

PARK AND STRIDE PROGRAM

THE PARK AND STRIDE PROGRAM IS AN INITIATIVE TO HELP INCREASE ACTIVE TRAVEL FOR CHILDREN AND DECREASE TRAFFIC CONGESTION AROUND THE SCHOOL.

About the Park and Stride program

The Park and Stride program promotes driving part of the way to school and walking the rest.

It helps to address traffic congestion around the school and makes it easier for families to include walking in their journey.

The program encourages families who need to drive to use a designated spot within a short distance of the school as a drop-off or pick-up point. Children can then walk the rest of the way with other students and families.

Council works with schools to identify suitable parking spots and routes to school. These are marked on a special 'Walk & Wheels to School Route Map' that schools receive as part of the program.

How to implement a Park and Stride program

1. Contact Kingston's Community Road Safety Officer to discuss the program and when the best time is to get started.
2. Council will provide you with a Park and Stride program pack.
3. Map where families travel from with Council's assistance.
4. Determine parking spots and main walking and cycling routes to school.
5. Communicate the program and distribute the route map to the school community.
6. Hold a 'Walk to School Day' to encourage use of the routes to school.

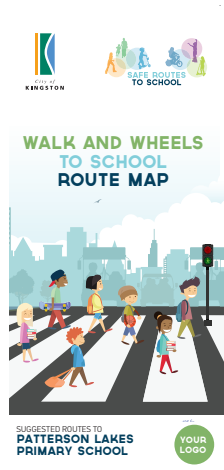
A Park and Stride program can help your school:

- Reduce traffic congestion, particularly with a shortage of places to park.
- Improve health and fitness for students.
- Provide more travel choices for families.
- Improve road safety for students.
- Create greater social connectedness with the school and local community.

Park and Stride program pack for schools:

As part of the program you will receive:

- Tools and templates to determine main routes and parking spots.
- Council assistance to map where families travel from.
- Walk & Wheels to School Route Map with park and stride points.
- Key tips for a successful program.
- Newsletter content.
- Letter template.



Example of the Walk and Wheels to School Route map provided for the school community. The map includes park and stride points.