVID-19, many families are juggling the unique challenges of remote learning for the first time. Governor Cooper has issued a [statewide stay at home executive order](#), which directs all residents of North Carolina to remain at home except for essential activities. The EO indicates that getting outside to walk and bike is still allowed under stay at home orders, as long as you remain six feet apart from those not in your family and abide by [social distancing guidelines](#). In fact, planning family walks and bike rides is a great way to remain active and healthy during an uncertain and stressful time. This guide is not exhaustive, but will hopefully inspire healthy habits we can all sustain!

## Planning Your Outing: Walking & Biking Safely

- The National Center for Safe Routes to School has several resources for parents and primary care givers about [teaching children to walk and bike safely](#)
- Before leaving for your walk or bike ride, ensure that your child [understands proper safety techniques](#), and if riding a bike, has a [properly fitted bicycle helmet](#) (National Highway Traffic Safety Administration)
- The NC Department of Transportation has a series of [pedestrian safety lesson videos](#) sorted by grade level (grades 1-5)
- The [Bikeology Curriculum](#) is a resource for students in middle and high school that teaches appropriate bike safety
- If you live within walking or biking distance of your school, this is a great time to do a test run of possible routes, while maintaining a safe distance of six or more feet away from other groups (email us with feedback about your route!)

# Safe Routes to "School": A Guide for Remote Learning

## Family Walks and Bike Rides

- Plan your route before leaving using [Google Maps](#) to avoid potentially unsafe crossings
- Check out the [North Carolina State Parks website](#) to search for trails near you, as well as for up to date information about park closures due to COVID-19
- Explore local greenways in your area, such as the [Capitol Area Greenway Trail System](#); [Triangle Rails to Trails Conservatory](#) is another resource
- Create a family mileage goal for the week or month, and [track your mileage walked or biked](#); you can also utilize the [Walk Across NC poster](#) to compare your mileage to distances in North Carolina

## Incorporating Learning into Walks and Bike Rides

- The NC Office of Environmental Education maintains a [database of environmental education resources](#) (filter by COVID-19 Education Support for resources tailored to remote learning)
- [EcoExplore](#) is a self-led citizen science program for kids that would be a great addition to a family walk or hike
- [Birdwatch](#) in your back yard or on family hikes, and [learn](#) how to identify local bird species
- Go on a stormwater walk to [identify issues in your community](#), and learn about the '3 Ss of Stormwater' in this [video](#)
- Learn about local species of plants and trees, and [learn how to identify them](#) on outdoor walks (keep a [leaf journal](#) to document how many you can find)