



## Active Transportation

### Help support student success through Active Transportation!

Did you know that walking or rolling to school not only improves children's health but can help improve academic performance? The increased physical activity improves alertness and attention span during the school day! An active school commute also reduces congestion in school zones and contributes to reducing greenhouse gas emissions – it's a win-win for everyone!

For those that can't walk the whole way, parking away from the school and walking the rest of the way (also known as Walk-a-Blo) is another great way to add active transportation to your daily commute. Walking or rolling even part-way reduces traffic stress and increases the quality of time spent with your children.

Help play a role in encouraging active transportation by learning the multiple benefits of walking to school.

Below are resources and information on OSTA's programs available to teachers, parents and guardians.



#### School Active Transportation



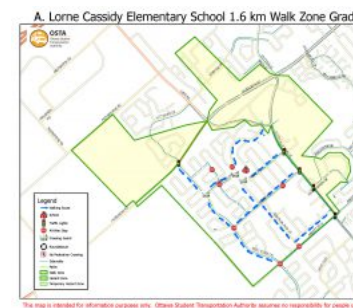
### Find out more about our Walking Route Maps and Walking School Bus Program

#### - Walking Route Maps by School - Find your walking route to school

Walking Route maps are designed to indicate the quickest and most direct routes to school. The maps include the location of traffic lights and signs, crossing guards and any hazards in the neighbourhood. The routes are identified by directional arrows that lead towards the school.

Maps are updated throughout the summer in preparation for the beginning of school in September.

[Find your school's map here!](#) +



#### - Walk-a-Block Maps by School - Park away from the school and walk the rest of the way

Walk-a-Block maps are designed to encourage parents who drive their children to school, to park 5 to 10 minutes away from the school and walk the rest of the way. By using Walk-a-Block, traffic congestion is dispersed away from the congested school area, creating a safer school zone for all.

The maps identify a 400 and 800-metre radius around the school. They also identify neighbourhood street names, pathways and potential quiet places to park.

[Find your school's map here!](#) +



#### - Walk&Roll Meetup by School - Walk as a small group to school

Walk&Roll Meetup Maps are designed to encourage students to meetup at designated locations and walk as a small group to school. Walking as a small group, children benefit from “safety in numbers”. Walk&Roll Meetups are unsupervised and designed for children grades 4 and up. The Walk&Roll Meetup stops were conveniently selected based on the location of walking students in the area. The maps also identify recommended walking routes to school, location of traffic lights and signs, crossing guards and any hazards in the neighbourhood



Walking routes should be planned ahead of time and practiced before the first day of school or the first day of walking.

Maps will constantly be updated throughout the summer in preparation for the beginning of school in September.

[Find your school's map here!](#) +

#### - Walking School Bus Information - Walk as a group with a professional leader

**The Walking School Bus (WSB)** is designed to promote active transportation and healthy living. Students walk to school with a group of up to 10 peers and a professional leader, following a specific route and schedule. Walking to school is a safe, convenient, healthy and fun way for your child to travel to school with their friends. It helps them get the daily physical activity they need to be healthy and concentrate better at school.

Similar to an adult crossing guard, each WSB has a paid leader who has been trained by the Ottawa Safety Council, screened and first-aid certified to walk with your child to school. They follow a specific route and schedule which has been approved by OSTA and its partners. OSTA's Walking School Bus (WSB) program is offered in 13 Ottawa schools.

[More Info](#) +



#### Hybrid Walking School Bus

Similar to the Walking School Bus, the Hybrid Walking School Bus (HWSB) promotes active transportation and healthy living by having students walk to school with a group of 10 to 30 peers and a professional leader and trained volunteers, following a specific route and schedule. Each HWSB has one paid leader who has been trained by the Ottawa Safety Council, screened and first-aid certified.

HWSB's will have at least one additional volunteer leader who will also be screened and trained by Ottawa Safety Council to walk with your child to school. Two special schools have been selected to participate in OSTA's new Hybrid Walking School Bus (HWSB).

