



## Why Promote Active Transportation?

- ❖ Improve air quality
- ❖ Safe school drop off zones
- ❖ Improve the physical health of students
- ❖ Improve the academic success of students
- ❖ Improve community connectedness and overall wellbeing of students

## How to Promote Active Transportation:

- 1) **Commit:** Make a two to three year commitment to improve active transportation at your school. Change takes time!
- 2) **Meet:** Hold a yearly active transportation conversation with the school community including parents, teachers, crossing guards and other stakeholders.
  - Provide a map of the schools walking area
  - Encourage parents to find other families that they can walk and roll with, that are along their route to school
  - Build connections in the community
  - Learn about traffic and safety concerns that are preventing students from walking.
- 2) **Offer Incentives:**
  - Encourage walking and rolling every day of the school year
  - Choose specific days to boost active transportation (for example: Bike to School Week, International Walk to School Day, Winter Walk to School Day, or Walking Wednesdays.)
  - Offer healthy rewards that encourage more walking and biking. Rewards do not have to cost money. They can include: leader for the day, extra recess or gym classes, or a games afternoon





### 3) Think about the 5Es of Active Transportation Planning:

([saferoutestoschool.ca](http://saferoutestoschool.ca))

- **Education** – teach students about road safety. Foster the skills, confidence, and awareness to allow students to walk and wheel to school safely
- **Encouragement** – Find ways to inspire students, parents and school staff to try active travel modes
- **Engineering** - Create safe and accessible school sites, neighbourhoods and routes to school through improvement of road crossing sites, traffic restriction and signage.
- **Enforcement** – Work with your local bylaw or law enforcement to ensure vehicles are following traffic laws around the school
- **Evaluation** – Collect and use data to measure success and improve solutions.

### 4) Learn and find resources:

- Visit [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca) for more information about School Travel Planning

