

Registration Form

Privacy Notice

Your details will be used solely to record participation in the Park and Stride scheme, and will be shared with your child's school to issue Park and Stride Permit Stickers.

Galway City Council will manage your information in accordance with our privacy policy and GDPR.

Please complete the following in **BLOCK** letters:

School name: _____

School address: _____

Car Registration: _____

Additional Registration (for more than one Parent/Guardian/car participating in Park and Stride):

Parent/ Guardian Name: _____

Parent/Guardian email address: _____

Parent/Guardian contact number: _____

Any vehicle which parks outside the specified times of the Park and Stride scheme will be subject to the terms and conditions of that car park. All participants agree to park legally, and not to cause an obstruction for other road users or pedestrians.

I agree to the terms and conditions of the Park and Stride scheme, which I have read, in this leaflet.

Parent/Guardian Signature _____ Date _____

Additional Parent/Guardian signature _____ Date _____
if two permit stickers required

Please also complete overleaf →

How do I take part?

All schools in Galway City are welcome to participate in Park and Stride. Parents/Guardians should complete this registration form, and return it to Galway City Council:

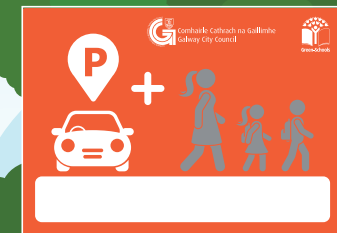
By post to: Park and Stride, Transport Department, Galway City Council, College Road, Galway City.

Online: Fill in the form on www.galwaycity.ie/ParkandStride

Email: Scan the form and email it to roads@galwaycity.ie

Parents/Guardian will be issued with an annual Park and Stride Permit Sticker **through their child's school**. The Permit Sticker should be displayed in the front windshield of your car when using participating car parks. Permit Stickers are not transferrable to other drivers. Please apply for more than one permit if more than one Guardian is participating in Park and Stride.

Look out for this sign!



My Child's School isn't participating, can I still Park and Stride?

Yes – return the Registration Form with a letter saying what school your child is in, with the official stamp of the school. Galway City Council will send your permit directly to you. Please include your postal address on correspondence.

Park and Stride Terms & Conditions

Designated Parking Times at Participating Car Parks:

Morning: 8.00am to 9.30am (1 hour max)

Afternoon: 1.00pm to 4.30pm (1 hour max)

- The Park and Stride sticker must be displayed clearly, inside the front windshield of your car.
- Permit Stickers are not transferrable to another car. You must apply for an additional Permit Sticker if an additional Guardian is participating in Park and Stride.
- Parking spaces are available on a 'first come, first served' basis.
- Parking before or after the designated times must be paid for where charges normally apply.
- Cars parked before and after the designated Park and Stride times, which do not display a paid ticket (where charges normally apply) will be subject to charges, or a fine by Wardens in City Council car parks.
- Please park in a safe manner, allowing sufficient space for children to enter and leave vehicles safely.
- Permit Stickers are for the use of Parents/Guardians participating in the Park and Stride scheme only, and are not transferrable for any other use.
- New Permit Stickers will be issued at the start of every school year – the current permit must be displayed on the Permit Sticker in use.
- Park and Stride only applies Monday to Friday, during term time.

Part of the Galway Transport Strategy

The Galway Transport Strategy (GTS) is a package of measures to manage car traffic, and to support those living, studying, working and visiting Galway to move around the city more easily on foot, by bike and on public transport. The Strategy, which spans a 20 year period, represents a partnership approach between Galway City Council, Galway County Council and the National Transport Authority. Read more at www.galwaycity.ie

All information correct as of August 2022.



& Park Stride

Information Leaflet



What is Park and Stride?

Park and Stride means leaving the car about 10 minutes walk from the school gate, and making the last leg of the journey to school on foot. For parents or grandparents doing the walk to and from the car, that's 15-20 minutes towards the recommended 30 minutes of physical exercise we should all be doing every day. Galway City Council is working in partnership with An Taisce Green-Schools, schools in the city and local businesses to seek your support for this scheme.

Why Park and Stride?

Regular physical activity is important from an early age to promote good physical and mental health – the school journey is a great time to start the habit, even if your family needs to travel to school by car. It's not just the kids who'll be getting fresh air, a stretch of their legs and some time to chat with their favourite people, you'll be getting some exercise too!

Children who are active on the commute have higher levels of concentration in the classroom.

Traffic danger is the most common reason cited by parents for not allowing their children to walk or cycle to school but, ironically, by driving our children to school we contribute to traffic, thus reducing our children's safety*.

Park and Stride is good for the wider school community too – less traffic outside the school gate means less interaction with cars for young children trying to cross roads; less fumes and pollution from cars idling; and access for those who really need to park near the school gate for mobility or health reasons.

Where Can I Park?

In Galway, a number of local businesses are supporting Park and Stride by allowing Parents/Guardians to use their car park free of charge (where charges normally apply) for a short period of time while they walk their child to school (see map on the next page).



*<https://www.sustrans.org.uk/our-blog/policy-positions/all/all/our-position-on-the-school-journey-and-physical-activity/>

Participating Car Parks

All participating car parks can be used as **Drop 'n' Hop** locations for older children to make their way to school independently e.g. Guardians can drop off/pick up their children at participating car park.



Park and Stride Car Parks

- A Aldi Knocknacarra
- B Ballinfolle/Castlegar Neighbourhood Centre
- C Cathedral Car Park
- D Claddagh Hall Car Park
- E Claude Toft Park
- F Coolough Church, Menlo
- G Crescent Court (Tesco)
- H Dyke Road Car Park
- I Galway Shopping Centre
- J Gateway Retail Park (Dunnes/B&Q)
- K Tesco Knocknacarra
- L Knocknacarra Community Centre
- M Leisureland
- N Lidl Knocknacarra
- O Maldron Hotel
- P Mervue United
- Q Mill Street Car Park
- R Monkey Business (Mornings Only)
- S Newtownsmith/Bowling Green
- T Port of Galway – Breathnach Quay
- U Renmore Community Centre
- V The Promenade
- W Westside Library/Community Centre
- X Westside Playing Fields
- Y Westside Shopping Centre (Dunnes)
- Z Woodquay Car Park

More details on participating schools and car parks can be found at www.galwaycity.ie/parkandstride
If your school is not listed as participating, you can still Park and Stride (see overleaf for details).

Registration Form Page 2 - Additional Information

We would be very grateful if you can tell us a little more about your journey to school. Please ensure you include this page if scanning your Registration Form!

How far do you live from your child's school?
If your children attend more than one school, please give the **distance** to the school you listed on this Registration Form.

- Less than 1km
- 1-3km
- 3-5km
- 6-10km
- More than 10km

Where do you (or the person dropping your child to school) usually go after you drop your child to school? Please choose **one** answer.

- Home
- Work
- Creche/Montessori/Childminder
- Another school
- Shopping
- Somewhere else

Would you support restrictions on cars in the vicinity of your child's school, to facilitate a safer school gate with less traffic for children to interact with?

- Yes
- No
- Don't know



For further information, please contact **Park and Stride, Transport Department, Galway City Council, College Road, Galway**
Tel. 091 536 400
Email roads@galwaycity.ie
Web www.galwaycity.ie/ParkandStride

