



GO FOR IT!

General Instruction Pack

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Introduction

GO FOR IT is a year-round incentive project to encourage school communities to travel actively (walking or cycling) to school, even just part of the way, wherever possible. At the moment, the project is being piloted in twenty (20) Aberdeenshire schools but, if successful, will be rolled out to schools across Aberdeenshire.

GO FOR IT aims to help reduce car congestion and pollution outside schools as well as encouraging everyone to be healthier and more active. We want to make it possible for everyone to take part and are making allowances for this, as you will see below.

How GO FOR IT Works

Participating classes will be given a GO FOR IT wall chart, on which teachers will list pupils' names. Every time a pupil walks / cycles to or from school they will get a tick on the wall chart. When the pupil has forty (40) ticks, they will earn a reward card that they can redeem for free access to GO FOR IT sponsors' leisure facilities.

For pupils not able to walk all the way, acceptable Park and Strides (identified to maximise safety) can be agreed for each school. Park and Stride is where pupils are dropped off or picked up away from the school and walk the rest of the way. School transport pupils will be given the opportunity to earn their daily tick by joining a walking group in the school playground.

Pupils will only be able to earn a MAXIMUM of two (2) ticks each day.

A list of GO FOR IT sponsors is available on www.aberdeenshire.gov.uk/goforit. The web list will be updated regularly with any new GO FOR IT sponsors who join in.

Junior Road Safety Officers, where available, can have a key role in the project, by:

- Organising and running playground walking groups / activities
- Finding out when pupils have achieved their forty trips and informing the Head Teacher in time for assembly, where they could hand over the cards. We recommend that JRSO do not hold the cards in their possession; instead, cards could be kept by the school office, head teacher or JRSO adult helper

Drop-Off Points

If appropriate, suitable Park and Stride locations will be identified for your school; these will be selected to minimise unsupervised road crossings and maximise safety.

We recognise that you probably know the area around your school better than anyone else, so you may wish to also suggest other suitable locations – please just let us know if you need any advice on suitability.

Earning Ticks

Pupils will earn ticks (up to a MAXIMUM of two (2) ticks per day) for:

- Walking / cycling all the way between school and their / a friends' home, whatever the distance
- Walking / cycling between school and any of the designated Park and Stride points, or anywhere further away than these
- For bus / taxi pupils, or those unable to walk or Park and Stride, taking part in organised playground walking activities; at Carronhill School, taking part in playground activities.

For school to home trips, the afternoon tick can be added either when children go home or the following morning.

For bus pupils, the playground walking required to earn a tick will depend on the pupil's age and abilities. We recommend about ten (10) minutes maximum per tick for older pupils and five (5) minutes for younger (up to P2 or P3) pupils.

Once forty (40) ticks have been collected the pupil will earn one (1) reward card, with which they will get one (1) free activity with GO FOR IT sponsors in exchange for the card.

The card will be marked with the name of the school so that GO FOR IT sponsors can return them to each school. This will also allow us to monitor use of each sponsor's facility.

Parental Responsibility

Parents have received a letter explaining the aims and rules of GO FOR IT, as well as reminding them that, although we are encouraging children to walk or cycle, parents are still responsible for:

- The safety of their children on the way to school. If schools wish, we can help to identify safe drop-off points that avoid unsupervised road crossings and maximise safety.
- Encouraging children to follow the scheme honestly and not to request ticks when the requirements have not been met.
- Their children's safety and behaviour when taking part in GO FOR IT sponsors' activities.

Using the GO FOR IT Reward Cards

Using the GO FOR IT card is easy:

1. Earn it!
2. Take it to the GO FOR IT sponsor of your choice.
3. Hand it in instead of payment for one (1) free activity.
4. Have fun!

Please note that, for certain activities, pupils may need to book in advance; contact details for all sponsoring facilities are available on www.aberdeenshire.gov.uk/goforit.

The GO FOR IT sponsors will keep the cards and, every 6 weeks or so, will return them to the schools using pre-addressed envelopes that we are supplying.

If teachers, pupils or parents hear about local businesses wishing to become a GO FOR IT sponsor, please let us know by emailing goforit@aberdeenshire.gov.uk so that we can send them a Sponsor's pack – they will need this so that they know how to recognise the GO FOR IT cards. It is possible for businesses to only support local schools if they wish (again, please just let us know), as we recognise that some smaller businesses may not be able to support the Aberdeenshire-wide campaign!

Contact Details

The contact details for each school's GO FOR IT Coordinator are in the top right-hand corner of their GO FOR IT wall charts. The coordinators will be the schools' first point of contact; for all other enquiries or if further help is needed, please email goforit@aberdeenshire.gov.uk.