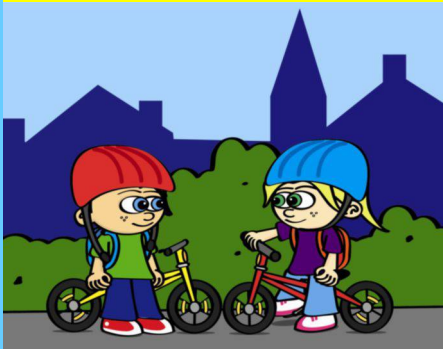


Journey to school...



...what are the rules?

A guide to safe travel to school for primary school children



Written by Roisin McAliskey
Illustrated by Jane Donaghy

An initiative for the Community Transport Association delivered by STEP

About this booklet

This booklet is the product of a project funded by the Department of the Environment (DOE), Road Safety & Vehicle Regulation Division (RS&VRD), through Community Transport Association (CTA), which administers the road safety grant on behalf of the Department. The booklet is aimed at primary school children with the intention of illustrating how to travel to school safely using the various different methods available.

Note to parents, guardians & teachers

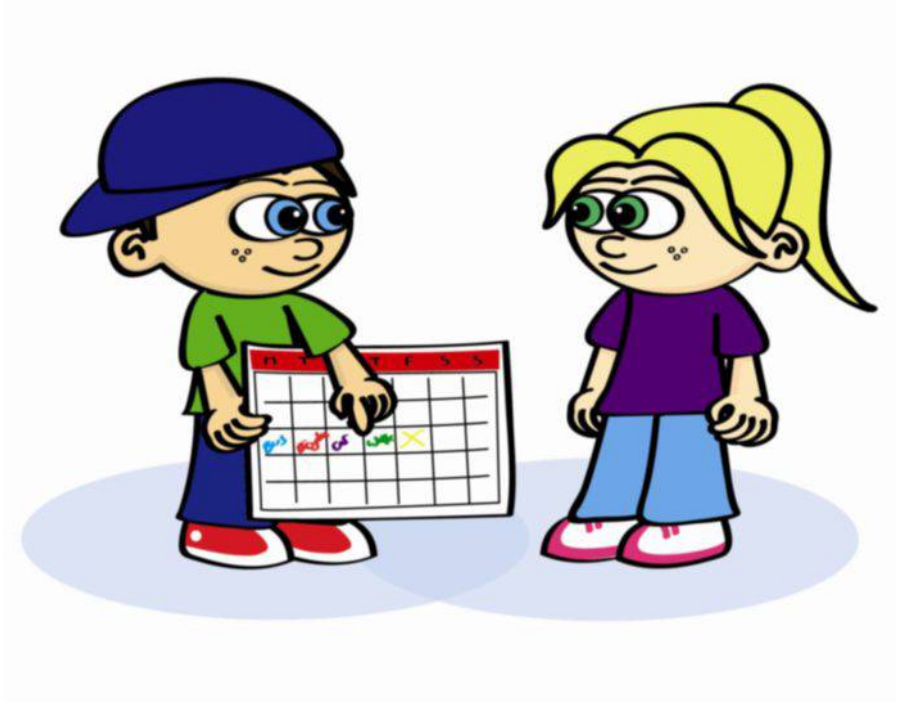
As well as a short storyline which young children can enjoy, the booklet contains more in depth safety regulations which parents, teachers and older children should read and discuss with the children. It would be beneficial to take time to explain and talk about some of the book concepts such as “lollipop person”; “booster seat”; “distractions”; “safety helmet” etc. and encourage open conversations about other aspects of safety

The book is available in English, Portuguese, Polish and Lithuanian and pdf versions are available online at www.journeyschool.com

**Supported by DOE Road Safety Grants, administered by
Community Transport Association and delivered by STEP**



This is Maria – she is in P3. Her next door neighbour Mark is in P4. Maria likes to draw and paint and Mark likes to play football and read. They are good friends.



This week Maria and Mark are trying out different ways of travelling to school. They are planning a calendar for the week. They must always remember that safety comes first!

On Monday, Maria and Mark go to school on the bus....



“What are the rules we should remember when we are on the school bus?” Maria asks Mark

“We should put our seatbelts on if the bus has them. We should be polite to the driver but should not distract them when they are driving. We should sit on our seats at all times and only get up from our seats when the bus has stopped at our stop. We should not leave our schoolbags lying where people might trip” says Mark

Maria agrees “Those are good rules Mark”

On Tuesday Maria and Mark ride their bicycles to school...



“What are the rules we should remember when we are riding our bicycles to school?” Mark asks Maria

“You must always check that your bicycle is safe to use and the correct size for you. You must always wear a helmet and brightly coloured clothing, you need to fasten your helmet before you get on your bike Mark. We must also get bells for our bicycles—it is the law!” says Maria

Mark agrees “Those are good rules Maria”

On Wednesday Maria and Mark go in the car to school...



