

WALKING SCHOOL BUS



Canadian
Cancer
Society



GUIDE

The Canadian Cancer Society's Walking School Bus enables children to walk to school in the morning safely with adult supervision.



PREVENT MORE CANCERS, ONE MORNING AT A TIME

Did you know that being physically active lowers the cancer risk? However, only 14% of Canadian children aged between 5 and 11 years meet the recommendations of a minimum of 60 minutes of physical activity per day.

To get children moving more, the Canadian Cancer Society has developed a pedestrian bus network in Ontario, the Walking School Bus. This initiative enables active transportation to be discovered during childhood, a crucial period to learn healthy habits.

Every day, the Canadian Cancer Society works to save more lives. With the support of thousands of Ontarians, donors and volunteers, it fights to prevent more cancers, fund more research projects and help more people living with the disease.

TAKE FULL ADVANTAGE OF THE WALKING SCHOOL BUS

The walking school bus is a project
that offers many benefits!



Health

lowers cancer risk



Safety

pedestrians can
walk safely



Community

citizen involvement in
an intergenerational
project



Environment

greener neighbourhood



Flexibility

1, 3 or 5 days per week
for one term or the
whole school year



Simplicity

an easy way to get
daily exercise



Free of cost

getting on board
is free



Professionalism

3 requirements for all
adult volunteers:

1. Must undergo criminal background check
2. Must wear bright Walking School Bus vest
3. Must take road safety training

START A WALKING SCHOOL BUS IN SEVEN STEPS

Are you ready to start a Walking School Bus?
These steps will lead you there!

- 1 Conduct a survey
- 2 Form the organizing committee
- 3 Create the route(s)
- 4 Publicize the project
- 5 Start registration
- 6 Train volunteers
- 7 Walk



1 CONDUCT A SURVEY



GOAL

- Confirm that the school's parents want to register their children for the Walking School Bus
- Collect the names of parents who want to get involved
- Determine the routes



AVAILABLE TOOL

- Survey



ACTIONS

- ! Check with the school about the format in which the survey will be sent (paper or online)
- ! Send the survey
- ! Analyze the results with the Canadian Cancer Society representative



TIP | ADVICE

- If the survey is sent at the start of the school year, present the Walking School Bus at the general assembly or parents' meeting



2 FORM THE ORGANIZING COMMITTEE



GOAL

- Get organized to set up the Walking School Bus
- Share tasks according to each person's strengths and interests



ACTIONS

- Invite people who want to get involved
- Attend the start-up training offered by the Canadian Cancer Society



AVAILABLE TOOLS

- Walking School Bus committee role
- Timetable



TIPS | ADVICE

- Include at least two parents in the organizing committee
- Organize at least two committee meetings
 - one for the setup
 - one midway



3 CREATE THE ROUTE(S)



GOAL

- Plan the potential route(s) using survey results



ACTIONS

- ! Determine the route(s) based on survey results
- ! Determine the stops and plan the walking schedule
- ! Create a map of the route



AVAILABLE TOOLS

- Tips and advice to establish a good route
- Route tutorial



TIPS | ADVICE

- Aim for the ideal distance (between 1 km and 1.6 km)
- Plan around 8 minutes of walking to cover 500 metres
- Always ensure adult volunteers are present
- Validate the routes with the police station in your neighbourhood/municipality



4 PROMOTE THE PROJECT



GOAL

- Encourage children to register
- Recruit adult volunteers



AVAILABLE TOOLS

- Video clips with an activity guide
- Promotion kit
- Tips and advice for volunteer recruitment



ACTIONS

- ! Plan to visit classrooms to tell schoolchildren about the project
- ! Organize kiosks at day care centres to publicize the project among parents
- ! Create activities to recruit volunteers from the community



TIPS | ADVICE

- Seek the help of the gym teacher
- Ask neighbours or grandparents for help
- Encourage the collaboration of older children
- Display routes at day care centres



