

Walking Bus / Park and Stride Start Up Guide

We have put together this quick start guide to help you set up a park and stride or walking bus for your school. There are slightly different requirements for each.

A park and stride is an informal arrangement where parents can walk their own children to school from a specific location.

A walking bus is a formal arrangement, where adult volunteers or school staff walk with a group of children to school from a start point.

You will need:

- 1) A suitable start location, approximately 5–10 minutes' walk from the school
- 2) A risk assessment of the route
- 3) Parent volunteers who are able to help supervise (walking bus only)
- 4) DBS checks for volunteers (walking bus only)
- 5) Yellow jackets for both children and adults (walking bus only)
- 6) Training for volunteers (walking bus only)

Park and Stride

- 1) Find out how many parents would be interested in using a park and stride. Ask for their postcodes so that suitable start locations can be found.
- 2) Decide on a start location. This should be a suitable place near the school, where parents can park, normally within ten minutes' walk of the school. This could be a pub car park or village hall, for example.
- 3) Ask the owner of the start location for permission to use it for the park and stride.
- 4) Undertake a risk assessment of the route. My Journey can help with this.
- 5) Decide on a start date.
- 6) Promote the park and stride to parents.
- 7) Start the park and stride.

Walking Bus

- 1) Identify how many parents would use the walking bus, and whether they might be available to help. Ask for parent postcodes so that a suitable start location can be found.
- 2) Find a suitable location, within ten minutes' walk of the school where parents can park. This could be a pub car park, or village hall, for example.
- 3) Ask the owner of the start point for permission to use it for the walking bus.
- 4) Undertake a risk assessment of the route. My Journey can help with this.
- 5) Ask parents to register their children. This will ensure that the right number of adults can be there to supervise.
- 6) Set up a rota for adult volunteers if necessary.
- 8) Arrange DBS checks for volunteers. These are free for volunteers.
- 9) Train your adult volunteers. My Journey can provide training.
- 10) Purchase yellow jackets for adults and children.
- 11) Choose a start date for the walking bus.
- 12) Promote the walking bus to parents.
- 13) Start the walking bus.