The walking bus
A safe way for children to walk to school
the walking bus
“I used the walking bus for nine months but now I’m walking to school on my own. I liked walking to school with all my friends and because I walked with lots of people, it didn’t seem to take very long to get to school at all. I was taught how to cross roads safely and now I walk to school with two friends who used to be part of the walking bus. I give the walking bus 10 out of 10 because it helped me walk to school on my own.”

Nicholas, aged 10, about the Maidenhead walking bus
Turn up at any primary school at around 8.40 am on a weekday, and you're likely to be confronted by a chaotic scene as parents and children make the daily dash to school. In those 15 minutes at the start and end of the school day, the school vicinity becomes jammed with cars vying for parking space. Cars will be parked on kerbs and road corners. Latecomers block school gates, bus stops, driveways and laybys. Car doors swing dangerously open on to the road, putting both children and unsuspecting cyclists at risk.

And there's nothing to suggest the problem is getting any better – in fact traffic congestion around schools seems to be getting worse; today, nearly twice as many children arrive at school by car than 10 years ago.

Along with this increase in traffic congestion, comes noise and pollution. Asthma, a condition known to be linked to air pollution is on the increase. The incidence of asthma and wheezing in young children has almost doubled in less than a decade; today, one in seven children suffer from asthma.

A question of safety

Everyone with a child of school age will know that safety is the number one consideration when it comes to finding a way for them to get to school and back each day.

Increasingly busy roads make crossing them much more difficult and cycling on them potentially fatal. As it is, one child in 15 is injured in a road accident before his or her 16th birthday. Little wonder then that parents choose to take their children to school by car. Yet it's all part of the same problem.

The great news is that there is an excellent way for children to get to school safely without parents escorting them and without using the car. It improves children's health and also saves their parents time and reduces traffic congestion and pollution around school gates. It's the walking bus.
The walking bus concept is catching on fast. In the UK, the first walking bus was set up in St Albans, Hertfordshire in 1995 and proved to be a safe, healthy and enjoyable way for children to walk to school. It also reduced traffic congestion and saved time for parents.

Simple solutions to big problems

Put simply, the walking bus is a line of children, walking in pairs to school along a set route with an adult ‘driver’ at the front and ‘conductor’ at the back. There’s nothing new about parents walking each other’s children to school, but the walking bus creates a more formal system which allows volunteers to walk larger numbers of children to school. Like a bus there are scheduled bus stops where children are picked up at specific times. So, like a bus, you can miss it. But the similarities end there – unlike a bus it is free, healthy and totally non-polluting. Everybody gains with a walking bus.

"I first heard about the walking bus in a letter sent to me by Maidenhead Friends of the Earth. I thought this scheme was an excellent way of reducing congestion around our school gates, while enabling children to walk to school in safety and improve their road sense at the same time. Several meetings later, the walking bus scheme was set up and has now been running successfully for well over a year.

“Our school was featured in the local press and we had coverage on Meridian Television. As a result I have had a number of phone calls from other teachers enquiring about setting up a similar scheme for their school – all good news for reducing the severe congestion schools increasingly suffer from.”

Peter Brooks, Headteacher, Courthouse Junior School
The majority of walking bus schemes have been established by local authorities but anyone can set up a walking bus. Local Friends of the Earth groups, individual parents/head teachers, and the local media have all set up schemes which vary in size and cost from virtually nothing to £60,000. Below are three examples of such schemes set up by three very different organisations. (For information about other walking bus schemes contact the Pedestrians Association – contact details can be found on page 13.)

**West Leigh Junior School,**
**Southend, Essex**
*Established by: The Local Authority*

Children were involved right from the outset and at every stage. All were given disposable cameras and took pictures of danger spots and good routes to school. They also met with road safety officers, and chose the colour of their fluorescent reflective tabards (used in all walking bus schemes to ensure the children are clearly visible). They also chose names for the different ‘bus routes’ to school (named after Star Wars characters).

As a result of this involvement, 300 out of 500 pupils wanted to take part. Five buses were introduced on two routes, catering for 99 children. The buses were launched with extensive media coverage that included a ‘walking bus breakfast’ at the school catering for all participants, the media and local officials. Perhaps because the scheme is so popular with the children the local authority is considering major infrastructure improvements with the help of some Government funding.

**Minterne School,**
**Sittingbourne, Kent**
*Established by: The East Kent Gazette*

This scheme was established by the local newspaper, *The East Kent Gazette*, which was well set up to provide a lot of publicity and attract commercial sponsors. Because of this, the scheme is very well equipped and offers excellent incentives to participating children and parents. All children receive a reflective jacket provided by a local firm and a baseball cap, as well as a goodie bag each term if they use the bus regularly. The goodie bag contains free cinema tickets, video rentals and swimming sessions at the local pool.