5 START REGISTRATION



GOAL

- Gather registration forms

AVAILABLE TOOLS



- Website
- Card for parents
- Customizable email
- Volunteer recruitment card
- Volunteer schedule



ACTIONS

- ! Launch registration by using the available tool
- ! Confirm or cancel routes according to the number of children registered and volunteers available



TIPS | ADVICE

- Distribute the Walking School Bus card for parents and routes during class visits
- Volunteer schedule:
 - Check school policy to determine the appropriate ratio of adult volunteers to children participating.
 - If the parent has irregular hours, suggest putting their name down for substitution
 - Strongly recommend a minimum involvement of one morning per week
- Speak in person to prospective volunteers



6 TRAIN VOLUNTEERS



GOAL

- Provide road safety training
- Enable the volunteer group to make the project their own and get to know each other



AVAILABLE TOOLS

- Road safety training (PowerPoint)



ACTIONS

- ! Order materials and distribute them to volunteers during training
- ! Invite adult volunteers to a road safety training session
- ! Fill out criminal background check forms
- ! Finalize the schedule
- ! Develop a protocol for absentee volunteers



TIPS | ADVICE

- Email a reminder to volunteers
- Send children and volunteers contact details
- Start criminal background checks well in advance of program start date



7 WALK



GOAL

- Watch the culmination of efforts



ACTION



- Prepare and distribute materials to the children



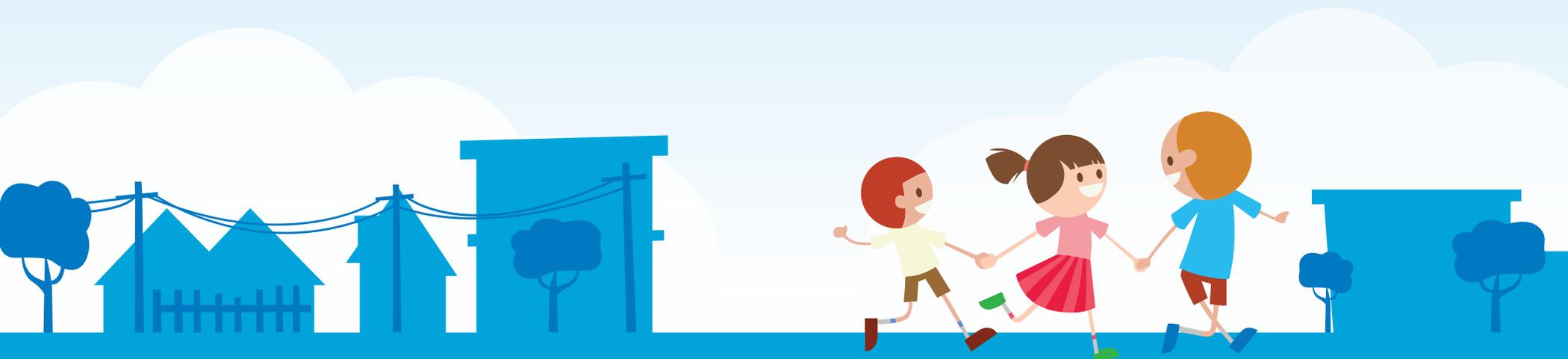
AVAILABLE TOOLS

- Volunteer vest
- Foot-shaped foam pad
- Recognition certificate
- Tips and advice for volunteer recognition
- Boarding passes



TIPS | ADVICE

- Invite all participants and collaborators to walk on the first day
- Create a festive media event to launch the project
- Recognize the participation of volunteers and children



Happy walking and thank you!

So, you're now well-equipped to start your Walking School Bus. Don't forget to have fun and share your success stories with us!

A big thank you for contributing to the prevention of more cancers! The Canadian Cancer Society team is proud to count on people like you who are committed and motivated.



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CONTACT US

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WALKING SCHOOL BUS



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