



1. HOW TO USE THIS GUIDE

The Active and Safe Routes to School Program Handbook and Resource Guide has been produced for use by Manitoba parents, teachers, school and division officials, and municipal staff to help them develop programs and strategies that encourage and support students to use active transportation to get to and from school. This includes walking, cycling, skateboarding, scootering and other active forms of travel.

The program is inherently flexible and users are encouraged to adopt components and modify them to meet their particular needs and situations.

All materials herein are free for reproduction and modification as needed.

The guide is separated into six sections. The **Introduction** and **Making the Case** sections set the foundation for Active and Safe Routes to School and provide facts, information and valuable resources to demonstrate the urgent need for increased promotion and use of active transportation to and from school.

The **Implementation** section describes the various program components in Manitoba, with details on best practices towards their establishment in school communities.

The **Evaluation** section provides sample surveys and evaluation forms, along with additional resource links to aid in the evaluation of new or established programs.

The **Curriculum Integration** section outlines how the Active and Safe Routes to School program can be used to meet specific General Learning Outcomes of the Manitoba Curriculum at the Elementary level.



Look for this icon! These items can be downloaded from www.greenactioncentre.ca.

10 Good Reasons to Walk
to School Together:

- It's fun!
 - It's healthy
 - It's non-polluting
 - It's a great way to meet new friends
 - It reduces stress
 - It's a chance to teach and learn road safety skills
 - It's considerate
 - It's educational
 - It's economical
 - It's a way to make streets safer
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Finally, the **Fun and Games** section provides a few extra ideas for inspiration.

Find information and links on the Active and Safe Routes to School website in Manitoba at www.greenactioncentre.ca under programs.

WHO SHOULD USE THIS GUIDE

This guide will be useful for all individuals and groups wishing to encourage healthier and safer lifestyles for children and their communities by reducing car traffic in their neighbourhoods through the implementation of Active and Safe Routes to School programming. Typically these stakeholders include:

- School divisions
- School administration and support staff
- Parent advisory councils
- Teachers
- Students
- Elected officials and municipal councils
- Municipal transportation engineering and planning staff
- Police departments
- Public Health professionals
- Neighbourhood associations
- Other community organizations that have a stake in the safe travel of children to and from school.