

The 6 E's of Active School Travel

Appendix D: Online Resources for School Communities



WHAT ARE THE 6 E'S OF ACTIVE SCHOOL TRAVEL PLANNING?



EQUITY

Ensures that the RSR program is benefiting all regional demographics groups, with particular attention to ensuring safe, healthy, and fair outcomes for all students of diverse family, cultural, socio-economic backgrounds, abilities and identities.



EVALUATION

Collect data and user insights to understand school-neighborhood travel context, to identify appropriate approaches, opportunities to improve the effectiveness of an approach for respective school communities while monitoring changes over time.



ENGINEERING

Make physical improvements to the streetscape and built environment to improve the walk-ability and wheel-ability of a given area, with a focus on the immediate school-neighbourhood, common/high-use routes, and on school property.



ENFORCEMENT

Increase awareness and compliance of traffic laws, parking regulations, drop-off/pick-up guidelines and personal safety with a focus on the immediate school-neighbourhood and on school property.



EDUCATION

Change perceptions of active travel and support programs to improve safety, reduce conflicts between transportation modes, and build the confidence and skills needed to safely and confidently walk or wheel to and from school.



ENCOURAGEMENT

Support continued participation by promoting walking and wheeling to students and families as a fun, easy, practical, and inclusive way to get to and from school.

THE 6 E'S APPROACH TO ACTIVE SCHOOL TRAVEL PLANNING



The 6 E's of Active School Travel Planning – Resources for School Communities is an [online resource](#) which provides schools with the ideas, tools and activities needed to build and support the ongoing internal capacity needed to continue a school-wide active travel culture.

The 6 E's Approach to Active Travel aims to be a comprehensive, integrated and sustainable strategy to build school-neighbourhoods that are walkable and wheelable for all ages and abilities, by mitigating and addressing barriers preventing accessible active travel.

Students, families, educators, and Active Travel School Leaders are encouraged to [access the resources online](#) through the [Ready Step Roll webpage](#) to support school community equity, education, and encouragement active travel initiatives, while complimenting evaluation, engineering, and enforcement actions facilitated by local government engineers, the CRD and community partners.

Visit our webpage to learn more about the [6 E's approach to active travel](#) with tips, tools and ideas to support active travel at your school!

6 E's of Active Travel

The 6 E's of active travel describes the multi-faceted approach used by Ready Step Roll to build capacity within school communities after they have completed the program. The resources below have been developed as part of the Ready Step Roll program, but all resources have been made available for public use in all regional school communities.

Education	Equity	Evaluation	Engineering	Enforcement	Encouragement
-----------	--------	------------	-------------	-------------	---------------

With the right training, students can walk and wheel to school more often while enjoying increased physical skill sets and self-confidence. School communities learn about active travel benefits and caution points through road and traffic safety education and bike skills courses, developed in partnership with police, ICBC, and local non-profit organizations.

1. **Road Safety Scavenger Hunt**- Keep your eyes peeled! This resource challenges families to find different infrastructure, traffic signs, special vehicles, and neighbours while you walk through your community. Use it to teach your child about traffic safety or to change up your daily walks.
2. **Move your Feet on the Street Challenge** - How many ways can you move on your street? We're challenging kids to travel their "home stretch" using as many different forms of active transportation as possible. Includes a warm up brainstorming activity, followed by hands-on learning and finally, thematic-podcasts to help kids wind down after moving.
3. **Ready Step Roll Bingo** - On your marks, get set, BINGO! Challenge family members to be the first player to complete a line on their bingo card while performing different strength building movements, exercises, and stretches to help stay active at home.
4. **Backyard Adventure Course** - Get creative and see how you can move through your homemade obstacle course! This resource includes ideas on how to transform common household objects and toys into different obstacles for kids to maneuver through in the driveway, backyard, or even the living room!
5. **Physical Literacy Resource List**- a growing master list containing links to websites with ideas and activities to help keep kids active while they develop personal physical literacy. This list will continue to be updated.
6. **ICBC Road Safety Resources for Teachers**

[Equity »](#)