



LET'S
WALK TO
SCHOOL



A GUIDE to setting up a WALKING ZONE

Help us create a walking nation

We're Living Streets Scotland, part of the UK charity for everyday walking and the people behind the Walk to School campaign. We've got a big ambition: every child that can, walks to school.

What is a walking zone?

A walking zone is a defined area around the school, within which children and families are encouraged to walk rather than drive. Families who live in, or near, the walking zone are encouraged to walk to and from school every day.

Those who live further away, and choose to drive or take public transport, are asked to park or hop off outside the zone and walk the rest of their journey.



Walking zones can work in three ways:

1. Informal

The school develops a map of the walking zone and shares it with families.

2. Semi-formal

The local authority gives permission for the school to use signage to promote the walking zone.

3. Formal

The walking zone is officially recognised and upheld with support from the local authority, including formal signage and parking enforcement.

Two great reasons to join in

Healthier, happier
children

Less congestion
at school gates



How to set up a WALKING ZONE



1. Map your walking zone

Sketch an area for your walking zone on a map. We recommend the boundary should be a ten minute walk from school. Make sure there are safe drop off areas outside of the zone.

- Consider aligning the outside of your walking zone with any well-used public transport links so pupils can easily ‘hop off’ and walk the rest of the way to school.
 - Check if there are any busy roads or other possible barriers to walking within your proposed walking zone and adjust the zone where possible.
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2. Take a walk

Once you’ve mapped your walking zone organise a walk around the area with pupils to finalise it.

Ask pupils to lead the walk and think about inviting parents/carers and teachers who travel to school regularly. You could also invite staff from the local authority to see what advice and support they can provide.

3. Spread the word

Include an article in the school newsletter or send a letter home explaining how the walking zone works. Remember to include a map to show the location and boundary of the zone.

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

Top Tip

Use our template letters and lesson plans to get your walking zone underway:
www.livingstreets.scot

Encouraging walking to school

Become a WOW school

WOW is our year-round walk to school challenge for primary schools. Pupils who walk to school at least once a week are rewarded with a monthly badge, helping build healthy habits for a lifetime.

Make streets fitter for walking

Report safety concerns (for example damaged pavements) or suggestions for physical improvement (new crossing point) to your local authority.

Get support from your local council

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

In 2015, Edinburgh City Council launched an initiative to close the roads surrounding eight schools in the city, at the beginning and end of the school day.

The car-free areas make the school gates safer and encourage families to walk, scoot or cycle to school.

Did you know?

The Chief Medical Officer recommends ten minutes as the minimum duration of physical activity which will have a positive contribution to our health.(1)



Get in touch

We'd love to hear from you.

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Reference

1. Department of Health. (2011). *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers*. [online] Available at: http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_128210.pdf [Accessed 2 August 2016].

We are Living Streets Scotland, part of the UK charity for everyday walking.

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