What is Park & Stride? (P&S)
It’s a way of allowing families who live too far away from the school to get some exercise before their day, whilst helping reduce traffic and pollution at the school entrance. Instead of driving to the school gate and struggling to find a parking space, children are dropped off a short distance from the school, and walk the rest of the way, either alone or accompanied, depending on their age and confidence.

Why Park & Stride?
All schools and colleges should be promoting Active Travel, where students living within a reasonable distance make their journey on foot, scooter or bicycle. A combination of environmental and health reasons make Park & Stride a good option when Active Travel or use of public transport aren’t possible. Where there is sufficient infrastructure for a safe ride, consider popping scooters or bikes in the car, and use two wheels to complete the journey.

FAQ - Doesn’t this just move the problem?
Rather than transferring the problem from one place to another, a well-chosen site should alleviate congestion around the school entrance. P&S drop-offs tend to be staggered, reducing the impact of traffic at the P&S location. Ideally try to find more than one site, to suit drivers coming in from various directions.

How to set up a scheme
An informal Park & Stride may simply be a case of suggesting some suitable drop-off points to parents who may be unfamiliar with the Park & Stride concept and/or the local area. A more formal arrangement needs careful planning; these steps are outlined below. Sustrans may be able to help – please email cornwall@sustrans.org.uk if you need assistance.

Map
Find out where your car-using families are coming from and the most-used routes. This can be done using postcode data from SIMS or surveying the students/families direct.

Choose your location(s)
Ideally your P&S site should be around 10 to 15 minutes’ walk – long enough to get some exercise, but short enough not to discourage children and young people from using it. You could encourage older students to find their own P&S location – maybe getting further away from the school as their fitness and confidence builds. See our Route Planning guidance for mapping resources.

Things to consider
- Safe off-road drop-off/pick up point—preferably a traffic-free area
- 10-15 minute walk from school/college
- Are there multiple access points to the school/college for pedestrians? If so, be clear about which entrances are best to use from your chosen P&S location

For more information about free parent permits for your Park & Stride scheme, contact: transport@cornwall.gov.uk

Sustrans is the charity making it easier for people to walk and cycle.
www.sustrans.org.uk
Registered Charity No. 326550 (England and Wales)
**School Guide to Setting up a Park & Stride**

**When Parents Need to Drive**

**Potential P&S locations include:**
- **Cornwall Council car parks** - check if your local CC car park issues permits to the school for P&S purposes. They are supportive of Park & Stride initiatives and will waive parking fees around the start and finish of the school day. If you’re interested in this, contact transport@cornwall.gov.uk

- Supermarkets, retail parks, places of worship and community centres often have plenty of space and are keen to support community initiatives. Car parks of pubs and smaller shops are also likely to have capacity during school drop-off and pick up times.

**Get permission**
If you are setting up a formal Park & Stride, you will need to seek permission from the owners of any car parks. A letter template for you to adapt is available at www.cornwall.gov.uk/activetravel.

Especially if using a private car park for P&S, remind students that they are ambassadors for the school, and that their behaviour needs to reflect this.

**Promote it**
You’ll need to make sure that everyone in the school community is aware of the potential for using Park & Stride as an alternative to driving to the school gate if completing the whole journey actively isn’t possible.
- Staff - inform tutors so they can remind their students, especially during special events or at the launch of a new incentive scheme.
- Students - let them know about your Park & Stride in assemblies, at tutor time etc.
- Parents/carers - post it on social media, get a student to write an article about it for the school newsletter and send a letter home; a letter template for you to adapt is available at www.cornwall.gov.uk/activetravel.

**Get your students involved**
- When you’ve identified some possible Park & Stride locations, do the walks with a group of students to ground-truth their suitability.
- Set finding a P&S location as a task for a class or year group, to tie in with the PHSE or geography curriculum.
- Have a poster competition to help advertise the P&S scheme.
- Get students to contribute their ideas for incentivising Active Travel, including P&S.
- Get your Eco council involved.

**Incentive schemes**
Make your Active Travel incentive schemes more inclusive by including students who have used Park & Stride. See our [Setting Up an Incentive Scheme](www.cornwall.gov.uk/activetravel) guidance for more ideas.

**Park & Stride in a Nutshell**
- Map route
- Choose a safe location/s
- Get permission & permits
- Publicise it!

**Why not Park & Pedal?**
Where the roads are quiet or there is sufficient infrastructure for a safe ride, suggest that parents put scooters or bikes in the car, and let their children complete the journey on wheels.

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