



## Walking Wheeling Wednesday's 5 Solutions Pack

Ride2School are happy to support schools and councils to increasing schools active travel rate, to create long term habits and benefits.

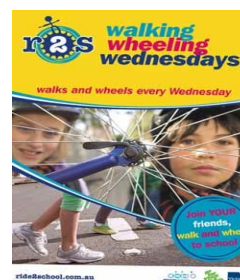
This sheet outlines 5 solutions that can be combined as a package to get Walking and Wheeling Wednesdays successful at your school or schools within your council.

### 1. Dedicated day:

#### **Walking and Wheeling Wednesday**

The aim of nominating one day of the week as a day of active travel, is to create longer-term, habitual changes in active travel frequency. If parents and staff they are adamant on discouraging bike riding, try weekly Fancy Feet Friday: where students get to dress up with feet with colorful socks and shoes.

For more information and a poster template (editable to type in school or council name) to get you started on **Walking and Wheeling Wednesday**, [click here](#).



### 2. Distance is a barrier, or too much congestion?:

Create drop off points using **Part Way is Ok** for those that live far. Read on how to get Part Way is Ok going at your school in 4 easy steps. Included in the resource kit are templates such as the parent flyer and route map information.

For more information and a template resource kit to get you started on **Part Way is Ok**, [click here](#).

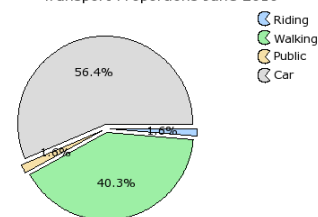


### 3. Educate:

**Bike Ed** is a bicycle skills and road safety education program run in schools by teachers who have trained as instructors.

For more information to help you get started on running **Bike Ed**, [click here](#)

Transport Proportions June 2010

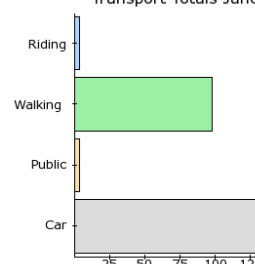


### 4. Track progress and communicate:

- **Hands Up!** is a great way to track the school's monthly data. Shown to the left and below is an example of a school's Hands Up! entries. Schools can copy these monthly graphs into their newsletter ([click here for a template](#)) or promote and display these at assemblies to motivate students and parents to active travel. For councils to access this tool, schools should register (it's free and takes 2 minutes) and give the password to council. It's easy to collect this data monthly by using our [collection sheet templates](#).

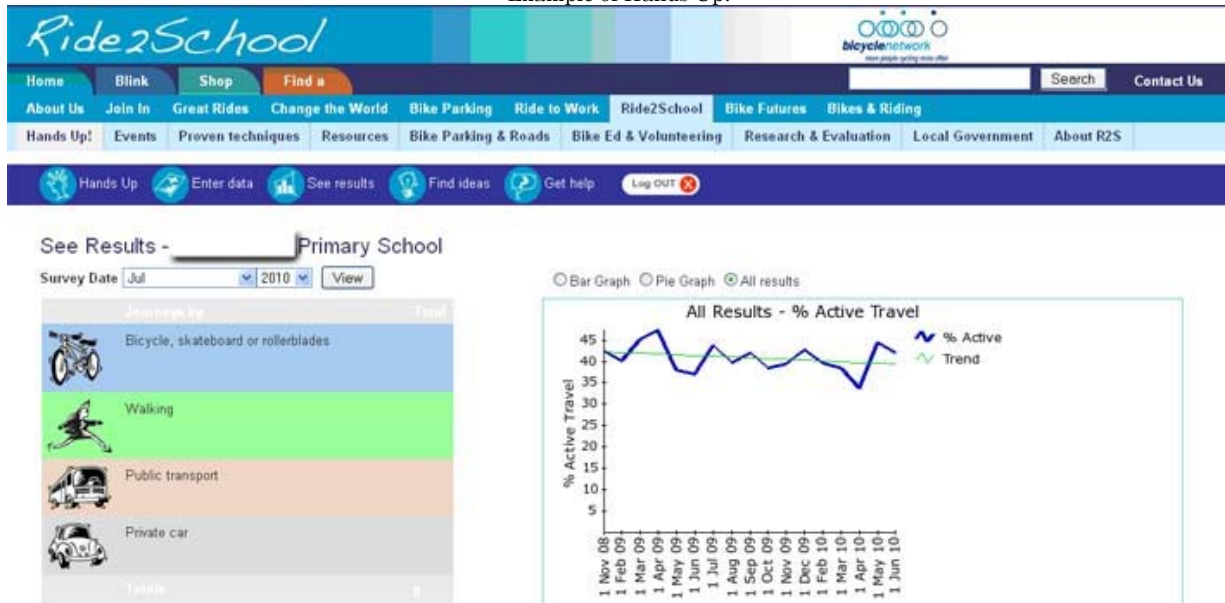
To register, login and track your school's active travel rate in **Hands Up!**, [click here](#)

Transport Totals June 2010





Example of Hands Up!



**Track progress and communicate (continued):**

- Appoint **Active Travel Ambassador** student leaders to help promote and collect data on a set monthly date.

For **Active Travel Ambassador** lanyard templates, [click here](#)

- **Frequent Rider Passport** allows schools can also track individual efforts using an incentive. Simply copy, laminate and circulate! Passports get clipped every day they actively travel to school.

For **Frequent Rider Passport** instructions and templates, [click here](#)



5. **Recognition:**

Our **certificate templates** are a great way to recognize student or school's efforts. You could also run competitions to recognize outstanding achievers. Some suggestions are:

- Yearly class room prize: highest number of active travelers per classroom
- Yearly individual prize: most active traveler per year level gets to be the year level's Active Travel Ambassador in the next year
- Sports prize: highest number of active travelers in each house sporting team (counting in class once a week using a points system. E.g. 3 points for bike riding, 1 point for scooting/walking per individual. Allocate points to sports team)

For **certificate templates**, [click here](#)





Most of our resources are located in the [Proven Techniques](#) or [resources](#) section of our website. Here you will find plenty of ideas and strategies for getting more students walking and riding to school

Contact the Ride2School team to inform us about success stories or for suggestions on how to get Walking Wheeling Wednesday's going.

Happy riding!

Ride2School Team - Bicycle Victoria  
[www.ride2school.com.au](http://www.ride2school.com.au)