



LIVING

STREETS

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

Find out more at  
[LIVINGSTREETS.ORG.UK/PARKANDSTRIDE](http://LIVINGSTREETS.ORG.UK/PARKANDSTRIDE)

Walking  
makes you  
happier and  
healthier





# What is **PARK and STRIDE?**

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

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

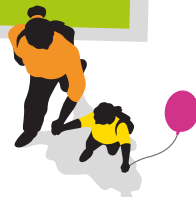
If your school has no option for a formal Park and Stride scheme, you could instead encourage considerate and safe parking in roads situated a ten-minute walk away from school.

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

Remember that Park and Stride journeys count towards earning 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 on a map' 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](http://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.

Pupils can also help by designing posters, signs or banners that promote the scheme and active travel to local residents, or by writing letters to their parents/carers encouraging 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**

**“We needed to take action to ensure our children were safe outside the school gates. Parents were reluctant to park away from school, but the children wanted to earn their WOW badges so they were the ones encouraging them to use the Park and Stride instead.”**

Jodie Myers, Teacher, Beaumont Primary School, Bolton



Find out more at  
[LIVINGSTREETS.ORG.UK/PARKANDSTRIDE](http://LIVINGSTREETS.ORG.UK/PARKANDSTRIDE)

# Get in touch



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

[walktoschool@livingstreets.org.uk](mailto:walktoschool@livingstreets.org.uk)  
020 7377 4900

Keep in touch on social media:

 **@LIVINGSTREETS**

 **LIVINGSTREETSUK**

 **LIVINGSTREETS**



**We are Living Streets, the UK charity for everyday walking.**

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland), Company Limited by Guarantee (England & Wales), Company Registration No. 5368409.