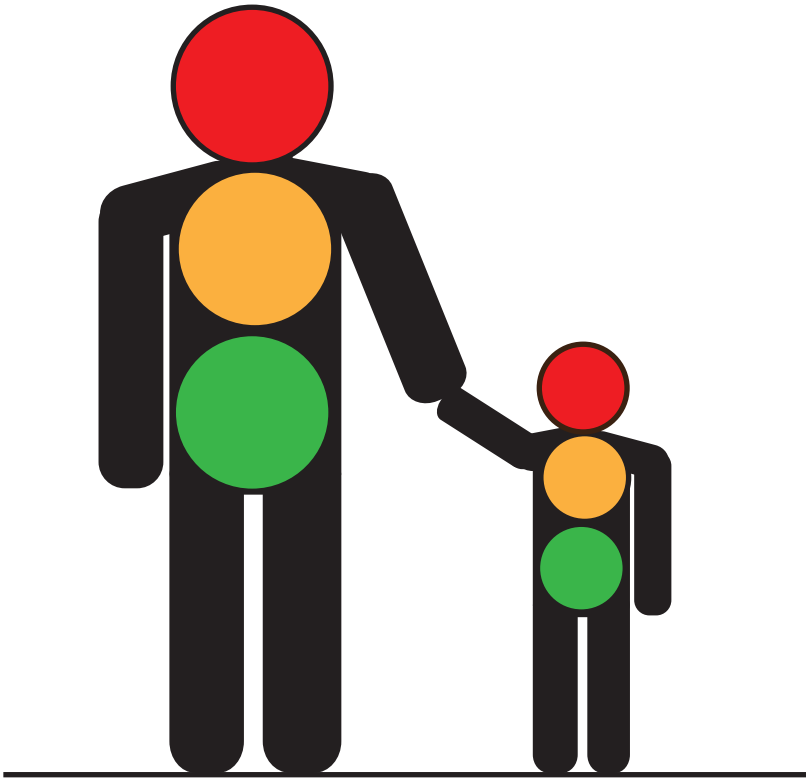


Road Safety

Parent/Guardian's Booklet



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Road Safety

- The Basics

As a parent/guardian you have a responsibility for the safety of your children near the roads. It is down to you to ensure they are given the Road Safety advice that they need, however we are here to help.

The best way you can teach your child is by setting a good example. Children watch your every move and take it all in. If you nip across the road on the red man, one day they may do the same when it's not safe to do so.

Green Cross Code



Think - Is this a safe place to cross the road, or are there any safer places nearby?



Stop – Feet flat on the pavement and stand a step back from the edge of the kerb.



Look – All around for traffic and into the distance too!



Listen – We can sometimes hear traffic before we can see it.

Look and listen – All the way across to the other side.

For younger children:
'Hold hands with a grown up'



Sustainable Travel



Driving your children right to the school gates can be the cause of many problems.



Cars around the school entrance can create a dangerous environment for your children.



Children can easily be hidden behind parked cars from the view of passing vehicles.



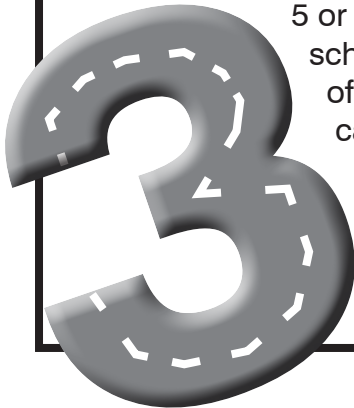
Many cars around school also causes congestion which results in high levels of air pollution.



Why not walk, cycle or use public transport to reach school. It will make your children healthier and reduce congestion around the school gates.



If you live too far away to walk all of the way, then why not park up 5 or 10 minutes away from the school and walk the last part of the journey. This is called park and stride.



In Car Safety

Setting a good example in the car is something that will continue throughout your child's life. If you ensure you always wear your seat belt and explain the importance of a seat belt to your child then they should continue to wear one in their future.



