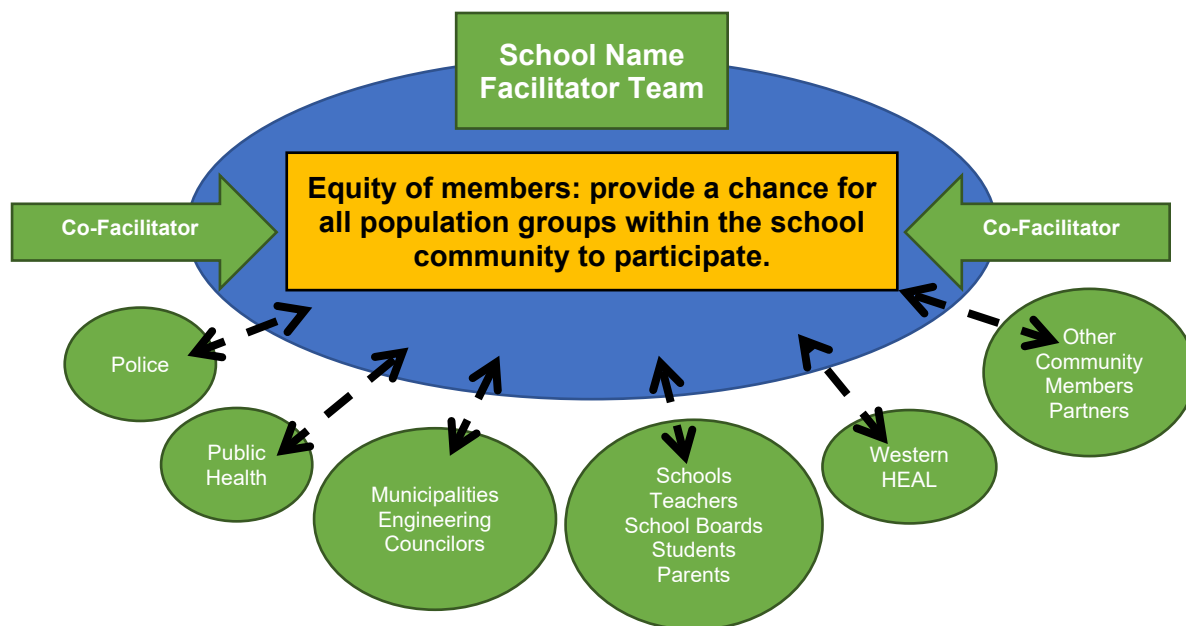


## Introduction to School Travel Planning (STP)

Active school travel (AST) is any form of human powered travel to and from school, such as walking or biking. Research indicates active school travel helps to:

- Improve students' physical and mental health
- Improve traffic and safety around the school
- Improve air quality and help the environment
- Have students arrive at school alert and ready to learn
- Have students and families feel more connected to their community

The School Travel Planning (STP) program helps to create a safe environment and school culture that encourages and supports families to use active transportation to and from school, to and from the bus stop, or if driving, park away from the school and walk the rest of the way.



The purpose of the diagram above is to draw attention to the variety of community partners that come together to make School Travel Planning possible. By working with

the Active and Safe Routes to School (ASRTS) partnership, we are able to guide you and connect you with a variety of people and resources throughout this process.

## ***The 6 Phases of STP***

The STP program is a 6-phase process that uses the 6 E's of STP to make sure all the factors for creating a safe and healthy school environment are addressed,

1. ***Set-Up*** – The Set-Up Phase is intended to engage the school community, inform key stakeholders on the program and the process, determine if the school is ready and committed to carrying out the program, recruit volunteers for the STP Team, and begin collecting information to help with the overall implementation.
2. ***Collect Information*** – The purpose of this phase is to collect information to gain an understanding of the traffic concerns and barriers to walking/wheeling/busing to/from school. This phase contains family & youth surveys, traffic counts/observations, and a walkabout to understand the travel behaviour and safety concerns in your school community. The information collected will help create the Action Plan.
3. ***Create Action Plan*** – The action plan is designed to help your STP team develop a plan to increase active school travel, increase bus ridership, and decrease car use in your school community. You will create a school-specific action plan to address beliefs and concerns parents and children identify during the Collect Information phase.
4. ***Carry Out Action Plan*** – The purpose of this phase is for you and your STP team to work together with school and community partners to carry out the action items listed in your action plan.
5. ***Recollect Information*** – The purpose of this phase is to recollect information to gain an understanding of the traffic concerns and barriers to walking/wheeling/busing to/from school and how they may have changed since the collect information phase. This phase also provides the next steps to help you Keep it Going.

6. *Keep it Going* – The purpose of this phase is to identify how your STP team and school community are going to support AST moving forward based on the resources and partnerships available.

## ***The 6 E's of STP***

- *Education* – building awareness, knowledge, skills, and confidence to allow students to walk and wheel to school safely.
- *Encouragement* - inspiring students, parents, and school staff to try active travel for all or part of their journey.
- *Engineering* - creating safe and accessible school sites, neighborhoods, and routes to school and bus stops.
- *Enforcement* – making sure traffic and parking rules are obeyed to improve safety at and around schools.
- *Evaluation* - using data to plan effective solutions, measure outcomes, and show the impact.
- *Equity* – considering inclusion in all phases of the STP program, remove barriers to make sure there are healthy, safe, and fair outcomes for those with disabilities, students from low-income families, all ethnicities, various languages other than English, and LGBT2Q+ students.

To begin the School Travel Planning program, contact ASRTS at [info@activesaferoutes.ca](mailto:info@activesaferoutes.ca).