

SAFE & ACTIVE SCHOOL TRAVEL PROGRAM (SASTP)

ENCOURAGING WALKING,
ROLLING, CYCLING AND TRANSIT
TO AND FROM SCHOOL



The City of North Vancouver's **Safe & Active School Travel Program (SASTP)** explores ways to encourage a safe and healthy journey to and from school and is core to the Mobility Strategy's vision to create healthy streets that work for everyone.

The program was launched in collaboration with the North Vancouver School District (NVSD) and includes programs and initiatives such as:

- Infrastructure Improvements
- SASTP Mini-Grants
- School Travel Planning
- Cycling Education
- Bike to School Week
- Adult Crossing Guards
- Best Routes to School Maps
- Education and Encouragement



BENEFITS OF ACTIVE TRAVEL TO SCHOOL

IMPROVED PHYSICAL & MENTAL WELL-BEING

Students arrive to school energized & ready to learn

STRONGER COMMUNITIES

Connections & friendships are made during active travel to & from school

HEALTHIER COMMUNITIES

Reduced congestion around school zones is better for pedestrian safety & the environment

INCREASED CONFIDENCE AROUND INDEPENDENT TRAVEL

Children learn how to navigate their environment



? did you know...

Currently, **only 39%** of children and youth meet the physical activity recommendation within the *Canadian 24-hour Movement Guidelines*

HOW TO MAKE ACTIVE TRAVEL A PART OF YOUR CHILD'S SCHOOL ROUTINE

SET A GOAL

- Start with one active commute day a week, and build up to 2-3 days or more

MAKE A PLAN

- Use your *Best Routes to School Map* and practice your route
- Pick days ahead of time
- Work with friends to walk, roll, bike, or transit together!
- Pack your child's bag and gear the night before
- Talk to your principal or PAC about organizing active travel education courses

CELEBRATE!

- Reward your children for their achievements
- Talk to your school principal or PAC about running events like a Walk & Roll Wednesday or Bike to School Week with prizes

IF ALL ELSE FAILS, DRIVE TO 5

- If you're in a pinch for time, drop your children off a five minute walk away from school to ensure they still get the benefits of walking, and keeping school zones safe



Learn more at
cnv.org/SASTP

city
of north
vancouver