- St Rita CS
- Georges Vanier

More info +

### Volunteer Walking School Bus Leaders Wanted!

In the search for ways to make walking to school safer, more fun and more convenient, communities are finding that walking school buses can make a real difference. A Walking School Bus (WSB) is simply a group of children who walk to school together under adult Supervision, following a specific route and schedule.

Are you walking your child to school every day? Are you retired and looking for an opportunity to get some exercise and help the students get to school safely?

OSTA and the Ottawa Safety Council are looking for community volunteers to walk children to school. Flexible schedules and training are provided at no cost to you!

Register [here](#) to find out more about becoming a Volunteer Hybrid WSB Leader



## Check out our safety tips and graphics for schools, parents and guardians to download

- Pedestrian Safety - Tips for young children, Ottawa Safety Council's student training, how to book a Bike Rodeo

### Teach Kids How to Walk Safely

It's important to teach children the skills to become confident, safe and independent pedestrians. Be a role model by teaching them pedestrian safety tips at home and in the classroom. Practice walking with them in real-world situations to help them become familiar with their neighbourhood and learn the benefits of active transportation.

Download your school's **walking route map** to find the quickest and safest route to school.

**Download the Pedestrian Safety Tips poster**

**For more resources on pedestrian safety please visit our pedestrian safety tips page!**

#### For Teachers:

Book a Bike Rodeo with the Ottawa Safety Council

Book a Pedestrian Safety Presentation with the Ottawa Safety Council



- School Zone Safety - Graphics to promote safe driving, tip sheets to report unsafe driving, student posters for peer-to-peer influence





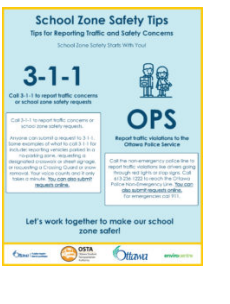
### School Zone Safety Starts With You!

It is essential for drivers to practice safe driving habits when travelling near school zones to ensure the safety of everyone in the neighbourhood. Download our school zone safety resources to help promote safety in your school zone.

#### Report issues in your school zone:

By working together, we can make our school zones a safer experience for everyone. If you see a traffic issue in a school please report it, it only takes couple of minutes. Anyone can submit a request to 3-1-1. Some examples of what to call 3-1-1 for include: reporting vehicles parked in a no-parking zone, requesting a designated crosswalk or street signage, or requesting a Crossing Guard or snow removal.

Category	Poster	Download Link

School Zone Safety		Safer School Zone Infographic
		Distracted Driving Poster
		Don't Drive, Let Them Ride Poster
		School Zone Safety Banner
		<p>Tips for reporting traffic and safety concerns: 311 Reporting Tip Sheet_EN</p> <p>Conseils pour signaler des problèmes de circulation et de sécurité: 311 Reporting Tip Sheet_FR</p>

- Tip Sheets - Active Transportation Tips for Parents/Guardians and Teachers, Tips for reporting traffic and safety concerns

#### Resources for parents:

Active Transportation Parent Tip Sheet (English): Parent Tip Sheet\_EN

Conseil aux parents sur le transport actif (Français): Parent Tip Sheet\_FR

#### Resources for Schools:

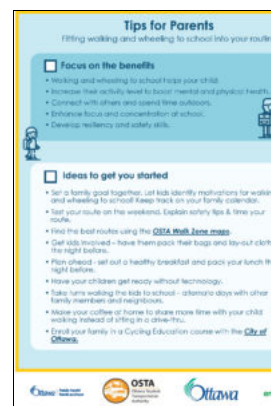
Active Transportation School Tip Sheet (English): School Tip Sheet\_EN

Conseil aux écoles sur le transport actif (Français): School Tip Sheet\_FR

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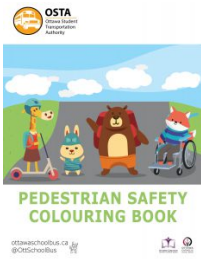





Tips for reporting traffic and safety concerns: 311 Reporting Tip Sheet\_EN

Conseils pour signaler des problèmes de circulation et de sécurité: 311 Reporting Tip Sheet\_FR



