

# Increasing active living

## Case Study: Active 2 School



### Background

Councils play an important role in designing, maintaining and improving walking and bike riding paths around neighbourhoods, and in supporting a wide range of sport and recreation opportunities. The number of children walking or riding to school has dropped significantly in recent years which increases car traffic around schools and reduces the opportunity for children to be active.

### Project Description

The City of Ballarat partnered with Bicycle Network, Road Safe Central Highlands and Y Ballarat to implement initiatives that promote walking and cycling to school within the Ballarat primary school community through Active 2 School, Tag On in Schools, and ReCranked in Schools programs. By developing and fostering a culture of healthy, active travel in young people, the Active 2 School program has the potential to drive generational change towards a safer, more sustainable transport network in Ballarat.

### Active 2 School

The project started with a survey to primary schools to outline their current active travel initiatives and resources. The results showed which schools had a commitment to walking and cycling and where there were opportunities to create change. Caledonian and Newington Primary Schools showed great commitment through their current learning environment and support networks around promoting walking and cycling. The following initiatives were then implemented:

- Recruited a student leadership group to provide input and advocacy for the program
- Conducted a baseline review from students, parents and teachers to identify barriers and enablers to active transport

- With support from the students, implemented a number of behaviour change initiatives including:
  - Active travel maps
  - Footpath decals
  - Walk to school events
  - Bicycle education training for teachers
  - Bicycle maintenance workshops.

Additionally, through a partnership approach the City of Ballarat worked with Bicycle Network to implement active travel maps at the following schools: Dana St PS, Lucas PS, St Columba's PS and Yuille Park Community College.

### Tag on in Schools

The City of Ballarat has partnered with primary schools to install and support the implementation of the Tag On system. This system allows students to 'tag on' once they get to school with their personal fob, record their mode of transport to school, collect house points (if travelling by active transport modes), which then generates an email to their parent or guardian to alert them of their arrival. This added element of safety and incentive has proved a positive influence encouraging children to choose active modes of travel to school and reduced barriers around safety. Currently three schools have implemented this system: Delacombe PS, Magpie PS and Newington PS.

### Project Outcomes

- 20 active travel leaders recruited to support Active 2 School implementation
- [Active 2 School website](#), [video](#) and interactive map developed
- Increased awareness of opportunities for walking and cycling to school amongst the Ballarat primary school community
- 248 students currently participating in Tag On in Schools initiative
- Supporting delivery of ReCranked in Schools, a Y Ballarat program engaging students in an 8 week bicycle maintenance and recycling program.