



Safe and Active Routes to School



Healthy Cities. Healthy People.





About us

Guided by our core values of integrity, collaboration, equity and inclusivity, we work in partnership with local government, health care providers and other community organisations to prevent and control Chronic disease. We do this by:

- Creating healthy environments.
- Addressing social, economic and environmental causes of health inequity.
- Striving to achieve the United Nations Sustainable Development Goals.
- Enabling healthy choices.
- Designing, implementing and evaluating evidence-based, cost-effective programs.
- Achieving meaningful health and wellbeing outcomes.

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Safe and Active Routes to School (SAARTS)

Funded by UCI Legacy Grant

- Facilitate community consultation and understand current attitudes, behaviours and perceptions
- Engage with three local primary schools to identify infrastructure needs in their community
- Facilitate bike education and road safety workshops for students at each participating school
- Increase driver awareness of the importance of slower speeds through health messaging and community engagement

Safe and Active Routes to School (SAARTS)



Project need

According to the 2020 NSW School Safety Survey, 77% of children do not meet the daily requirements for physical activity – 44% of children in the Keira electorate travel to school by car while only 6% cycle!

The community survey was designed in consultation with project partners Safe Streets to School and 30Please.org to identify barriers for children taking active methods of transport.

- A total of 373 responses were collected and used to inform the project
- 57% of parents travelled for the sole purpose of pick up or had to travel out of their way to pick up their child
- Concerns around safety, the physical environment and driver behaviour influence 70% of Illawarra's parent decisions around active travel for their children



What we did

To address these concerns, we:

- Assisted school communities to identify road infrastructure gaps and support long-term advocacy efforts.
- Launched a road safety and active transport social media campaign.
- Educated and engaged with local school communities through health messaging, competitions and workshops.
- Applied the World Health Organisation's Slow Down Day toolkit to advocate for slower speeds in school zones and enhance road safety awareness.
- Collected traffic speed and volume measurements pre, during and post Slow Down Day.



Social media campaign



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Healthy Cities Illawarra

Community messaging & education



Health messages displayed on flags around school neighbourhoods



Map of active transport routes to three participating schools



Safety door stickers

Free road and bike safety information packs for students



Banners and bollards on display in the lead up to the Slow Down Day

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Ride Nation Bike Immersion workshops

Slow Down Day

"Slow Down Days are community days during which activities are organised on the street for the public to promote slower speed limits"

Slow Down Day Toolkit- WHO

- The Slow Down Day was held on Friday 25th of March to coincide with National Ride2School day
- Corflutes and banners were displayed in addition to flags around school neighbourhoods in the week leading up to the 25th to increase community awareness of the event
- On the day, parent and teacher volunteers wore hi-vis vests with "SLOW DOWN" messaging and manned surrounding school crossings and roads to urge drivers to slow down to 30km/hr.
- Traffic measurements were taken at baseline leading up to the Slow Down Day and monitored throughout to determine effectiveness

Media coverage and engagement

WIN NEWS

WIN News with Kassidy Rogan



Slow Down Day poster competition



School newsletters

Flag Bingo

How many flags can you spot around your school?



School Flag Bingo game



street fleet cross



Microbity report



Illawarra Mercury article



Key project outcomes

- Identified barriers to active transport for children and families in the Illawarra
- Supported long-term advocacy for more road safe infrastructure in school communities i.e. crossing on Uralba St

Slow Down Day

- Reduced peak school traffic by 3.04%
- Reduced daily vehicle volume by 9.84%
- 4/5 of participating streets observed a decrease in average speeds
- Reduction in daily average speeds travelled on The Avenue were maintained from the Slow Down Day to follow up period (2 weeks)
- Active methods of transport to school increased by 9%



Thank you

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WOLLONGONG 2022
OFFICIAL LEGACY PROGRAM

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