Slí@school

Walking route set up guide

Irish Heart Foundation

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Introduction

Slí na Sláinte is a health promotion initiative of Irish Heart, supported by the HSE aimed at encouraging people of all ages and abilities to walk for pleasure and general health. There is a network of over 220 community Slí na Sláinte marked and measured walking routes in place throughout the country. Apart from the community setting, Slí routes can be developed in workplaces and schools. In a school setting this involved measuring and mapping the perimeter of the school grounds and yard.

Signage

The map board will display the route(s), distance, time, step count and the national physical activity guidelines.

What happens next if a school wants to go ahead with the Slí@School?

- A consultation can be arranged to assess and measure the chosen routes and assess the signage needed. The school should provide a map of the grounds if possible.
- A quote is provided and signage order form prepared. The school should include their payment and delivery details on the order form which is to be sent to the signage company.
- The school representative should send on the school logo.
- The map work drafts are sent to the school for approval. Once the drafts are signed off signage is prepared and delivered directly to the school. Lead-time from approval of drafts to delivery is approximately 2 weeks.
- Once signage is installed the IHF will assist with and attend the launch.

Typical costs

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graphic design charge</td>
<td>€135.00 + VAT</td>
</tr>
<tr>
<td>Delivery</td>
<td>€35.00 + VAT</td>
</tr>
<tr>
<td>Signage option 1 - Outdoor wall mounted map board A2</td>
<td>€65.00 + VAT</td>
</tr>
<tr>
<td>Signage option 2 - Indoor Aluframe map board A2</td>
<td>€36.00 + VAT</td>
</tr>
</tbody>
</table>

VAT on signage costs is 23%. Other signage options are available and schools can opt for a digital print only if they wish to display the map on visual display boards.