

# Park & Stride

Green-Schools Travel



## What is Park & Stride?



Park & Stride is where you park away from the school and walk the rest of the way. Park & Stride is a great way to alleviate traffic congestion at the school gate and introduce physical activity into the daily routine. Even walking the last 10 or 15 minutes will have a range of health and environmental benefits.

## Reasons to participate

Participating in Park & Stride helps to

- Reduce school gate traffic and air pollution
- Remove the stress of parking at peak times
- Save time by avoiding traffic
- Improve safety at the school gate
- Support local business

It creates opportunity to:

- Gain valuable time to talk with your child
- Socialise with other families
- Improve childrens road safety skills
- Engage children in their local area
- Incorporate exercise into your day
- Reduce fuel costs and save money
- Help children arrive more alert and ready to learn.

## Getting started

- In general terms, all you have to do is ask families that live too far away to park a 10–15-minute walk from the school.
- If you wish to establish a more formal scheme, identify at least one parking area which would be suitable for parents to park in. The ideal distance would be between 10-15 minutes from school but could be longer for older students.
- There are many types of parking areas that could be used for Park & Stride. Possible ideas could be a local pub, community hall, social club, church or shop. Local supermarkets with large car parks are usually excellent as they have lots of room.
- It is important to complete a 'Walkability Audit' or risk assessment of the route to school to identify any possible barriers or issues along the route and ensure it is safe.
- Contact your Green-Schools Travel Officer for assistance.

## Promoting your initiative

- Create a map of your Park & Stride locations once identified. It is a good idea to highlight the distance or time as part of your promotional campaign.
- Promote the scheme through newsletters, noticeboards, the school website, parents' evenings and other school events. Remember to set clear ground rules from the onset and clarify that this initiative is for parents to lead not teachers.
- Run a competition to design a poster to advertise the scheme
- Consider having a well-advertised launch. Seek publicity from local media or tie it into another initiative such as Walk to School Week.
- Contact your Green-Schools Officer for guidance.