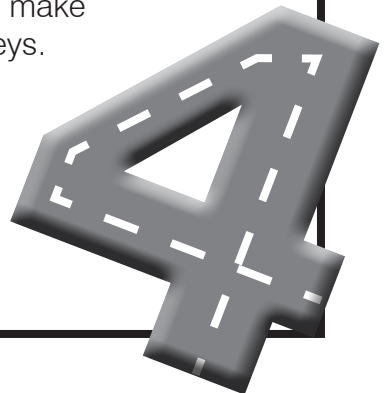
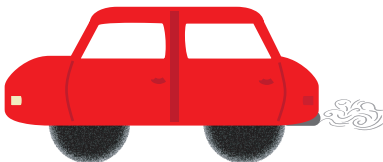
Explain how to wear the seat belt correctly. Make sure they know how dangerous it can be to wear their seat belt incorrectly. Putting the diagonal part of the seat belt under their arm or behind them can cause serious injuries in a collision.

A seatbelt doesn't only save you from injury but it also protects the other people in the car. After the impact your body can be thrown through the car injuring other passengers on the way.



If your child needs a car seat you need to ensure you know the law and which type of car seat they should use. Information on car seats can be found here: www.goodeggcarsafety.com

It is important to keep yourself up to date with the safest way to transport your children to make sure they are as safe as possible on journeys.



Walking

Here are some ways to help your children be safe around the roads when walking:



- Check for vehicles coming off driveways as you pass.
- Don't use distractions whilst near the road such as mobile phones and music.
- Make sure your children always hold hands with you near the road, or hold on to the pram.
- Your child should walk on the inside of the pavement, next to the houses and the grown up should be on the road side.
- Don't presume drivers will see you and stop, they have got lots of information to take in and process. They are looking at cars around them and signs etc and may not see a pedestrian stepping in front of them until it's too late.
- Be Bright Be Safe Be Seen – Make sure your child wears bright and light coloured clothing when it's dull or dark outside (hi-vis jacket).
- If you hear a siren, step to the back of the footway, because vehicles sometimes pull onto the pavement to allow the emergency vehicle to pass.
- If you are walking down a road with no pavement always walk on the side facing oncoming traffic.
- When you cross, walk in a straight line across the road, not diagonally.



- Cross on a straight stretch of road where you can see clearly in both directions (no corners, hills or large vehicles blocking the view)
- You can't always be seen by drivers if you are blocked by vehicles and street furniture.
- Try not to cross between parked cars, however sometimes you have no choice and it may be the only location you can cross. If this is the case then:
 1. Find two cars that are quite low down, so no vans or large vehicles.
 2. Check that there is no one in the vehicles and that they aren't going to move.
 3. Once you are sure there is no one inside the parked cars, carefully walk between them to the edge of the vehicles.
 4. Look through the windows to check there are no passing vehicles and then peer round the cars and start your Green Cross code from there.

THINK, STOP, LOOK, LISTEN.

Children aged under 5:

- Should always hold hands with a grown up near the road.
- Know that 'vehicles can be dangerous.'
- Should know different types of vehicles and traffic that can be found in your area.

Children under the age of 10:

