

10 day Active Travel Challenge

Top 10 Road Safety tips

Whilst taking on the 10 day Active Travel Challenge, we want everyone to stay safe on the roads, whether you are walking, scooting or cycling.

Please take a minute to read the following information and pass onto to both pupils and parents.

- 1** When out and about walking, young children should always be with their adults. Hold your adults hand. Walk on the side of the pavement away from the road and nearest to walls & fences.
- 2** Always remember to use the Green Cross Code. Find the safest place to cross with a clear view all around and away from parked cars. Stop just before the edge of the kerb, look right, left and then right again. Listen whilst looking and think if it's safe to cross.
- 3** When crossing the road try to use pedestrian crossings, like a zebra, as these can help keep you safer when crossing the road.
- 4** Concentrate when crossing the road. Things like mobile phones, listening to music and chatting with friends can cause you to be distracted when trying to cross the road.
- 5** Never cross in front or behind a bus or tram as the driver may not be able to see you. Wait until the bus or tram has gone or move to a safer place to cross the road.
- 6** If you are out and about when it is dull or dark, wear something that is bright and reflective so you can be seen by other road users. This applies when walking and when out on your scooters and bikes.
- 7** Wearing a helmet can reduce the risk of a serious head injury if you fall off or get knocked off your bicycle, scooter, skateboard or roller blades.
- 8** Being out on a bicycle is so much fun but along with wearing a helmet it is always good to have working lights and reflectors. You **MUST** by law have lights on when riding in the dark.
- 9** By law you must wear a seatbelt when traveling in a car or van whether sitting in the front or back. Wearing a seatbelt could save your life in the event of a collision.
- 10** Car seats must be used for children under 135cm high or until their 12th birthday (which ever comes first). Car seats are designed to protect young children and reduce the risk of serious injury in the event of a collision.

Take a look at these websites for useful knowledge, advice and ideas about teaching children road safety:

www.lifewise999.co.uk/road-safety/junior-road-safety-officer/jrso-handbook

www.rotherham.gov.uk/roadsafety/

www.think.direct.gov.uk/education/early-years-and-primary/

www.rospa.com

www.brake.org.uk

www.roadsafetygb.org.uk

www.safetyscene.co.uk

www.jrso.com

www.togoandnogo.co.uk

www.roadwise.co.uk

For further information please contact your local Road Safety team or the South Yorkshire Safer Roads Partnership:

Phone: 01709832455

Email: saferrroads@southyorks.pnn.police.uk

Website: www.sysrp.co.uk