

KS2

Road Safety

A parent's / carer's guide



We hope you will find this information useful.

The Green Cross Code

1. First find the safest place to cross

- If possible, cross the road at: subways, footbridges, islands, zebra, puffin, pelican or toucan crossings, or where there is a crossing point controlled by a police officer, a school crossing patrol or a traffic warden.
- Otherwise, choose a place where you can see clearly in all directions, and where drivers can see you.
- Try to avoid crossing between parked cars and on sharp bends or close to the top of a hill. Move to a space where drivers and riders can see you clearly.
- There should be space to reach the pavement on the other side.

2. Stop just before you get to the kerb

- Do not get too close to the traffic. If there is no pavement, keep back from the edge of the road but make sure you can still see approaching traffic.
- Give yourself lots of time to have a good look all around.

3. Look all around for traffic and listen

- Look all around for traffic and listen.
- Look in every direction.
- Listen carefully because you can sometimes hear traffic before you can see it.

4. If traffic is coming, let it pass

- Look all around again and listen.
- Do not cross until there is a safe gap in the traffic and you are certain that there is plenty of time.
- Remember, even if traffic is a long way off, it may be approaching very quickly.

5. When it is safe, go straight across the road – do not run

- Keep looking and listening for traffic while you cross, in case there is any traffic you did not see, or in case other traffic appears suddenly.
- Look out for cyclists and motorcyclists travelling between lanes of traffic.
- Do not cross diagonally.

How you can help your child and other children

- Set a good example. Use the Green Cross Code yourself.
- Show your child how to use the Code to cross the road when you're out and about.
- Let your child show you that they know how to cross the road safely – start practising on quiet roads first.





- Point out dangerous places to cross on local roads. Point out safer places as well. Some places may be safer at some times of the day than at others.
- Use pedestrian crossings even if it involves a small detour.
- Talk about the importance of not using a mobile phone or texting while crossing the road.
- Remind your child that they cannot hear traffic if listening to music through earphones or see it properly if wearing a large hood.

Despite the dangers on the roads, it's still important for children to be outside. Walking is good for children's health and fitness and we support parents who encourage their children to walk as much as possible. Taking your child in the car for short journeys puts more traffic on the road and adds to the problem. Children can be safer on the streets if we show them how.

Crossing between parked cars

Try not to cross between parked vehicles, but if there is nowhere else to cross:

- Choose a place where there is a space between two cars and make sure that it is easy to get to the pavement on the other side of the road.
- Make sure neither car is about to move off - look for drivers in the cars, lights and listen for engines.
- Don't cross near large vehicles. You could be standing in a blind spot, where the driver cannot see you.
- Walk to the outside edge of the cars and stop. Here you can be seen by drivers and you can look all around for traffic.
- Use the Green Cross Code. When the road is clear, cross, still looking and listening as you go.



Be Bright, Be Seen

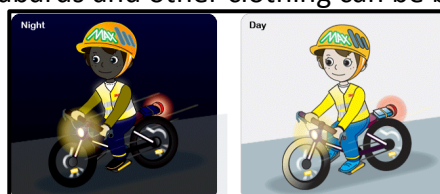
If you're a motorist then you'll know how difficult it can sometimes be to see pedestrians wearing dark clothes at night or when visibility is poor. Your child will have been learning the road safety message 'Be Bright, Be Seen' at school, and it's important that you as a parent or carer help your child to be easily seen near traffic. This is an issue for all children, especially as many school uniforms are dark. Most primary schools don't have rules about outer garments, so selecting a bright coat can help, as can providing fluorescent and reflective armbands, school bags etc.

This is a particular issue with 11 year old children who are moving up to secondary school where longer journeys are often made on foot and uniforms are usually compulsory.

How can my child be seen more easily?

1. On dull days your child can wear bright or fluorescent colours

- Special high-visibility tabards and other clothing can be bought from many retailers



- Fluorescent armbands can also be worn over coats and other clothing
- Bags are also available in bright colours or with high-visibility strips

2. If walking near traffic at night reflective clothing is needed

- Reflective clothing reflects light from car and bike headlamps
- Reflective armbands and clothing can be bought for children
- Remember that fluorescent colours do not show up in the dark

For older children who may consider fluorescent and reflective armbands and clothing 'uncool', stickers can be bought which can be put on bags or coats.

This message isn't only for children: make sure you wear bright clothing too.

Cycle safety

Cycling needs to be encouraged – it's green, healthy and fun and it helps children to become independent. It is important for children to learn how to stay safe on a bicycle.



