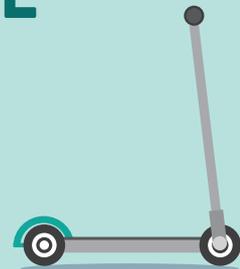


# PARK & STRIDE



**A GUIDE TO SETTING UP A  
PARK & STRIDE SCHEME**



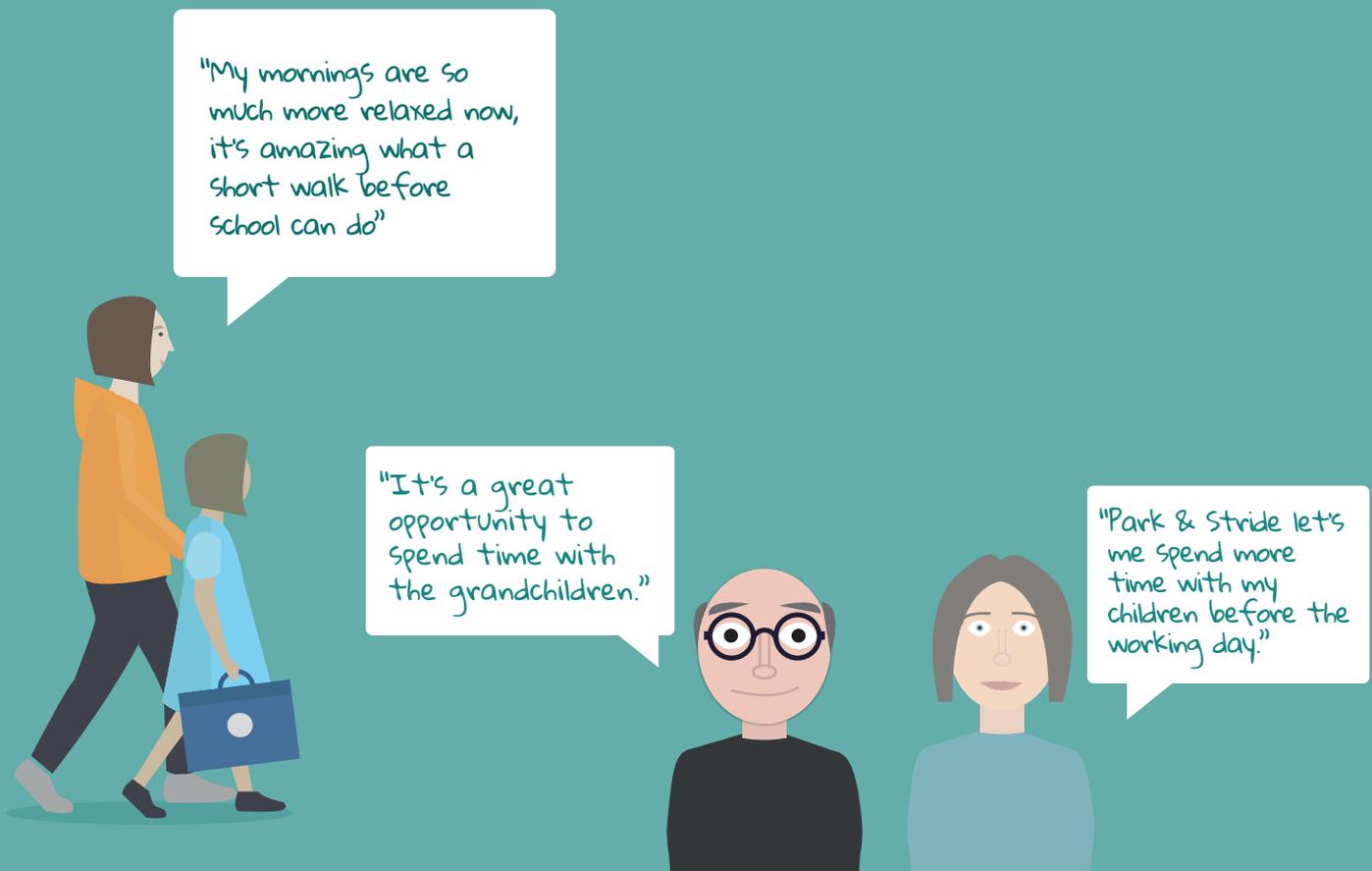
# ABOUT

## WHAT IS A PARK & STRIDE SCHEME?

A Park & Stride Scheme is ideal for families who live too far away from school to walk every day. It's a simple solution that allows pupils to walk for part of their journey. It is where an agreed parking area a little further away from school is used.

Usually within a 5 to 10 minutes walking distance from school.

This could be a church car park, community hall car park or a local business. (Permission will be needed to park on a private car park).



# BENEFITS

The Park & Stride scheme has many benefits for you and your children's physical health, lifestyle and the environment .

- A brilliant way to encourage adults and children to add some physical exercise to their day. Creating healthier families.
- Part of the recommended activity required each day :- Children to have 60 minutes activity per day. Adults 30 minutes 5 times a week.
- This scheme offers opportunities for parents and carers to teach children valuable lessons in road safety. It can highlight dangers and provide strategies to overcome hazards to help reduce traffic accidents.
- Raise awareness of road safety education.
- A great way to chat and catch up with friends before and after school.
- Can help reduce congestion outside the school gates.
- It's better for the environment and helps keep our air clean by reducing pollution.
- Best of all it's FREE!

A strong walk to school culture can help to gain Healthy Schools standards, sustainable schools awards and Eco school status. OFSTED inspectors look favourably on schools that can show they are making an effort to promote walking.

For any further help or support please contact your Lancashire County Council Safe & Healthy Travel Officer at

[safetravelteam@lancashire.gov.uk](mailto:safetravelteam@lancashire.gov.uk)

# QUICK GUIDE

## 1 INTRODUCE PARK & STRIDE

Start by introducing the idea of a Park & Stride scheme to parents, carers and pupils with regular snippets in your parent newsletters, website, and text messages.

## 2 IDENTIFY SAFE ROUTES TO SCHOOL

Identify any routes people already use and any suitable Park & Stride parking areas. This can be done with a working party and may be integrated into a geography lesson.

## 3 CHOOSE A LOCATION

Look for local car parks close to school. Think about car parks that are likely to be less busy during school hours, e.g. pubs, churches, town hall etc.

## 4 GET PERMISSION

Once you've chosen the location you'll need to contact the owner or manager. To seek permission (see request letter in resources).

## 5 CREATE A MAP

Create a map of the area. Display the map at the school gates, on notice boards or in parent newsletters.

The map should identify Park & Stride routes, 5 or 10 minute

walking zones and "no parking zones", these are areas that parents should be discouraged from parking in.

(See Pindar Maps in resources)

# PROMOTING

## IN SCHOOL

- Use wall charts to identify all those who are already making an effort to Park & Stride or walk to school (see Wall Chart in resources).
- Don't forget incentives for those who already walk.
- Ask pupils to design car stickers to promote the scheme.
- Design a poster / banner / poem / song / rap.
- Create a large A3 map / display to identify safe routes.
- Send out parking pledge to all parent/ carers. (See Parking Pledge in resources)

## OUTSIDE SCHOOL

- Send a letter to parents to explain your Park & Stride scheme.
- Make sure the local community know that you are trying to improve safety and reduce congestion and pollution. Display posters in local shops.
- Promote Park & Stride news on school website, notice board, texts, Facebook and Twitter.
- Send letters to local businesses to let them know about the scheme.
- Make sure the local press know by creating a press release.
- Create a Facebook page... share memories of walking, hold competitions.