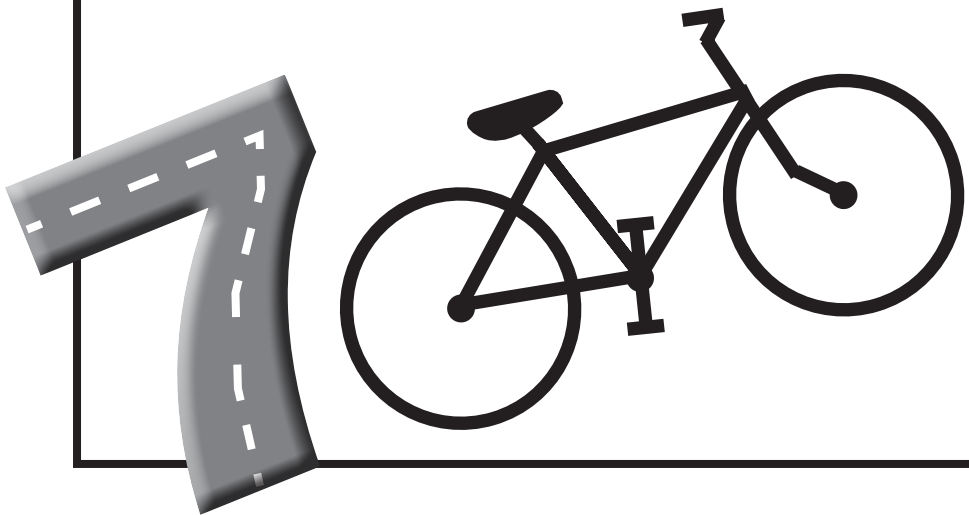
- Cannot always judge the speed of traffic or how far away it is.



Cycling

Here are some ways to help your children be safe around the roads when cycling:

- Wear bright clothing – hi-vis jacket
- Always do a quick bike check before using a bike. Check all parts of your bike to make sure it is safe to use, such as the tyres and brakes.
- Always wear a helmet when cycling. Don't push it too far back because the forehead won't be protected in a fall. Make sure it is fitted correctly to the size of the child's head to give the best protection possible.
- Make sure the bike is the right size for the child. They should be able to sit on the seat and their feet shouldn't be flat footed or 'ballerina tip toes,' they should be in between the two.
- Check with your school or local authority to see if your child will be receiving cycle training at school. Until they have been trained to a suitable level, they shouldn't cycle on the road.
- Ensure your child's bike has reflectors.
- If they are riding when the lighting outside drops (the street lights come on) they will also need lights on their bike.

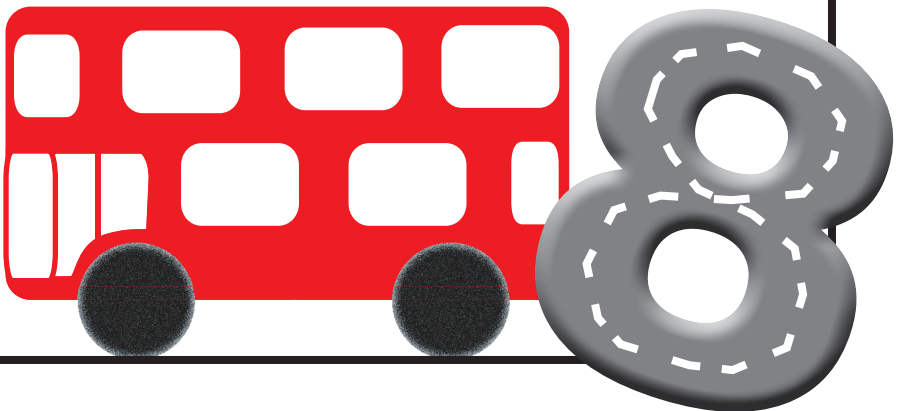


Public Transport

There are many modes of public transport, with buses being a popular choice for school travel. You can help your child to gain self independence in their future by using public transport with them when they are younger. Try explaining to them:

- How to pay for a ticket
- How to read bus timetables
- How to use the bus station and bus stops
- How to signal to the bus driver that you would like the bus to stop to either get on or off.
- How to be polite and respectful on public transport, such as giving up their seat for people who may need it more than themselves.

As your children get older they will start to use a wider variety of public transport such as trains to commute. Therefore starting to educate them at a younger age will prepare them for their future independence.



Crossing Points

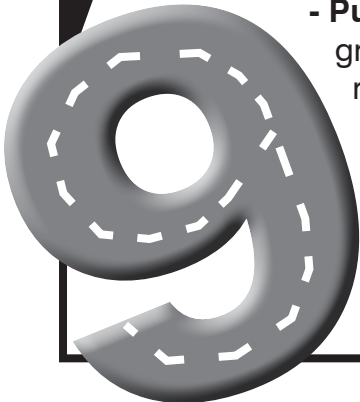
Here is a list of the different crossings you may come across and their descriptions. When using these crossings with your child please teach them how to use them safely and correctly.

