



School Travel Planning

School Travel Planning (STP) encourages families to choose active transportation (walking or cycling, for example) for travel to and from school. STP includes a number of community stakeholders in the development of safe and efficient active transportation. It also addresses barriers to active transportation.

School Travel Planning benefits both schools and communities. These benefits include increased physical activity (for both children and adults), reduced traffic congestion, improved air quality, enhanced neighbourhood safety, and greater community/social connectedness.

Did you know?

-  According to the *2011 Active Healthy Kids Report Card*, almost 62% of students rely on cars, school buses, or public transport to get to school.
-  Walking or biking to school is one of the easiest ways for students to get daily physical activity.
-  Since 1985, the number of Canadian children who regularly walk to school has fallen by 50%. A recent study by Green Communities Canada indicated a whopping 42% of children are driven to school.
-  In a local Metrolinx study, 90% of parents whose children walked, biked, or used a school bus liked this form of transportation. Parents who drove reported less satisfaction.

Building Healthy Communities



You can make a difference when you . . .

- Act as a role model — walk, bike, take the bus or park your car. Try walking the last block to school. If you do drive, don't idle your car during either drop off or pick up.
- Volunteer your time to plan or implement fun, school-based walking initiatives (e.g., a walking school bus, themed walking events).
- Participate in STP school site visits, activities and walkabouts.
- Learn more about your municipality's official plan and how it can be used to support active school travel.

Municipalities show leadership when they . . .

- Participate in all *Municipal STP Steering Committee* meetings and provide traffic engineering information/expertise at STP meetings.
- Participate in data collection in areas identified by STP. Attend school site visits, walkabouts and traffic/pedestrian/cyclist counts.
- Provide relevant data (e.g., traffic flow/traffic count statistics) for school communities.
- Help develop action plans following data analysis from the STP process, especially with engineering requirements.
- Ensure engineering improvements recommended by STP are included in municipal plans and budgets (e.g., sidewalk repairs or upgrades, pedestrian crossings, bike lanes, signage).
- Connect with schools regularly to identify/ address any new STP issues.

**Be an active partner where you live, learn, work and play.
Participate in building healthy communities!**

Sources: *Active and Safe Routes to School*, Green Communities Canada

For more information, refer to other fact sheets in this series or contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933.
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