

What is Active School Travel (AST)?

Active School Travel means children going to school by walking, cycling, scootering, and other forms of travel that involve physical activity.

What are the benefits?

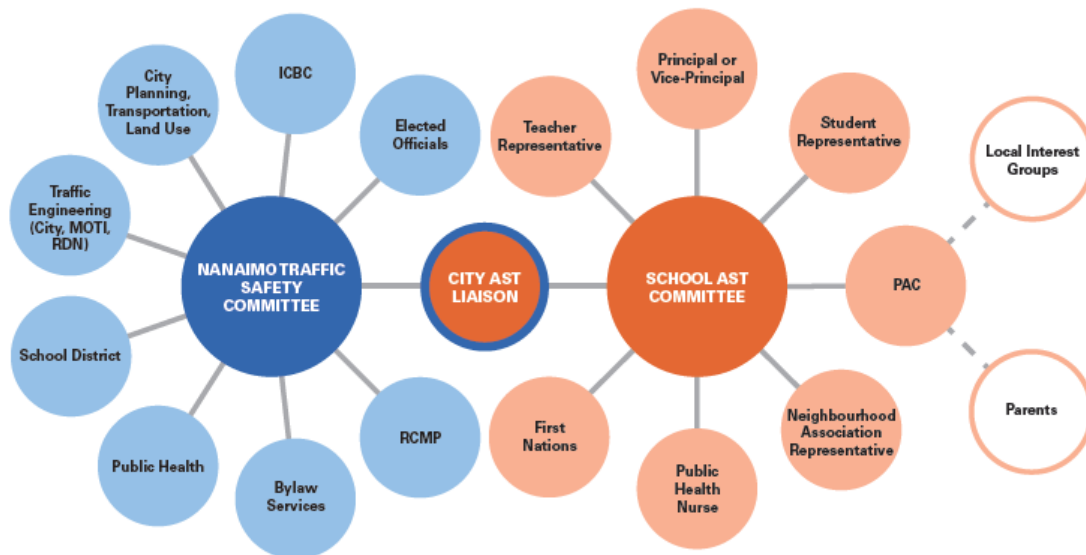
- Physical and mental health for students
- Academic performance
- Neighbourhood & school safety
- Air quality & carbon emission reduction

Program Vision

To empower individuals and groups to work with their school community to plan initiatives that enhance safety and increase the number of students traveling to school in a physically active manner.

Who is involved?

The roles are divided into two committees with a common Liaison



What are the responsibilities?

The school AST committee responsibilities may include:

- Planning and attending meetings
- Sharing information about the AST program
- Organizing and volunteering at events
- Data collection
- Support a general “culture” of active school travel at the school

What are the steps in the process?

PHASE 1: SETUP

Recruit volunteers in the school community who will lead and carry out the planning process.

Timeline: Spring - Summer 2021

PHASE 2: ASSESS CONDITIONS

Where is your school currently at with Active School Travel? You may want to look at: existing safety conditions, student transportation habits, family attitudes towards AST, students' "street smarts" etc. Begin to establish a vision and goals for AST at your school

Timeline: Summer –Fall 2021

PHASE 3: DEVELOP ACTION PLAN

Identify the tasks needed to achieve the vision and goals identified in Phase 2, and put these into a plan

Timeline: Winter 2021 – Spring 2022

PHASE 4: IMPLEMENT ACTION PLAN

Complete the tasks in the Action Plan, track progress, and celebrate successes. Cultivate an ongoing culture at the school that supports AST for the long-term.

Timeline: Fall 2022 – Ongoing

PHASE 5: EVALUATE PROGRESS

Assess which action items were successful, and whether they are leading to equitable outcomes. Identify unintended consequences of action items and make strategies more effective.

Timeline: Spring 2023 – Ongoing

PHASE 6: KEEP IT GOING

Build an AST culture at the school so that new students and parents also develop AST habits. Develop a succession plan to ensure the work carries on with volunteer, student and staff turnover.

Timeline: Ongoing