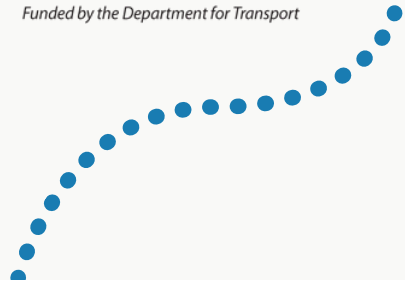




Setting up a Park & Stride at your school



Setting up a Park & Stride or Walking Bus at your school!



What is Park and Stride / a Walking Bus?

This is when parents and families meet at a specific point and then the children walk the rest of the way to school.

Benefits



A great way to encourage children & families to add some physical activity into their day



Raise awareness of road safety education



A great way to chat and catch up with friends on the way to school!



Good for the environment and reducing pollution



Reduce congestion and harmful emissions around the school gates



Walking as a group can improve walking safety

How to start

A few questions to consider:

- Does the school think a park and stride is viable? Have you got enough staff buy-in and support from senior leadership?
- Can you quickly think of a few parents who would likely volunteer to help if you don't have enough staff?
- How many families already walk to school and how many are reliant on cars?
- Is there a (or several) pedestrian route to the school that is safe for a group to walk along?
- Is there somewhere that parents can drop off children or park? This will be where the walk starts.
- How often do you want to do it? Can you start once a week to make it manageable?



Step by Step



People

Staffing

Think about who is going to coordinate the walk?
Will this be a member of staff or a parent volunteer?

Ratios

Ensure you have enough adults to meet your school's adult to child ratios.

Pupil Champions

Do you have pupils at the school that can be walking champions to help promote and support the bus?

Volunteers

Volunteers can be school staff or parents - a combination works well. Parents can use this opportunity to walk with their children and get their steps in as well!

DBS

Volunteers for the walking bus may need to be DBS checked - please refer to your schools policy.

Start point

Is there somewhere people can meet, park and walk from? Think about car parks which are likely to be less busy during school start and finish times, e.g. village/town halls, churches, pubs and community centres. Supermarkets may also be an option if there is one in your locality. Make sure you obtain permission to use their car park and they have public liability insurance in case someone is injured using the site.

Identify a route

Consider the pedestrian facilities on route e.g. footpaths, crossing points
Are there any quieter, traffic free routes that you can use?

Timetable

The Park and Stride does not need to go every day - make it manageable for your school and volunteers. It may just go once a week to start with. Communicate the meeting time and walk time with all families.



The route



Step by Step

Safety

Risk assessment

A risk assessment should include details of the roads/footpaths, meet point, timings, any crossings.

Insurance

Check your schools insurance policy to check that this activity is covered.

High Vis

All children and adults taking part in the walking bus should wear high vis tabbards for safety.

Children's behaviour and responsibility

All children should:

- Wear a high visibility jacket
- Behave sensibly and safely at all times
- Listen carefully and follow instructions
- Walk with a partner if asked
- Walk on the footpath until they are told it is safe to cross
- Cross roads as told by adults
- Look after their own belongings

You and/or your walking champions could promote these behaviours in an assembly or class, or the children may help to develop their own rules when walking with the bus

Promotion

How are you going to promote your Park and Stride / Walking Bus?

Can your pupils help by designing posters, signs or banners that promote the scheme, or by writing letters to their parents/carers to encourage them to take part?

Can you include an article in the school newsletter or send a letter home explaining how Park and Stride works.

Remember to include a map to show the location of a formal Park and Stride site.

Promotion

Good luck!