



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

Walking
makes you
happier and
healthier





What is **PARK and STRIDE?**



**Park and Stride helps more pupils
enjoy the benefit of walking to school.**

If families can't walk the whole way to school, encourage them to park ten minutes away and walk/wheel the rest of their journey. If they take public transport, suggest they get off a couple of stops earlier and walk/wheel 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 that 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.

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

“Parking is always such a problem outside schools, so engaging in the Park & Stride scheme is a great way of reducing congestion and risks directly outside the school gates, as well as encouraging families to get their steps in every day. Our school council promoted the site to children and parents, and they felt the short walk to school was enjoyable and beneficial.”

Paula Coplin, Deputy Headteacher – Overdale Infant School, Leicester



Find out more at
[LIVINGSTREETS.ORG.UK/PARKANDSTRIDE](https://www.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:

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020 7377 4900

Keep in touch on social media:

X @LIVINGSTREETS

f LIVINGSTREETSUK

Instagram LIVINGSTREETS



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