



**RCMP
GRC**

E-BIKES ON BOWEN ISLAND

Know the rules. Ride responsibly. Keep Bowen Island safe.



ILLEGAL

E-DIRT BIKES



- Designed for off-road use
- Throttle operated
- Higher power output (typically over 500W)
- Not equipped with pedals
- Not allowed on roads, bike lanes, paths or public lands

E-SCOOTERS



- Motorized stand-up scooters
- Throttle operated
- Not equipped with pedals
- Not allowed on roads, bike lanes, paths or public lands



LEGAL

E-BIKES



- Equipped with pedals
- Electric assist only (no throttle only mode)
- Motor power limited to 500W (continuous)
- Max assisted speed of 32 km/h
- Must comply with Canadian E-Bike Regulations
- Allowed on roads, bike lanes and multi-use paths
- Wear a helmet. Ride responsibly. Yield to others.

MAKE MOVEMENT MATTER

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
NO SCHOOL	10 Squats 10 Jumping Jacks 10 High Knees 10 Bum Kicks Repeat X2	Plank Hold How long can the class hold for? Let's get a baseline	FAST FEET GO for 1 minute!	10 Lateral Jumps 10 Squat Jumps 5 Push ups Repeat X3
20 Knee to Opposite Elbow 10 Jumping Jacks 20 Twists	5 Mountain Climbers 10 Squats 15 High Knees 20 Lateral Jumps	10 Squats 10 Jumping Jacks 10 Toe touches Repeat X3	5 Push ups 10 Frog Jumps 10 Bum Kicks Repeat X2	1 MINUTE! Side shuffle to the left 3 steps Jump shot Side shuffle to the right 3 steps
10 Bum Kicks 20 Lateral Jumps 10 Jumping Jacks Repeat X2	20 Toe Touches 10 Squats 5 Push ups Repeat X2	Seated Arm Drill "Hips to Lips" 20 seconds Repeat X3	Juggling Find something to throw and catch for 1 minute	NO SCHOOL
10 squats 10 arm circles 10 twisters Repeat X2	1 Minute of Mountain Climbers GO!	NO SCHOOL		

BUS TRANSPORTATION

Transportation services for each eligible student in your household must be requested every year, by submitting an [online student transportation request form](#) for each student.

If you are a new registrant or have recently moved, please submit a request form for each student as soon as possible.

[Sign up Here](#)



FEEDING FUTURES

As part of the Ministry of Education and Childcare [Feeding Futures initiative](#), the West Vancouver School District has established a food security structure to confidentially assist students and families. The West Vancouver School District Food Security Plan will help students and families by providing confidential financial support for families facing food insecurity. Families are encouraged to reach out directly to their school principal or to feedingfutures@wvschools.ca if they need support with food-related costs. Please be assured that all requests will be addressed with sensitivity, respect, and confidentiality.

[FOR MORE INFO](#)

OPTIONAL ACCIDENT INSURANCE FOR FAMILIES

West Vancouver Schools reminds families each year that personal injury or accident costs are not covered by the district or its insurance provider. To help protect against expenses from accidental injury, unexpected medical costs, or critical illness, families have the option to purchase voluntary accident insurance plans. A variety of providers offer different levels of coverage, so families are encouraged to review their options carefully and choose a plan that best meets their needs.