The newspaper is now producing a newsletter about its walking bus scheme which will be delivered to all houses along the route with a view to attracting more adult volunteers, all of whom are police checked. The newspaper also trains volunteers, plans routes and lobbies the council for better crossings. Two more walking buses are soon to be established and many more are planned across the borough.
Maidenhead Friends of the Earth approached junior schools in the town (involving children aged between 7-11) and helped the most enthusiastic, Courthouse Junior School. A route of one mile long, taking approximately 30 minutes to walk, and including four bus stops on the way, was chosen.

One of the biggest problems was setting up a rota that suited the differing timetables, shifts, work patterns and after school activities of the parent volunteers. The regular commitment of volunteers is essential to the success of any walking bus and when this drops it puts the whole scheme in jeopardy. In this scheme the number of volunteers reduced from 24 to 14 over the winter months which put great strain on the rota.

“\nIf you are willing to put in some time at the beginning and a little effort on an ongoing basis, a walking bus is a very easy thing to set up. People are generally dissatisfied with the current ways of getting to school and are willing to back you up if you want to change things. And if some children are converted to walking for the rest of their lives, think what an impact that would have on their health and the whole environment.”

Tanya Jowett, Maidenhead Friends of the Earth.

The walking bus is healthy

Health professionals emphasise the importance of regular exercise built into the daily routine. Good health habits developed in childhood are much more likely to be continued into adulthood. A daily walk could ensure a lifetime of healthy living.
There are many ways to set up a walking bus. You can conduct extensive surveys into how children currently get to school, what their attitude is towards walking, where the danger spots are on the school routes. But you can also establish a walking bus very quickly and sort out problems as you go along.

15 point plan to set up a walking bus

1 Contact the school
The school’s selection will be based on a number of factors including:
• enthusiasm shown by the head teacher
• geographical location of the school
• the size of the school
• the degree of problem with cars and congestion.
If you want to set up a walking bus with a particular school, contact other parents at this time to gauge the level of support for the idea.

2 Contact your local authority’s traffic team
The local authority is required under the Road Traffic Reduction Act to work towards reducing local traffic and should be supportive of initiatives such as the walking bus. The authority may pay for safety tabards for the children, road safety training and make difficult road crossings safer. Local authority backing is essential for arranging police checks on parents.

3 Identify a route to school
Don’t make your route too long as this will mean that children at the beginning of the route will have to leave for school much earlier than they are used to. A long route may also mean more children on the bus and this will require more volunteers to drive the bus. Ideally it shouldn’t be longer than a mile. If you can, avoid roads that are difficult to cross, streets with very narrow pavements or streets with no pavement at all. You could ask pupils to check danger spots and find the best routes.

4 Contact the parents
Try sending a circular letter from the school (a sample letter is included on page 9). Point out the benefits to both parents and children. Send this letter to all parents; others not on the route may be converted to the idea and decide to set up their own walking bus.

5 Meet the parents at school
This is the chance to explain the ideas behind the walking bus and discuss any particular issues or concerns. Aim to come away from this meeting with some firm volunteers and some idea of the times they are available to escort children.

6 Draw up a draft rota
Circulate the rota to all volunteers. This will need revising at least termly and perhaps more often. Some days, and afternoons you need fewer volunteers because many children attend after school clubs.
The walking bus is enjoyable

Walking to school with friends is an enjoyable way to start the school day.
Q: What's the recommended ratio of adults to children on a walking bus?
A: The recommended ratio of adult supervisors to children is 1:8 for juniors, and 1:4 for infants. Secondary school children are usually considered to be old enough to make their own way to school.

Q: How often will parents be expected to volunteer?
A: This depends on the size of your school bus. More volunteers are needed the more children there are. Generally parents may need to travel to school two or three times a week.

Q: What if parents want to be part of the scheme but don’t want to volunteer?
A: This is something, as a group, you’ll need to decide. Some schemes insist that all parents whose children travel on the bus must volunteer at some point in the week.

Q: What if parents offer to pay for someone else to be a driver?
A: Again, this is something to decide as a group. It may be that parents are prepared to pay for drivers and conductors but do not have the time to volunteer themselves. If you do decide this is appropriate for your group, you’ll need to work out monthly subs required from each parent to pay for a driver and conductor.

Q: Are children expected to carry their own bags?
A: Some schemes have a trolley which is used for carrying school bags while others insist children carry their own bags.

Q: How often does the rota need to be put together?
A: If setting up the rota is complicated, maintaining it is equally important and full of pitfalls. It’s an ongoing task, not a one off. Try to stick to one rota per term but be prepared to revise this should parents pull out for unexpected reasons.

