





HOW WE GO BACK TO SCHOOL

The Basics: Walking School Bus


Through “walking school buses,” designated adults walk children to school on preplanned routes, picking up additional walkers at stops along the way.



> **1.** Recruit a group of interested parents and work with community partners, such as school officials and local law enforcement.



2. Identify the optimum route. Take into consideration sidewalks, traffic, and overall environment. <

> **3.** Ensure a sufficient number of adults to supervise walkers. The CDC recommends one adult for every six children. For children younger than 6, one adult per three children is recommended. 

4. Determine logistical details, such as frequency, schedules, and training needs. <

SOURCE: Kentucky Department of Education,
National Center for Safe Routes to School
Image and icons: Getty

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1 mile of walking each way = **2/3** of the daily recommended 60 minutes of physical activity