

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

Walking  
makes you  
happier and  
healthier





# What is a **PARK and STRIDE?**



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

**If families drive, or feel that they live too far away to walk the whole way, 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 set up a formal Park and Stride scheme, by identifying a suitable area parents 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 a short walking distance away from the school.



**If you're taking part in  
WOW, our year-round walking challenge**

remember that Park and Stride journeys count towards pupils achieving a WOW badge!



# TOP TIPS on setting up your PARK and STRIDE



## 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 (enter “plot postcode data” into your search engine for websites that can help with this), doing an activity with your pupils to find out the most common routes to school, or by looking at the school’s catchment area.

## 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 considerably 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 download at:

**[www.livingstreets.org.uk/wow](http://www.livingstreets.org.uk/wow)**

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 explaining how Park and Stride works to parents. Remember to include a map to show the location of a formal Park and Stride site. Living Streets has a template parent letter you can download at:

**[www.livingstreets.org.uk/wow](http://www.livingstreets.org.uk/wow)**

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.

### 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**

**“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



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



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