

# International Walk Month and Walking Competition

International Walk & Wheel to School Month is celebrated each October. This event is a global celebration of active transportation that promotes healthy and safe alternatives to driving to school. Students, parents, and school staff join their peers from over 40 countries across the world in walking, biking, skateboarding, scootering, or using any other form of active transportation to get to school.



## How do I Participate in International Walk and Wheel to School Month or set up a walking competition?

1. Obtain approval from your school's principal to participate.
2. Contact traffic safety officer Dan Glasscock, [dan.glasscock@sd23.bc.ca](mailto:dan.glasscock@sd23.bc.ca), to get support and confirm possible prizes for the winning class. You can also secure some prizes from the school PAC.
3. This [guide](#) will help you plan an event in just 7 days.
4. Plan a one or two-week event in October/April/May. Promote Walk & Wheel Days. (Check the [fillable PDF](#))
4. Register your school on <https://bikewalkroll.org> to track your participation and compare your results with schools across the world! Each teacher can record results for their classroom through the website.
- For the walking competition, you can use online pedometers to track steps:
  - [Best Free online Pedometers for Android and iPhone](#),
  - Contact traffic safety officer Dan Glasscock, [dan.glasscock@sd23.bc.ca](mailto:dan.glasscock@sd23.bc.ca) and [cc.airquality@kelowna.ca](mailto:cc.airquality@kelowna.ca) to check if some pedometers are available (a limited amount could be available per school).
- Be sure to share the [Pedestrian Safety](#) video with your students.
- Check if there is already a Safe Route map to your school at [Safe Routes 4 schools - Regional District of Central Okanagan \(rdco.com\)](#)
- Provide each student/teacher a log to track their steps: Walking Competition log ([fillable PDF](#)) or get the ready-to-use Walking Log Excel file (request it to [airquality@kelowna.ca](mailto:airquality@kelowna.ca)).
- Draw random prizes for participating students/winner class.

## Get involved and celebrate active transportation with us!

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The links are provided for reference only.

The Air Quality program does not recommend specific companies.

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