








# Park & Stride

## What is Park & Stride?

A Park and Stride scheme allows parents/ guardians to leave their car in a pre-arranged location and walk the remaining distance (usually 10-15mins). There are many benefits, including:

-  Improved environment around the school with less traffic, pollution and noise
-  Promotes active travel and increases exercise levels in children
-  Children can learn essential pedestrian skills
-  Parents can save time by avoiding congestion around the school
-  Provides opportunities for schools to work within the local community in setting up the scheme

Schools work with parents to help identify suitable locations and obtain permission from land owners to allow them to park on their land. Ideal locations include car parks at shopping areas, pubs, places of worship (church or mosque), leisure centres or quiet roads away from the school which DO NOT disturb local residents.