- Activities - Teachers and parents/guardians can do in the classroom or at home

**Download the following resources that can be done at home or in the classroom!**

Category	Poster	Download Link
Activities		Pedestrian Safety Skills Colouring Book
		Bus Safety Skills Colouring Book
		ISpy Game (Fall, Spring)
		Tracking Sheet (Fall, Spring)
		Participation Certificate (Fall, Spring)
		ISpy Bingo Game (Winter Edition)
		Tracking Sheet (Winter Edition)



		
		Participation Certificate (Winter Edition)

**Teachers: Take a look at some of the resources available to your school**

- School Active Transportation Planning Information and Signup

## Active school travel makes a difference, find out how your school can be part of the change.

This past fall, OSTA conducted an online survey to better understand how students were getting to school and if any traffic impacts were observed at their school site. The survey results showed that schools that have participated in the School Active Transportation Planning (SATP) have a higher rate of active transportation than non-SATP schools.

School Active Transportation Planning (SATP) is a community-based approach for increasing rates of active school travel. Based on Green Communities Canada model of School Travel Planning (STP), the SATP process brings together stakeholders at the school and regional levels to create and implement action plans that use all five E's (education, encouragement, engineering, enforcement, and evaluation) to:

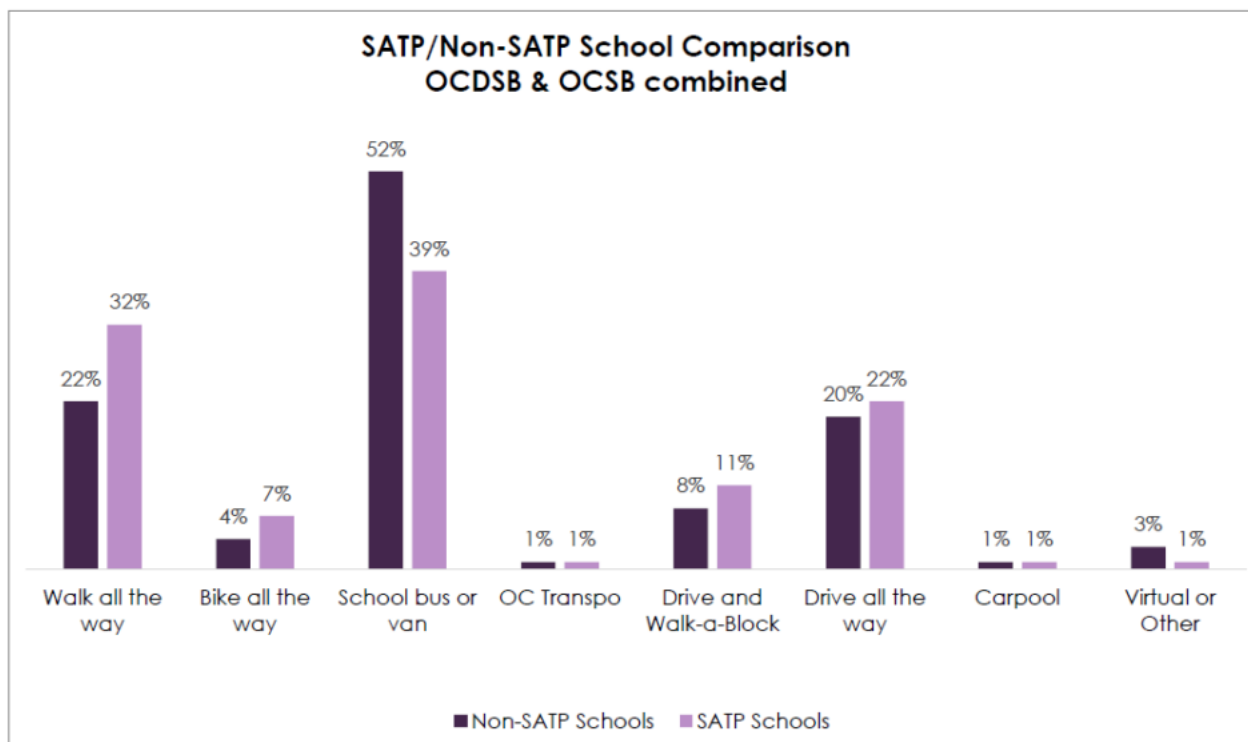
- address travel-related issues at schools; and
- encourage students in the walk zone to walk or wheel for the school journey (and encourage students in the bus zone to ride the school bus).

