**Active School Travel Guidelines**

**Purpose**

Active School Travel (AST) encourages and supports schools to create an active travel culture within their community. Active travel refers to any way of getting to or from school that includes physical activity or a reduced reliance on car transport, such as walking, riding a bike, scooter or skateboard, carpooling and public transport.

The benefits of active travel for schools include:

*Good for us.*

* Healthier students and families who participate in more physical activity every day.
* Increased student concentration in class.
* Increased independence for students.
* Cheaper than driving a car.

*Good for the school.*

* Safer roads around the school area, especially during drop off and pick up times.
* Reduced traffic congestion.
* Greater opportunities for friendships in the school community.

*Good for the environment.*

* Reduced greenhouse gas emissions from cars.

**What Council Offer**

AST is a suite of free active travel initiatives available to ten primary schools in the Ipswich region each year.

Initiatives include:

* **A council support officer** – to help the school develop and implement active travel e.g. conduct parent surveys, plan launch days, plan park and walk routes (‘cycle buses’ and ‘walking school buses’). Your support officer is available for a meeting every month if required.
* **An ‘Active travel map’** – that highlights suggested active travel routes to school for families.
* **Funds** – for active travel event days each term to launch/ promote active travel ($200 each term, approved by ICC).
* **Active Travel Resources** – newsletter snippets, Facebook posts and parent/ student active travel information.
* **Program Resources** – hi-vis vests for walking/ cycling leaders, fence banners.
* **Incentive prizes** – for students and parents that participate in active travel at the school, particularly on event days e.g. sunglasses, crayons, Yo-yos.
* **Bicycle Hire** – the opportunity to use of 20 Ipswich Hospital Foundation bikes and helmets for 1 month during school term time to teach and learn practical bike and road safety.
* **Optional participation in Road Safety Initiatives**.

**How the program works**

AST is adaptable to suit varying levels of school capacity and objectives.

Once schools make contact and have a meeting with the Council officer, they request what active travel initiatives they would like Council to help support. Availability is on a ‘first come, first served’ basis, with schools in SA2 areas having priority.

Council will collect active travel data from schools implementing AST and require schools to record the participation numbers of their different activities/ initiatives.

**Active Travel Actions/ Activities**

Some creative ideas schools can implement to increase active travel include:

* **A weekly, fortnightly or termly active travel day** – ‘*Movement Mondays’* or ‘*Walking Wednesdays’* or ‘*Physical Fridays’*.
* **Individual, class or school competitions** - promoting ‘*Steptember’* or ‘*Walktober’* to encourage daily steps from active travel.
* **‘Park and Walk’ Initiatives** - Encouraging families that live out of catchment to park closer and walk.
* **‘Walking school buses’** – groups that meet in a safe places and walk to school. This can be lead by teachers or volunteer parents.
* **‘Cycling buses’** – groups that meet in safe places and cycle to school as a group.
* **Carpooling**
* **Public Transport promotion** – share the school bus options, subsidy information.
* **Student bike education, skills and safety workshops**.
* **Newsletter snippets**.
* **Student active travel maps**.

**How to Join**

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