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.

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

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

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 year must be displayed on the Permit Sticker in use.

Park and Stride only applies Monday to Friday, during term time.
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 recommended towards the 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!

Park and Stride Carparks

All participating carparks 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.

Schools

1. Bushy Park National School, Circular Road
2. Coláiste Iognáid S.L. Br. Na Mary's Road
3. Cuan na Gallimhe CNS, An Cimín Mór, Cappagh Road
4. Dominican College, Taylors Hill
5. Galway Educate Together N.S., Thomas Hynes Rd.
6. Gaelscoil Dara, Bóthar Bhaile an Lochaín
7. Gaelscoil Mhíc Amhlaigh, Lána an Muilleara
8. Jesus & Mary Secondary School (Salesmo), Threadingneedle Road
9. Knocknacarra Educate Together N.S., An Cimín Mór
10. Nicholas National School/Claddagh National School, Saint Dominick's Road
11. Parochial National School, Waterside
12. Scoil An Linbh Issa (Mercy Primary School), St. Francis Street
13. Scoil Ida, Antinamara
14. Scoil Bhhríde, Shantalla Road
15. Scoil Iognáid, Bóthar na Síolcín
16. St. Patricks N.S., Lombard Street
17. Scoil Naomh Iosef, Ráthúin
18. St. John the Apostle, Knocknacarra National School
19. St. Joseph's College, Nuns Island
20. St. Mary's College St. Mary's Road

Where Can I Park?

In Galway, a number of local businesses are supporting Park and Stride by allowing Parents/Guardians to use access for those who really need to park near the school gate for mobility or health reasons.

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.

Please choose one

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

Where do you (or the person dropping your child to school) usually go after you drop your child to school?

- Park
- Shopping
- Somewhere else
- Other (please specify)...

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

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. *

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


Registration Form Page 2 - Additional Information

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).