


January, 2004

Active & Safe Routes to School

We are pleased to provide you with a copy of the revised Active & Safe Routes to School Community Resource Guide. We hope this guide will help your community make the journey to school safer and healthier.

Along with this guide we also introduce a brand new Active & Safe Routes to School web site: www.saferoutestoschool.ca. This site contains many of the resources found in this guide, in ready to use, downloadable formats. This symbol in the guide  indicates that the item is available on the web.

Acknowledgements

This Active & Safe Routes to School Community Resource Guide was made possible with the assistance of many people. We wish to first thank all the schools across Ontario who have participated in the Active & Safe Routes to School program to date, especially those that have shared their experiences with us.

The funding for this guide was provided by Moving on Sustainable Transportation, an initiative of Transport Canada. We also received funding support from the Ontario Trillium Foundation, the Laidlaw Foundation, the Toronto Atmospheric Fund, the Toronto Heart Health Partnership, and the J.W. McConnell Family Foundation. Generous in-kind support was provided by The Printing House and The Co-operators.

The Ontario Active & Safe Routes to School program was started in 1996 by Greenest City in Toronto, as a pilot project involving three schools. Under Greenest City's management the program grew to become a well respected provincial initiative involving close to 1,000 schools. We thank Greenest City for its commitment to fostering local environmental initiatives and for their support of the Active & Safe Routes to School program. In December 2003 the Active & Safe Routes to School program was transferred to the Green Communities Association (www.gca.ca) to allow for continued growth outside of the Toronto area.



Jacky Kennedy, Program Manager,
Active & Safe Routes to School

This Active & Safe Routes to School Community Resource Guide has been prepared for community organizations and schools that wish to develop program and strategies that encourage active transportation to and from school, thereby reducing reliance on the automobile for short, local trips. This resource guide is intended to suggest courses of action to help the user imagine, create and implement their own ASRTS program to suit their unique circumstances. The Green Communities Association and its funders are not responsible for outcomes and consequences that result from the use of this guide.

Table of Contents

■	1. Introduction	6
■	2. About this Guide	10
■	3. Active Transportation Choices	19
■	4. Implementation Process	21
	4.1 International Walk to School Day – (IWALK)	22
	4.2 Walking / Wheeling Wednesdays	35
	4.3 The Neighbourhood Walkabout	43
	4.4 No Idling at School	47
	4.5 The Walking School Bus	56
	4.6 Classroom Mapping / Blazing Trails Through the Urban Jungle	65
■	5. Evaluation	68
	Parent Transportation Survey	69
	Student Transportation Survey	71
	Walkability Survey	72
■	6. ASRTS throughout the year – Themes and Celebrations	77
	Success Stories	78
	6.1 Climate Change and Air Quality	80
	Polar Bears and Climate Change	84
	6.2 Physical Activity	88
	6.3 Physical Activity – Heart Health	91

■	7. ASRTS Curriculum Connections	98
■	8. Case Studies	105
	Case Study #1	
	– Toronto Schools Making a Difference	106
	Case Study #2	
	– Stepping Out Across Ontario	110
	Case Study #3	
	– School Walking Routes Pilot Project	112
	Case Study #4	
	– No Idling at School	117
■	9. Notes	127
■	10. Resources and Further Information .	129
	Other ARSTS Programs	129
	Traffic Safety / Injury Prevention	131
	Classroom Resources	132
	Sustainable Transportation	133
	Health and Physical Activity	135
	Documentation and Reports	136

