

Park and Stride Pack



All you need to know in order to set up a Park and Stride scheme at your local school.

Park and Stride Information Pack



In this pack you'll find all you need to enable you to set up a Park and Stride scheme at your local school. It's also worth checking out <http://www.walktoschool.org.uk/park-and-stride/>

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What is a Park and Stride Scheme?



Park and Stride (P&S) simply means driving some of the way to school, parking up and walking the rest of the way.



P&S is particularly good for families that live a long way from school and can't walk the whole way. It has the added benefit of reducing congestion around the school entrance, thus making it safer for children to enter their school.

P&S is a brilliant way to encourage parents/ carers and their children to add some physical exercise to their journey to school, as well as providing some "chat time". To P&S, all families need to do is choose somewhere to park. This will depend on:

- How far they want to walk to school
- Feasible parking places

How does it work?

There are two ways in which P&S can work:

1. Parents/ carers are encouraged to find a suitable parking spot away from the school gates. They then walk the rest of the way.
2. Alternatively, schools can choose official P&S parking points. This makes it as easy as possible for parents to take part, especially if there is a shortage of places to park near and around school. It's also a great opportunity for parents/ carers and their children to meet with others, walk together and chat.



Where can we set up Park and Stride drop off points?

There are many places that can be used as official P&S drop off points. Possible ideas include:

- A local pub, town hall, British Legion Club, church or shop car park, which has the benefit of more custom for them
- The local supermarket - they often have lots of space and are keen to enhance their green credibility!



If you're struggling, it's always worth contacting your local authority, usually the road safety or sustainable travel team. You could also contact the Environment and Transport Department, who will point you in the correct direction. They often they have links with other local organisations and also have the standing to get them on board!

To help you set up your P&S drop off point, Living Streets have produced lesson plans and resources for schools and parents/carers. We hope you find them useful and if you have any questions please visit www.walktoschool.org.uk/park-and-stride/ or [contact](#) your local council and ask to speak to a member of the Road Safety or Sustainable Travel Team.

How to set up a Park and Stride Scheme



Step 1:

The first thing you have to decide is where you would like parents/carers to Park and Stride from. Most schools encourage parents/ carers to park at least ten minutes away from the school gate. It is a good idea to know where the children are coming from. One option is to plot their postcodes onto a Google Map. This can be done simply, through software such as BatchGeo.com. Please ask your school office to provide you with a list of postcodes which you can copy and paste into the online software. NB: If you are a parent/ carer they may not provide this information due to data protection. If this is the case you could kindly ask the office to plot the information for you or get a member of staff on board to help you set up the scheme.

This map will show how far your class/school live from school, which directions they travel from and where Park & Stride points should be located. Please visit <http://www.batchgeo.com/> and follow these steps:

1. In Step 1, please type in your school name and then paste your class/school postcodes underneath and click on the “Map Now” button
2. An error message will flash up – please press “ok”
3. In Step 2, click on “State / Province / Postal Code” option and pick the title you entered in Step 1 (e.g. St. Matthew’s) from the drop down menu
4. Click on “Make Google Map” button and your map will be created
5. Click “Save and Continue” under map and fill in details
6. **Please ensure that “unlisted” option is checked**, as otherwise the map will be made public. Then click on “Save Map” button
7. a link to your map will be sent to your email address



The map will help you see if you need more than one drop off point, depending on the locality of the children.

Step 2:

Once you have identified where you would like the drop off point to be, the next step is to see if there are any local supermarket or public car parks you can use.

If you’re able to find a local car park within the ideal location, you will need to contact the owner or manager in order to seek permission to use it. In this pack you’ll find a letter that you can send to the car park owners requesting permission. It’s worth noting that many supermarkets are keen to let people use their car parks as it adds to their green credentials.

One thing we are often asked about is who is liable if someone is injured in the car park. This is something you will need to discuss with the car park owners to ensure that their insurance has a public liability clause.

This shouldn't be an issue in car parks that are already used by members of the public e.g. supermarkets/ pubs, but it's always worth checking to be on the safe side.

If however you're using a site that does not usually have members of the public on site, apart from occasional visitors, such as a business park, you will definitely need to contact them to check they are insured. Although they will have employer liability insurance (for employers, which will probably have a clause for guests/visitors) and may also have some sort of public liability insurance, parents/carers using the car park may not actually be classed as 'guests'. Therefore it is **vital that the business park owners actually talk to their insurers to ensure parents/carers and their children would be covered.**

This doesn't need to be a lengthy process – it could be a phone call or email - and to help you out you'll find an example letter/email in this pack.

If a collision did occur, it would be highly unlikely that the school would be held responsible. We would however advise that they check that the car park owners have the relevant insurance before encouraging parents/carers to park their car.

What happens if we haven't got any local car parks we can use?



If there isn't a local car park you can use, you will need to visit the area in which you intend to encourage parents/carers to park. This is to ensure that if they park here, they will not be causing congestion or parking dangerously. You will also need to check whether they the area is a Controlled Parking Zone (CPZ). CPZ are areas where there are restrictions on parking. Usually people are not allowed to park between specific times. If you do wish to use a CPZ as a Park and Stride point, it's vital that you check the times when parking is not allowed, ensuring that parents will not be prosecuted if they park there.

