

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.

Mayo County Council will manage your information in accordance with our privacy policy and GDPR.

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

School name: _____

Car Registration 1: _____

Parent/ Guardian Name 1: _____

Car Registration 2: _____

Parent/ Guardian Name 2: _____

Parent/Guardian address: _____

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 carpark. 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

How do I take part?

All schools in Castlebar are welcome to participate in Park and Stride. Parents/Guardians should complete this registration form and return it to Mayo County Council:

By post to: Castlebar Municipal District, Mayo County Council, Áras an Chontae, The Mall, Castlebar, Co. Mayo. F23 WF90.

Email: Scan the form and email it to castlebarao@mayococo.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.

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. Mayo County 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)

Park and Stride only applies Monday to Friday, during term time.

- 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 County 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



Comhairle Contae Mhaigh Eo
Mayo County Council



INFORMATION LEAFLET



Green-Schools



Údarás Náisiúnta Iompair
National Transport Authority

An Taisce



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. Mayo County Council is working in partnership with schools in Castlebar 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?

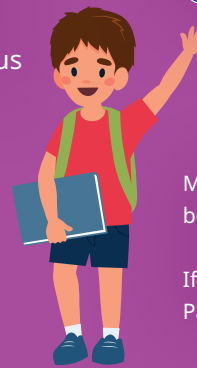
Castlebar Municipal District is supporting Park and Stride by allowing Parents/Guardians to use their car parks free of charge (where charges normally apply) for a short period of time while they walk their child to school (see map).

CASTLEBAR



- ① Castlebar Primary School Junior Campus
- ② Castlebar Educate Together
- ③ Castlebar Primary School Senior Campus
- ④ Gaelscoil Raifteirí
- ⑤ St. Joseph's Secondary School
- ⑥ Davitt College
- ⑦ St. Gerald's DLS College
- ⑧ St. Bríd's National School
- ⑨ St. Anthony's School

- A Castle Street Car Park
- B Market Square Car Park
- C Pavilion Road Car Park
- D Town Park Car Park
- E Spencer Street Car Park



More details on participating schools and car parks can be found at www.mayo.ie

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, Castlebar Municipal District, Mayo County Council, Áras an Chontae, The Mall, Castlebar, Co. Mayo.

Telephone: (094) 90 64000

Email: castlebarao@mayococo.ie

Web: www.mayococo.ie