



LET'S
WALK TO
SCHOOL

A TEACHER'S GUIDE

SWAP the ride for a PARK AND STRIDE



A guide to setting up a Park and
Stride scheme in your school

Walking
makes you
happier and
healthier





What is PARK and STRIDE?



Park and Stride is a simple idea for families who live too far away from school to enjoy the benefits of walking to school.

If families drive or feel that they live too far away to walk the whole journey to school, ask them to park ten minutes away and complete the rest of their journey on foot.

Your school can set up a formal Park and Stride scheme by identifying a suitable area parents/carers can park in, a short distance from the school (e.g. a local business or community car park) and gaining permission to use it.

If your school has no option for a formal Park and Stride scheme, you could instead encourage considerate and safe parking in roads situated a ten minutes' walk away from school.

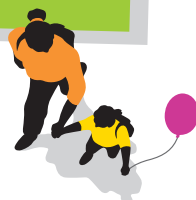
Are you taking part in WOW – the walk to school challenge?

Remember that Park and Stride journeys count towards pupils achieving a WOW badge!





TOP TIPS on setting up your PARK and STRIDE



1. Map where families travel from

Map pupils' home postcodes to find out the most common routes to school, or look at the school's catchment area. You can make this a fun classroom activity to do with pupils. To help you with this activity, type "plot postcode data" into your search engine to find websites that can help with this.

2. Choose a parking location

Think about car parks which are likely to be less busy during school start and finish times, e.g. town halls, churches, pubs and community centres. Supermarkets and retail parks often have large car parks with lots of space and are keen to support their local community too. If none of these options are available, explore whether local roads could enable parents to safely and considerately Park and Stride without causing disruption.





3. Get permission

Once you've chosen the location you'll need to contact the owner or manager in order to ask for permission to use it. Living Streets has a handy permission template letter you can access on the WOW Travel Tracker **RESOURCES** tab or at:

livingstreets.org.uk/wowlaunch

Check with the car park owner to ensure that their insurance has a public liability clause in case someone is injured while using the site. Car parks that are already used by members of the public will usually be covered.

4. Spread the word

Include an article in the school newsletter or send a letter home to parents explaining how Park and Stride works. Remember to include a map to show the location of the formal Park and Stride site. Living Streets has a template parent letter you can download from:

livingstreets.org.uk/wowlaunch

Pupils can also help by designing posters, signs or banners promoting the scheme, or by writing letters to their parents/carers to encourage them to take part.

5. Get support from the local council

Getting your local council and councillors on board will help the scheme to run more smoothly. They may also be able to lend valuable support such as parking enforcement around the school gates, councillor visits and publicity.



PARK and STRIDE in action

“The generosity of local businesses in allowing us to use their car parks has been great. It has helped to reduce congestion around the school gates, which has previously been an issue with local residents.

As a result of the Park and Stride scheme, we now have 80% of pupils walking the last ten minutes of their journey to school.”

Headteacher Catherine Craig, St Godric's RC Primary School



Get in touch



Get in touch for further
information about setting up
a Park and Stride, we'd love
to hear from you:

livingstreets.org.uk/walktoschool
walktoschool@livingstreets.org.uk
020 7377 4900

Keep in touch on social media:

 @LIVINGSTREETS

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Modeshift STARS
Approved Initiative

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