

SRTS

Walk to School Program



MAKING MASSACHUSETTS MORE WALKABLE

Developing a Walk to School Program

Coordinator's role in the process

- Promote the program
- Research the school or districts' need for the program
- Create a plan, budget and set measurable goals for the project
- Offer support to individuals volunteering or being paid to implement the program in a school or district

Building Support for the Program

Coordinator's should:

- Educate school administrators, teachers, principals and parents about the many attributes a successful walk to school program can bring to their students and their school community
- Gain support from the school administrators, teachers, principals, law enforcements and parents
- Identify walk champions who believe in the cause and can help promote the program from within the school

How are students currently getting to school?

Transportation survey

- A transportation survey identifies how students get to school and how far away they live
- Identifies whether or not a walk to school program would be effective for the school or district
- Identifies neighborhoods with large clusters of students that can be targeted to start a walk program

How are students currently getting to school?

Attitudinal survey

- An attitudinal survey will identify what the barriers are to students walking to school
- Identifies issues regarding parent's perception of walking to school and why they will or will not allow their child to do so

Estimates of staff time and program effectiveness

- Average time a coordinator would spend on developing a program in a school is about 8 hours per week
- Average time for school staff or parent volunteer to spend implementing and running a program in the school is about 5 hours a week
- Average time for a program to become operational 3-6 months
- Average time to rate the program effectiveness: 1 year to be successfully up and running and 3 years for a change in a school's travel patterns, policies or environment

Setting Goals and Evaluation

What are we trying to change?

- Obesity Rates
- Mode Shifts & Traffic
- School Community
- Increase opportunities for students to walk as a way to be active

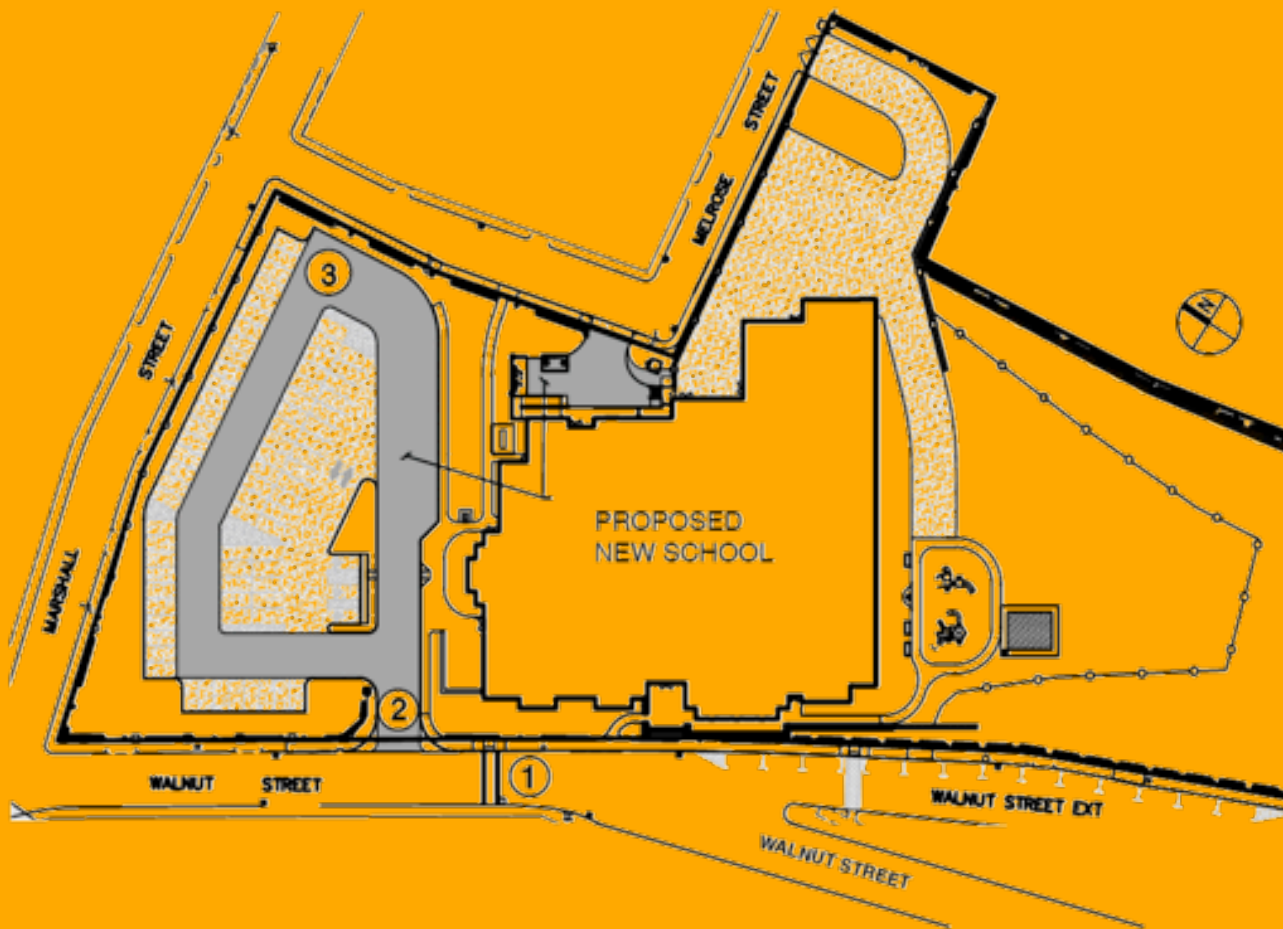
Setting Goals and Evaluation

How to track & evaluate progress?

- Drop in BMI percentages from obese to healthy
- Less cars at drop off = more walkers weekly or daily
- More interaction between students, staff and parents
- More students choosing to walk as a means of transportation into preteen and teen years.

Elias Brookings Elementary School

Springfield, MA



1. Primary crossing point is proposed in potentially dangerous location
2. Students must cross the parking lot entrance to enter the school
3. Cars and buses have only one entrance/exit to the parking lot

Conte School Renovation

North Adams, MA



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