Don't just presume because it is a crossing place that it is safe. Cars can go through red lights when the green man is on. Make sure children are aware of this and ensure they always use the **Green Cross Code** even when crossing at a crossing point. They need to get eye contact with the drivers that they are crossing in front of, to ensure they have seen them.

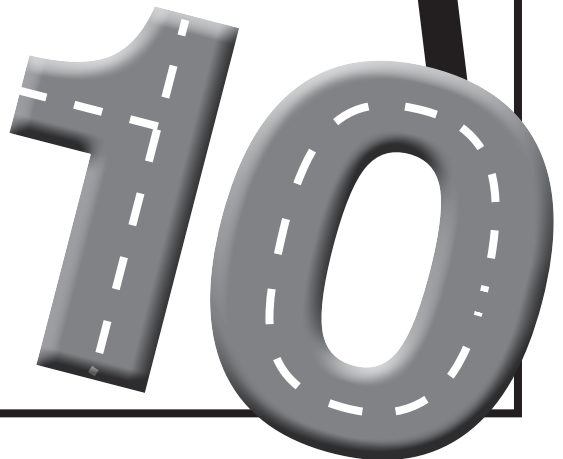
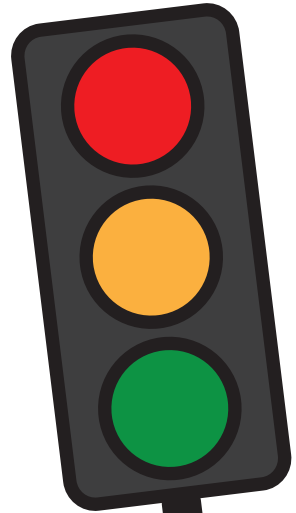


- **Pelican** – Push button crossing with red/ green man appearing on a pole across the road.

- **Puffin** – Push button crossing with red/ green man appearing on the box to your right as this is the direction the traffic is coming from initially. Also has cameras on top to detect how long to hold the traffic back for depending on how long the pedestrians are taking to cross.



- **Toucan** – ‘Two Can’ Cross – Pedestrians and cyclists. Instead of just a red/green man lighting up there is a red/green man and bicycle.
- **Pegasus** – Crossing for horse riders, a red/green person riding a horse lights up and the push button is much higher up on the pole so that it can be easily reached by the rider.
- **Zebra** – Uncontrolled crossing. Black and white stripes and flashing Belisha Beacons.
- **Lollipop Man/Lady** – School Crossing Patrol - Operating at school start and finish times.
- **Pedestrian Refuge Island** – Allows you to stop in the middle of the road so that you can cross each lane separately.
- **Subways and Footbridges** – Avoid the road by walking below or over it.



Travelling to School Independently

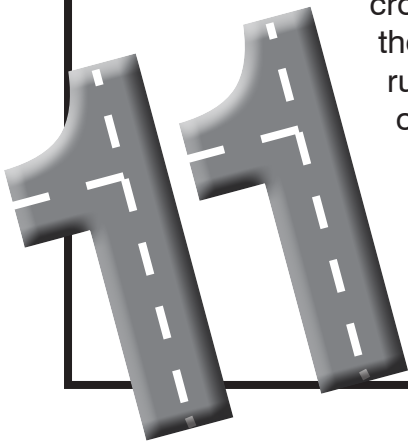


A lot of children aged 10-12 are involved in accidents, this can be for a number of reasons. We believe one of the main reasons is because this is the age they will be gaining more independence and making journeys alone.

They will be starting high school around this age and this may be the first time they have travelled to and from school without a grown up. They will usually be travelling further distances to high school therefore crossing more roads, which are sometimes unfamiliar to them, along the way. They may also get to school using different modes of transport such as buses.