Q: How do we know who should be on the bus for each journey?
A: Children who are part of the scheme can be included on a walking bus register which will include the mornings and afternoons each child is normally expected. The driver puts a tick against the child’s name when they join the bus. A fresh register is provided for each day and can be left at the school office by the morning volunteers and picked up by the afternoon volunteers. If a child has to go home during the day it will be marked on the register so that the afternoon volunteer is aware of the change. If a child is sick it is polite to let the volunteers for that day know about it.

Q: What if a parent does not meet a child from the bus on the way home?
A: Parents are expected to meet their children at the bus stops. Some feel that their child is old enough to walk the last little bit of the way home alone. But if they want to do this they should give written permission and accept responsibility for the child from that point on. For the Courthouse School walking bus, a scheme of ‘safe houses’ was devised whereby a few volunteers living at the end of the route agreed to take children in if they were not met by a parent and the parents could not be contacted. The safe houses system at Courthouse never actually had to be used, although having it in place is important should an emergency crop up.

Q: What if a parent does not turn up for their shift on the rota?
A: It’s the parent’s responsibility to organise a swap or replacement if they cannot do their shift. It is important that parents do not fail to turn up; even if they are sick they should be able to find a replacement at the last minute.

If a parent does not turn up, other helpers could try to persuade one of the parents dropping off a child to help. If an afternoon person does not turn up, a parent could be rung from the school office. In the Courthouse School walking bus scheme, this has, to date, never happened.
The walking bus is non-polluting

The school run makes up 20 per cent of peak morning urban transport congestion. This contributes to a fifth of all the ensuing pollution that car travel brings. But the walking bus is totally pollution-free; and the more people who walk, the better it is for everyone.
Courthouse School walking bus guidelines for volunteers and parents

Timetable

The bus leaves all stops promptly. If a child is not at the bus stop on time, he or she will miss the bus and will have to be taken to school by his or her parents as usual.

8.20 am    Leaves Allenby Road end of Wavell Road
8.25 am    Junction between Allenby/Farm Road
8.30 am    Pinkneys Road opposite Alwyn Road
8.35 am    Corner of Alwyn/Lancaster Road
8.40 am    Courthouse School gate

On the way back from school the bus leaves promptly at 3.30 pm. Any children who are not at the meeting point (outside reception) by this time will miss the bus and will be kept at school until their parent collects them. Please impress upon your child the importance of going quickly to the bus stop.

3.30 pm  Leave school
3.35 pm  Corner of Alwyn/Lancaster Road
3.40 pm  Across Pinkneys Road
3.45 pm  Allenby/Farm Road
3.50 pm  Wavell/Allenby Road corner.

Parents must always let the driver of the bus know when they have taken a child off, or put a child on, the bus, so that they can be ticked off on the register. Please let whoever is on the rota know if your child is sick or will not be coming on the bus.

Bus register

Each day a list of children travelling on the walking bus will be given to the volunteers. Volunteers must tick off the children as they get on and tick when they are delivered to their destination. Put a note in the afternoon box if the child is not expected to return with the bus. This list will be left at reception so that it can be amended if a child goes home unexpectedly. The afternoon volunteers can pick it up from reception, so they can see who is expected and inform the school if any fail to turn up. These registers will be kept so we have a record of what happened.

Volunteering

If a child’s parents cannot help with the walking bus, the child cannot be included on the scheme. This would put too much of a burden on those who do help. We appreciate that some people cannot help regularly, so if you are not on the rota, please relieve someone who is, whenever you are able.

Potential problems

- If a child does not turn up at the bus stop at the allotted time, carry on. It is the parents’ responsibility to get them to the bus on time.
- If a child is not waiting outside reception by 3.30 pm, let the school office know that you have not got them and set off. It is not fair to keep all the others waiting.
- If a parent is not there to meet the child from the bus, take them to one of the safe houses, (these addresses are on the registration form) and inform the school by telephone. One or two children are allowed by their parents to go home alone, but this will be indicated on the form. If you wish your child to be allowed to walk the last part of their journey alone, please let the walking school bus co-ordinator know in writing.
- If you cannot do your shift try to arrange a swap with somebody else. Failing that, ring the rota organiser who will contact the back-ups. Give as much notice as you can and never just fail to turn up.
- If a parent does not turn up for their shift on the rota try to persuade one of the parents who is dropping off a child at the bus stop to help out. In many cases there are extra parents who are doing a shorter part of the journey.

Other guidelines

- Children must wear the fluorescent tabards provided.
- Children must walk in pairs in an orderly fashion.
- One parent must lead and one walk at the back and, as the queue gets longer, one or two in the middle.
- The ratio of adults to children must never exceed 1:8.
- Children must carry their own equipment and lunch in a rucksack.

Maidenhead Advertiser
The walking bus reduces chronic congestion around the school

With more children walking to school, there are less cars clogging up the roads around the school. This makes the roads much safer for everyone.