A good way to do this is to actually get the children to check the area and set up a Walking Zone. A Walking Zone is an area around the school where parents/carers can't park and so they are encouraged to "Park and Stride" from outside the zone. By completing this activity, the children will identify "Park and Stride" parking points which can then be shared with parents/carers. You'll find a handy lesson plan in this pack, which you can share with the school, but here's the basic idea.

1. The lesson begins with a discussion about the benefits of a "Walking Zone".
2. The children then go out in small groups and walk 10 minutes from the school in different directions. Whilst walking, they complete a risk assessment identifying any risks on the route (see lesson plan for resource sheet)
3. Once they have walked for 10 minutes they mark on a map where they have finished and check that it is a suitable place for parents/carers to park.
4. All the children then return to class and plot on one large map where they finished their walk. These points are joined together and the area within the centre becomes the walking zone, with parents/ carers being encouraged to park outside the zone.

Alternatively, you might decide to do it yourself with a group of friends. Your "Park and Stride" scheme is now ready and so the next challenge is to promote it. There are many ways in which this can be done and you'll find more information in this pack.

Drop Off Point Letter



Dear **[add name of contact]**,

I am writing to you on behalf of **[add name of school]**.

As you may be aware, the school is working very hard to try and reduce congestion at the school gates. It is hoped that by doing this, the school gates will be a safer place, thus encouraging more parents/carers to walk their children to school.

One way in which we are hoping to do this is by setting up a “Park and Stride” scheme. This is a simple initiative, where parents/ carers are encouraged to park their car a 10 minute walk from school and then walk the rest of the way.

We are currently looking for areas where parents/carers may park and wondered if you would be happy for them to use **[enter name and location of car park]**.

We feel this would be a great opportunity for **[enter name of company]** to support the local community and could form part of your Corporate Social Responsibility Policy. Your organisation would be perceived as a company concerned about the safety of local school children and the environment.

If you are happy to be advertised as a “Park and Stride” drop off point, please can you contact me on **[add contact details]** to discuss the scheme in more detail.

Thank you in advance for your support

[Name of person responsible for P&S]

Dear Parents/Carers,

As you may be aware, the school is working very hard to try and reduce congestion at the school gates. It is hoped that by doing this, the school gates will be a safer place, thus encouraging more parents/carers to walk their children to school.

One way in which we are hoping to do this is by setting up a “Park and Stride” scheme. This is a simple initiative, where parents/ carers are encouraged to park their car a 10 minute walk from school and then walk the rest of the way.

We appreciate, however, that some children are unable to walk to school either due to parental work commitments, distance or a variety of other reasons. This is why we are creating a ‘Park and Stride’ drop off point – somewhere where you can park your car and walk the last part of the journey to school. This should allow more children to take part in WoW, by providing children who have to be driven to school with the opportunity to walk part of their school journey.

We are therefore asking parents/ carers to park (enter name of designated location here) and walk the rest of the way to school. If for some reason this is not a suitable parking place we would encourage you to park outside the Walking Zone highlighted below:

Add a map of your school circling the area within a ten minute walk of your school.

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If you have any queries regarding the Park and Stride drop off point, please don't hesitate to pop in speak to (enter the name of the school champion)

Thank you for your continuing support

Name of Head Teacher

If you want your “Park and Stride” to be a success, promotion is vital.

- **Get the school on board:**

The first thing you need to do is to get the school on board. This should be relatively easy. You can highlight how if parents/carers “Park and Stride”, congestion will be eased around the school gates, making them a safer place. It’s also worth mentioning that it can be added to the School’s Travel Plan, as well as linking into other initiatives like Eco Schools and Healthy Schools. To help you we’ve included a useful factsheet within this pack.

- **Tell the parents/ carers about the scheme:**

Next you need to make sure that parents/carers are aware of the scheme. The easiest way to do this is to inform them in a newsletter or send out a special letter explaining how it works. (You’ll find an example letter in this pack). If you’ve set up a “Walking Zone” you might want to include the map you created so that parents/carers can see where they should park.

- **Get the children to create resources to promote the scheme:**

Another good idea is to get the children to write a letter to all parents/carers. This could be part of their Literacy lessons, especially units about persuasive writing.

The children can also design posters that promote “Park and Stride”. You could run a competition within the school with prizes for the best design.

- **Become a WoW School**

One way to promote “Park and Stride” is to become a “WoW” school. “WoW” is the “Walk Once a Week” scheme run by the national charity Living Streets. It actively encourages children, with their parents/carers, to walk to school at least once every week, with children who do so being rewarded with a collectable badge at the end of each month. Children who “Park and Stride” are also eligible to take part in the scheme, so long as they include a 10 minute walk in their journey. “WoW” is easy to run and costs just £2.31 per child per year. For more information about the scheme please visit www.walktoschool.org.uk/what-we-do/walk-once-a-week/



You may be able to think of other ways to promote the scheme. If so please do contact us at walktoschool@livingstreets.org.uk as we’re always looking for examples of good practice that we can use as case studies. Good luck setting up your scheme!