The SATP process is guided and supported by an SATP Facilitator who brings everyone together, coordinates activities, and uses the STP Toolkit to compile a School Travel Plan.

As part of their commitment to advancing active and sustainable transportation options for Ottawa residents, EnviroCentre delivers **School Active Transportation Planning services** to local OCDSB and OCSB schools. These services are delivered as part of the **School Active Transportation Program** on behalf of OSTA and the City of Ottawa and in partnership with Ottawa Public Health.

Eleven schools in Ottawa are currently participating in the School Active Transportation Program (SATP). Each year, hands-up classroom surveys are conducted over five days in all SATP schools. This historical data provides some context and points of comparison for the 2020 OSTA Transportation Survey.





	Walk all the way	Bike all the way	School bus or van	OC Transpo	Drive and Walk-a-Block	Drive all the way	Carpool	Virtual or Other
Non-SATP Schools	22%	4%	52%	1%	8%	20%	1%	3%
All SATP Schools	32%	7%	39%	1%	11%	22%	1%	1%



A copy of the survey results overview can be downloaded [here](#).

**Help encourage families to choose active and sustainable modes of transportation for their children's daily commute by becoming a SATP School.**

**To find out how your school can participate in School Active Transportation Planning (SATP), contact: Envirocentre - SATP Signup**

### - School Active Transportation Toolkit - Learn how to plan your Walk to School Day Event

**What can a school do to increase the number of students choosing active transportation? Make it fun!** Show the school community that your school encourages walking! You can do that by having a few dedicated days each year when the school comes together and celebrates active transportation with a Walk to School Day event.

Sometimes known as an "I Walk" event, a Walk to School Day event is a fun and easy way for families to try active transportation for the first time and to celebrate those already walking and wheeling every day.

In order to help you plan your first event, or make an existing event even better, the Ottawa Student Transportation Authority (OSTA), in collaboration with EnviroCentre, has prepared this toolkit. It is free to use and full of ideas, planning tips and tools.

To download a copy of the toolkit please click [here](#)!

For info about the toolkit please visit the [toolkit page](#).



### - Pitter Patter Grant - Information and application

# PITTER PATTER

## SCHOOL ACTIVE TRANSPORTATION GRANT



***The Ottawa Student Transportation Authority wants to help increase physical activity opportunities for students by supporting and expanding School Active Transportation (SAT) initiatives for elementary students.***

The OSTA Pitter Patter Grant is a micro-grant of up to \$250, available to local schools who wish to implement or support a SAT initiative during the school year. The grant will help defray some or all of the costs for Walk to School Events and classroom activities.

### Upcoming Event Date Ideas

- Winter Walk Day in February/March
- Earth Day in April
- Environmental Week in June
- International Walk to School Month in October

Ready to find out more?

Applying is easy! Simply fill out the online form:

**Pitter Patter Online Application Form**

Try out these links to see some other great online resources

+ Resources from our Partners - Links to other great online resources

Ready to find out how you can promote walking and rolling to school?

To participate in School Active Transportation Planning (SATP), contact: [Envirocentre – SATP Signup](#)

## Subscribe to Receive Email

Subscribe to our mailing list to receive notifications of transportation cancellations right to your handheld device or personal computer. Sign up with your email address, and unsubscribe at any time.

## Live OC Transpo Updates

Daily route changes resulting from detours and cancelled trips are listed on OC Transpo's website.





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Please contact your child's school to inquire whether your child is eligible to receive a bus pass.

View OC delays +



**OSTA**  
Ottawa Student  
Transportation  
Authority



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CATHOLIC  
SCHOOL BOARD**



**OTTAWA-CARLETON  
DISTRICT SCHOOL BOARD**

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