



LET'S  
WALK TO  
SCHOOL



# Swap the whole ride for **PARK** and **STRIDE**

## A guide to setting up a Park and Stride scheme



## 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 Park and Stride?

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

If families drive, ask them to park a ten minute walk from school and complete their journey on foot.

If they take public transport, suggest they get off a couple of stops earlier and walk the rest of the way.

Your school can also set up a formal Park and Stride scheme. This makes it as easy as possible for families to incorporate walking into their journey, especially if there is a shortage of places to park around school.

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## Two great reasons to join in

Healthier, happier  
children

Less congestion  
at school gates



# How to set up a formal Park and Stride scheme



## 1. Map where families travel from

Find out where pupils travel to school from and the routes which are most commonly used. You could do this by mapping home postcodes, doing an activity with your pupils to find out the most common routes to school, or by looking at the school's catchment area. The website [www.openstreetmap.org](http://www.openstreetmap.org) can be a good source of free mapping resources.

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## 2. Choose a 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.

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## 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. 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.

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## 4. Spread the word

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. Pupils can also 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.

### Top Tip

Use our template letters to get your scheme underway:  
[www.livingstreets.scot](http://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.

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## Make streets fitter for walking

Report safety concerns (for example damaged pavements) or suggestions for physical improvement (new crossing point) to your council, School Travel Coordinator or local community planning group.

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## 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.

## 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)





“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

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](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_128210.pdf) [Accessed 2 August 2016].

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