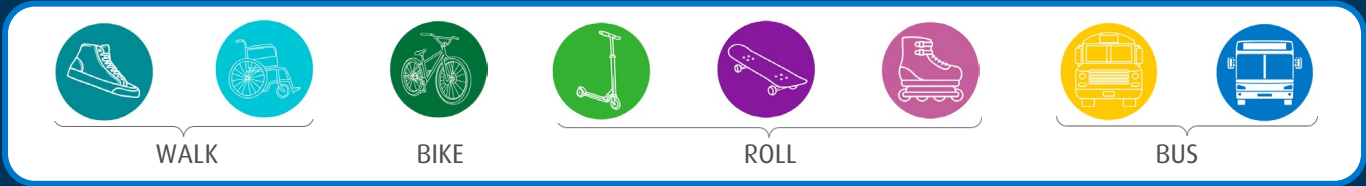


READY STEP ROLL

SUSTAINABLE SCHOOL COMMUTE PLANNING

The overall goal of the CRD's Ready Step Roll program is to improve safety, accessibility, convenience and comfort so that more students, families and staff can choose to walk, bike, roll, take the bus, or carpool as a desirable option to and from school more often.



There are many benefits to choosing active and sustainable transportation to/from school more often (all or part-way).

HEALTH & WELL-BEING

- Support physical and mental health
- Decrease stress, anxiety and depression
- Encourage social interaction and improve social skills
- Promote lifelong healthy commuting habits



ACADEMIC & LIFE-SKILLS

- Arrive energized and more able to concentrate
- Improve student learning and academic outcomes
- Cultivate decision-making, time and risk management skills
- Build confidence, capability, independence and autonomy



PERSONAL & ROAD SAFETY

- Reduce traffic congestion
- Lower risk of collision and injury
- Practice valuable pedestrian, cycling and transit skills
- More eyes on the street with safety in numbers



COMMUNITY & HOUSEHOLD

- Save time and money
- Better understand the local area
- Increase sense of belonging and community connection
- Relieve pressure and stress from household routine

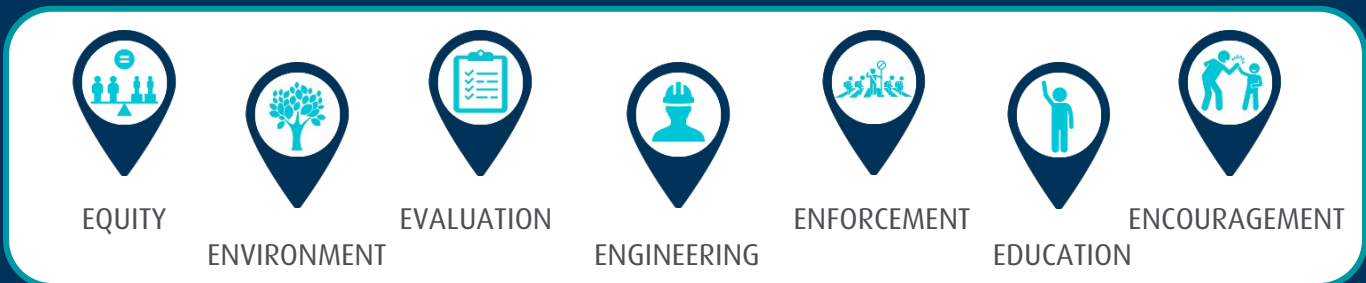


CLIMATE ACTION & AIR QUALITY

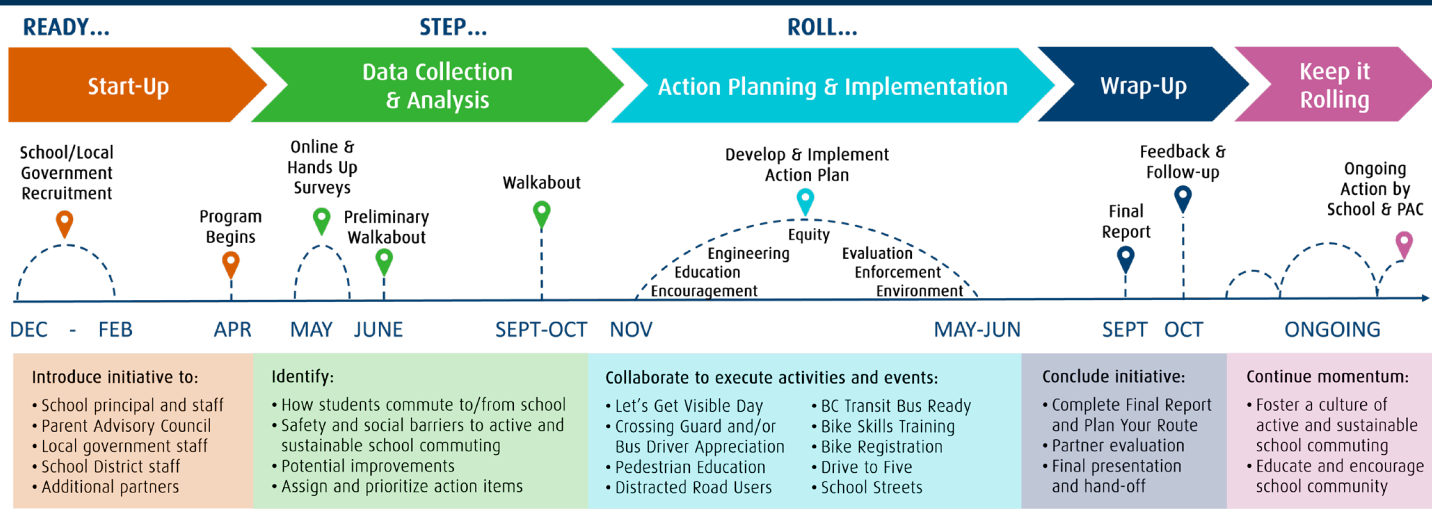
- Lower environmental footprint
- Reduce vehicle greenhouse gas emissions
- Improve air quality by reducing air pollution
- Lower risk of lung and cardiovascular disease



Our comprehensive 7 E's approach to sustainable school commute planning.



Ready Step Roll works annually with up to five school communities, their respective local government agencies and other partners through the following **process**.



KEY PARTNERS

Capital Regional District staff project manage and facilitate Ready Step Roll, the region's sustainable school commute planning program.

Key partners include:

- Local Governments
- School Administration
- School Community
- School District
- B.C. MOTT
- ICBC
- Police
- BC Transit
- Capital Bike
- Garage 529

RESOURCES FOR SCHOOLS

Participating schools receive several RSR resources, including but not limited to:

- School Commute Buddies pamphlet
- Plan Your Route pamphlet
- Final Report and Action Plan
- Safety tips, celebration, education and encouragement activities and events