In Year 2, 3, 4 and 6 cycle training is available— this is the best way to learn the skills and knowledge needed to stay safer on the road. You can learn more about cycle training in our area at www.bikeability.org.uk or contact our local Road Safety Officer through the local authority.

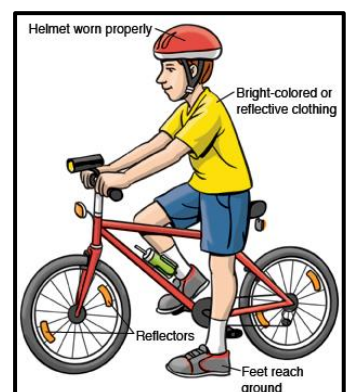
Helping your child stay safe

- Your child shouldn't cycle on roads until they have been trained.
- Check your child's bike to see if it's roadworthy: look at brakes, tyres and lights/reflectors (when riding at dusk or at night you must have white front lights and red back lights and reflector)
- Make sure the bike is the right size for your child
- When out driving, teach your child about roundabouts, traffic lights and pedestrian crossings
- Find out where local cycle paths and lanes are
- Make sure your child wears a helmet which fits and is worn correctly, it should not be pushed too far back on the head
- Ensure your child wears some high-visibility clothing when cycling
- When out and about with your child look at cyclists and talk about how easy they are to see

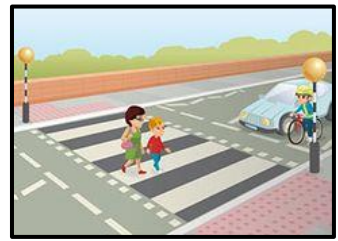
Remember that if you cycle yourself you should set a good example!

The basics of cycling safety

- Look behind before you turn, overtake or stop
- Use arm signals before you turn right or left
- Obey traffic lights and road signs



- Do not ride on the pavement unless there is a sign saying that you can
- On busy or narrow roads do not cycle next to another person
- When overtaking parked cars, watch out for car doors opening suddenly
- Do not listen to a personal stereo while cycling



These are just some of the rules children who ride on roads should know. Young cyclists need to learn what road signs mean, how to deal with roundabouts and understand when to give way. Leaflets are available online (see the section with available websites that inform children about staying safe on their bikes).

You can learn more about cycle training in your area at www.bikeability.org.uk - or contact your local Road Safety Officer through our Local Authority.

Making independent journeys

Eleven year olds will be heading to secondary school and may face a longer walk or bike ride, using different roads. As a parent it is important for you to help your child plan for this important step by showing them how to stay safe.

What do children need to know?



- The Green Cross Code is a good start: armed with this, children will feel more confident about crossing roads, including unfamiliar ones
- Where there are dangers or hazards in the locality, such as particularly busy stretches of road, complicated junctions or dangerous bends and hills
- They need to know the safest route to where they are going: this may not always be the quickest
- Children need to understand that using their eyes and ears all the time is essential to being safe near traffic: they should avoid distractions such as chatting to friends, using mobiles or listening to MP3s when crossing roads
- That the more easily they can be seen by traffic, the more likely they are to avoid collisions.

You can practise pedestrian skills with younger children and show them how to cross the road safely and use the various types of crossing that are available. Remember that children copy their parents so always set a good example in everything you do near traffic!

What's happening at school?

Your child has learnt about road safety in an assembly and through information around school. As well as resources for teachers to use in class, there are materials aimed at parents to help you reinforce the key safety messages with your child.



What is available online?



Where can you find out more?

www.direct.gov.uk/think - new window

The government's official road safety website. This contains guidance for all road users and has detailed information about the law regarding child car seats.

www.childcarseats.org.uk - new window

A very useful site from the Royal Society for the Prevention of Accidents. It gives comprehensive advice about all aspects of child car restraints and has excellent illustrations.

www.3m.co.uk/intl/uk/3mstreetwise2008/ChildRoadSafety.htm - new window

Another site with games, quizzes and activities for children. It also has a parents' section where you can test your own road safety knowledge!

www.bikeability.org.uk - new window

Bikeability is a national standard cycling award scheme, developed by the Department for Transport and various cycling bodies. From here you can find out where your nearest cycle training scheme for children is.

www.roadsafetygb.org.uk - new window

You can find out more about Road Safety GB (formerly LARSOA) by contacting info@roadsafetygb.org.uk.

talesoftheroad.direct.gov.uk

Tales of the **Road** deals with child **road** safety. There are numerous games for children including Stop, Look and Listen as well as information on how to cross the **road** safely.

You can also contact your local authority's **Road Safety Officer** for advice on all aspects of road safety including child car seats and where to buy high-visibility clothing.