Before they make their first independent journey, it is a good idea to practise the route with them first. Point out the safe crossing places and time the journey so they arrive in plenty of time without rushing when it comes to doing the route on their own.

Advise them to pack their school bag the night before so that they aren't rushing in the morning. If they are rushing, they aren't concentrating, so accidents are more likely to happen.



Some examples of places they SHOULD NOT cross the road are; on a hill, on a sharp bend, behind a bus or large vehicle.

They should always cross at a safe crossing point as listed on the previous pages. If a safe crossing point isn't available then they need to find a clear stretch of road where they can see clearly into the distance in both directions and use the **Green Cross Code**.

Remind them not to be lazy when it comes to road safety. If a safe crossing point means walking a few steps further then it's worth it, if it means they arrive safely. Remember, the crossings have been put there for a reason, usually because it is a dangerous road to cross without help.

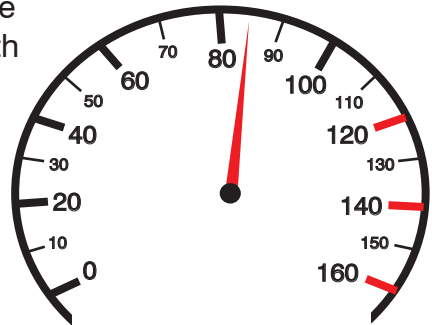
Tell your child about the dangers of getting distracted near the road such as using mobile phones, listening to music, chatting, messing about and playing games. Explain how

all of these things can cause them to be involved in an accident due to them not fully concentrating on the road.



Parent/Guardian of Teenagers

When children reach their teenage years, they often hang around with older teenagers or young adults. Some of these may have recently passed their driving test. Help to keep your child safe by making sure you explain the importance of keeping safe in a car with an inexperienced driver.



- Encourage them not to distract the driver because they will need to concentrate. Distractions can include talking, messing about and taking photos/videos.
- Explain the importance of wearing a seat belt and how it doesn't only have the ability to save their life but also the other people who could get injured in the car with them.
- Explain the dangers of encouraging the driver to speed, overtake or drive aggressively. The driver may feel pressured into behaving how the passengers are demanding, ending in disaster.



- If they don't feel safe in the car with someone and the driver won't change their driving behaviour, then if it is safe to do so, ask them to pull over so that they can get out. They can then find a safer way to get home.

- If they suspect the driver has been drinking or taking drugs, don't accept a lift, take a taxi or walk instead.
- Don't give in to peer pressure, do what is right no matter how much other people try and persuade them to do wrong.

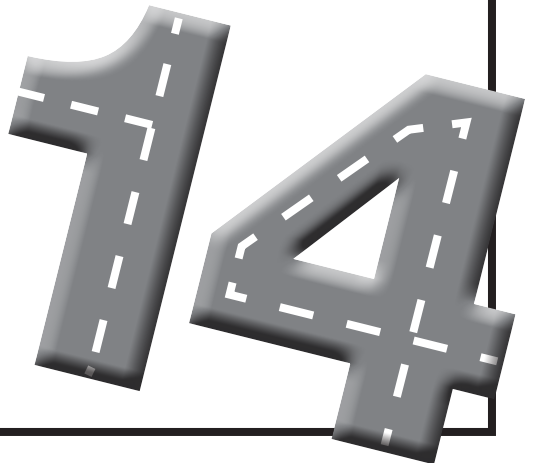


- It is likely that your teenager will shortly be going to a music festival. Young people driving home from festivals are often extremely tired after not getting much sleep from camping over the last few days.

They may still have alcohol in their system from the night before and some may have used drugs that could still be in their system.

Make sure you explain to your teenager the importance of finding a safe mode of transport to get home from the festival or similarly from a night out.

- There is no safe amount of alcohol to drink before driving, so alternative transport would need to be planned prior to the night out/event. It's not just drunk driving to be aware of, drunk pedestrians are at danger from cars too!



Road Safety Team

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