Case Study



Oakwood School is a small school in Purley in the London borough of Croydon. In May 2010, they signed up for Walk to School Week as part of their commitment to reducing congestion around the school premises and reviewing their travel plan.

Like many other schools over the last few years, Oakwood has seen an increase in cars dropping off children around the school. Over the past two decades, the number of children walking to school nationally has dropped from 62% to 50%, with an enormous 42% being driven to school in cars - despite the fact that the majority of primary school pupils live within a 20 minute walk of their school. This is a contributing reason for Oakwood deciding to take part in Walk to School Week; to raise awareness about the benefits of walking and show how fun it can be.

For their Walk to School Week activity, the school set up a 'Park and Stride' scheme, which saw three different meeting points set up around the school from which parents could park and walk the rest of the way to school. The meeting points were set up to give parents and children three different lengths to walk in to school- one short, one medium and one long. This allowed very young children and those who could only manage to a short distance to get involved, as every bit of exercise add up to the recommended 60 minutes for children. The three options were well received by parents and the school hopes parents will continue to walk and take part in the "Park and Stride" scheme throughout the year.

Plans for the Week were announced in assembly to ensure the children understood the importance of walking and the positive impact it can have on the environment. Following this, a newsletter and flyer were sent to parents to explain the park and stride scheme and what would happen on the day.

Travel Plan Coordinator; Elizabeth Clarke reflected on the success of the event, "We didn't have any problems getting parents and children involved. Everyone seemed excited by Walk to School Week".

"Teachers and parent volunteers logged who had walked each day and handed out stickers- it all ran very smoothly. We've done a quick hands up survey and the response was very encouraging, with the pupils seeming to like and want to walk to school.



Lesson Plan: Setting up a Walking Zone



This activity is suitable for children in Key Stage 2. It requires additional adult support, but can be completed in an afternoon or morning.

National Curriculum Links:

Geography

Geographical enquiry and skills

In undertaking geographical enquiry, pupils should be taught to:

- Collect and record evidence [for example, by carrying out a survey of shop functions and showing them on a graph] (1B)
- Analyse evidence and draw conclusions [for example, by comparing population data for two localities] (1C)

In developing geographical skills, pupils should be taught:

- To use appropriate fieldwork techniques [for example, labelled field sketches] and instruments [for example, a rain gauge, a camera] (2B)
- To use atlases and globes, and maps and plans at a range of scales [for example, using contents, keys, grids] (2C)
- Decision-making skills [for example, deciding what measures are needed to improve safety in a local street]. (2G)

In their study of localities and themes, pupils should:

- Carry out fieldwork investigations outside the classroom. (7C)

There are also opportunities to link into Literacy and Art. Children can write letters to parents/carers about the Walking Zone and can design posters to show where the zone is.

Resources:

- Maps of the local area
- Risk assessment
- Additional adults so that the children can go out in smaller groups.
- Resource sheet: Setting up a Walking Zone (see below)

Learning Objectives:

- To be able to work in small groups to set up a “Walking Zone”
- To be able to read maps of the local area.
- To be able to identify potential risks within the local area.



Whole class learning:

Explain that the children are going to be creating a “Walking Zone” around school.

- Ask: “**What do you think a Walking Zone is?**” Allow paired talk before taking feedback.
- Share the following definition: *A Five Minute Walking Zone is an initiative which aims to reduce traffic congestion around the school while enabling everyone to walk for at least part of their school journey. The zone is a boundary line around the school site from which parents and pupils are encouraged to walk. (check children understand the meaning of key words e.g. congestion)*
- Discuss why a Walking Zone would be beneficial to the school. Again allow paired talk before taking feedback.
- Ask: “**How can we set up a Walking Zone?**” Take feedback after paired talk.
- Look at a map of the area and mark where children live. This can be done using www.batchgeo.com (see Page 4 for instructions)
- Ask the children to identify places where they think it would be worthwhile to set up a Park and Stride Parking Zone.
- Explain that the children will go out in small groups and walk every available route from the school to see if the locations are suitable.

Group Activity:



In small groups, children with an adult, walk 5-10 minutes from the school and plot their route on a map. They also identify any potential risks that children and parents/carers need to be aware of and complete the resource sheet “setting up a Walking Zone”.

Plenary:

- Children feed back on their route and any potential risks. They discuss whether they feel all routes are safe.
- The routes are plotted on a large map of the area and a circle drawn around them to highlight the walking zone.

Next Steps:

- A letter is sent to parents/carers showing the Walking Zone. This may be written by children as part of their Literacy lesson.
- The children can design signs to mark the Walking Zone.

Lesson Resource Sheet: Setting up a Walking Zone



As you explore the local area complete the following table identifying any potential risks that pedestrians might face and identifying any suitable locations where parents/ carers may park. If you have a camera, remember to take pictures of any risks and potential parking points.

	Destination	Is it safe to park? Why?	Hazards/ risks on route
5 minutes			
10 minutes			