What do you think of the walking bus?

“I like it because it makes me really hungry, then I get home and eat all my tea. If I eat all my tea up I usually get pudding.”

Peter, aged 7, about the Maidenhead walking bus

“I think it’s a good idea because it gets people to stop using their cars and I hate the noise they make and the stinkfumes.”

Katie, aged 5, about the Maidenhead walking bus

Road safety guidelines

- Children should walk in pairs, away from the edge of the kerb.
- There should always be two adults escorting the walking bus, one at the front, and one at the back of the line of children.
- When a road needs to be crossed, children should be re-aligned into rows six abreast, so they can cross the road more quickly and not straggle out. Escorting parents should stand at either side of this block until they are ready to cross. Once crossed, get the children back into their pairs.
- Remember you are not allowed to stop traffic in order to let the children cross, though often, in practice it will stop for you. If this happens, take care that traffic has stopped in both directions and that the cars behind have seen what is going on and do not try to overtake.
- All children should have a basic training session at the school and have a list of rules. Parents should also be encouraged to talk to them about road safety. If a new child joins who has not had the training, the driver or conductor should explain the procedures for crossing to him/her.
- If adult helpers have a pushchair, make sure the child is strapped in. Hold hands with any children under the age of seven.
- Be aware of the danger of crossing driveways.
- Use pelican crossings, zebra crossings or school crossing patrols if any are available.
- Avoid using traffic islands with large groups of children as they cannot all get on the island at once.

Courthouse School walking bus rules for children

1. Always wear your fluorescent bib.
2. Carry all your things in a rucksack to leave hands free.
3. Walk in pairs and never swap ‘partners’ along the route.
4. When joining the bus, tell the person in front your name so you can be ticked off and join the back of the queue.
5. If you are not going to be on the bus on the way home, tell the driver so she can make a note of it.
6. Listen to the driver and do what she/he says.
7. When we come to a road, get into lines of six and wait for the driver’s instructions to cross.
8. Cross quickly and stick together, do not straggle out.
9. At the other side, get into your pairs.
10. No messing about or breaking ranks can be tolerated.
11. If you misbehave and don’t follow instructions, we will have to stop you from using the bus.
12. Enjoy yourselves and thanks for helping the environment by walking!
Friends of the Earth works to protect and improve the conditions for life on Earth, now and for the future. We believe that looking after the planet is the best way of looking after people.

Our transport campaign aims to highlight the damage to health and the environment caused by air pollution, the threat of road building to the countryside and the implications of traffic growth for carbon dioxide emissions and global warming.

Over the past century the car has become a part of everyday life. But as Britain becomes more and more congested and our major cities are snarled with all day traffic jams, we need to think about what the car is doing to us. Road traffic produces one-fifth of the UK’s carbon dioxide, one of the most dangerous gases contributing to global climate change and accidents caused by road traffic are the single biggest killer of children under 15. That’s why Friends of the Earth is campaigning for the Government to set a target to reduce traffic by 10 per cent on 1990 levels by 2010. In addition we put forward positive solutions. We’re calling for:

• funds to be switched away from road building and towards investment in alternatives, such as public transport and facilities for cycling and walking
• a reduction of traffic in towns and cities
• strict planning policies to prevent traffic generating housing developments in the countryside as well as out of town shopping centres, warehouses and business parks
• tough legal protection for key wildlife sites.

Join Friends of the Earth today and help create a safer, healthier, fairer world.

Contact us on 020 7490 1555 for more information on how to:

• make donations by personal cheque, credit card or charity voucher
• make regular donations by standing order, which provides secure funding for our campaigns
• join Campaign Express and receive free, regular action packs that show you how you can take small, simple actions that have a big impact
• join your nearest local group – call 0990 224488 or visit our website: www.foe.co.uk
• buy publications, like this, from our catalogue
• join the education network and receive information on FOE educational resources.
The walking bus saves time and money

The walking bus saves time for parents who may only have to walk their child to school two or three times a week. Estimates from one scheme proves that it saves money too; if 15 children who were previously driven, walked to school for a year instead, it would save over 4,800 car journeys and £800.
The walking bus

This easy and accessible guide tells the reader everything they need to know about setting up their own neighbourhood walking bus for junior school children. It also explains why such local schemes can significantly help to cut car congestion and pollution.

Friends of the Earth inspires solutions to environmental problems which make life better for people.

Friends of the Earth is:

• the UK’s most influential national environmental campaigning organisation
• the most extensive environmental network in the world, with almost 1 million supporters across five continents and over 70 national organisations worldwide
• a unique network of campaigning local groups, working in more than 200 communities throughout England, Wales and Northern Ireland
• dependent on individuals for over 90 per cent of its income.

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