“What are the rules we should remember when we are travelling to school by car?” Maria asks Mark

“You must always wear your seatbelt and make sure your seatbelt is on properly and sitting on your shoulder. You must use a booster seat if you are under 12 or less than 135cm tall. The back seat is the safest place for children. You should not make too much noise or move about in the car as this will distract the driver and never play with the door handles.” says Mark

Maria agrees “Those are good rules Mark”

On Thursday Maria and Mark walk to school...



“What are the rules we should remember when we are walking to school?” Mark asks Maria

“You should hold hands with the adult who is walking with you and stay on the footpath if there is one. You should wear brightly coloured clothing and cross the road at a safe place, maybe where there is a zebra crossing or lollipop person” says Maria

Mark agrees “Those are good rules Maria”

On Friday Maria and Mark have a school holiday so they play on their scooters and skateboards and play football ...



“What are the rules we should remember when we are playing outside?” Maria asks Mark

“We must never play on the road - even if our houses are at the end of a street, a safer place is the park or garden. We should wear safety gear if we are playing with our scooters or skateboards and should not use these on the road. We should never run after the ball if it goes into the street - we should ask an adult to go and get it” says Mark

Maria agrees “Those are good rules Mark”

“Stop - Look - Listen”

(The Green Cross Code)

STOP

You should find somewhere safe to cross and STOP. This might be at a pelican crossing, a zebra crossing or where there is someone to help you cross like a lollipop person. You should be able to see clearly to your left and your right. Do not stand too close to the edge of the kerb if you are on the footpath as you may slip.

LOOK & LISTEN

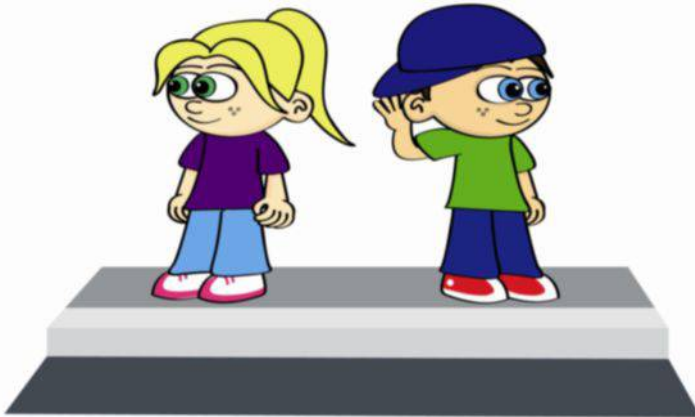
You should look right, then left and right again. You must listen carefully as you can sometimes hear traffic before you can see it. Let any traffic you see or hear go past.

When you have checked left and right again, you should walk straight across the road and continue to look both ways

Do not run as you may trip and fall but make sure you have left enough time to cross.

If you follow these rules you will safely get across the road.

REMEMBER: STOP - LOOK - LISTEN



Important signs & crossings



No cycling
You should not cycle
where you see this sign



No pedestrians
You should not walk
where you see this sign



Cycle route ahead
There is somewhere safe to ride
your bicycle up ahead



Pedestrian crossing ahead
There is somewhere safe to
cross the road up ahead



Pelican crossing
You must wait for the green man
before crossing—you should still
look both ways



Zebra crossing
You should check always both
ways for traffic before crossing at
the zebra crossing

Safety on school buses

- ◆ Be careful on the steps when you are getting onto the bus and do not push into anyone in front of you
- ◆ On the bus you should sit on your seat and wear a seatbelt if there is one.
- ◆ Make sure the bus is stopped before you get off and be careful on the steps when you are getting off. You should wait on the footpath or verge until the bus moves away as you will not have a clear view of traffic until it does.
- ◆ Never cross the road in front of or behind a bus
- ◆ As Maria and Mark said—you should not distract the driver or leave your schoolbags where someone might trip over them

Safety in cycling

- ◆ You should check your bicycle is safe to ride—check the tyres, brakes and make sure the reflectors are clean and you must have a bell.
- ◆ As Mark and Maria said—you should make sure you are using the right size of bicycle or you might lose control. You should always wear safety equipment especially a helmet that fits and brightly coloured or reflective clothing.
- ◆ Your helmet should be the correct size and you should be able to hear and see clearly when wearing it.
- ◆ You must still follow all the rules of the road when you are cycling—you should cycle in a single file if in a group. You must not ignore road signs, traffic lights or pedestrian crossings or you may cause a collision.
- ◆ When you are 9 or over you can do your cycling proficiency test at school—this will teach you all the rules of cycling on the road, you will get a badge and certificate if you pass

Safety in cars

- ◆ You should get in and out of the car on the footpath side
- ◆ Your seatbelt should be on properly and sitting comfortably on your shoulder
- ◆ You should not put your arms or head out of the window or sunroof when the car is moving. You should not stand in between the two front seats when the car is moving
- ◆ You should not try to open the door when the car is moving, remind your parents to put the childlock on
- ◆ Check what the car information booklet tells you about airbags, some cars have age, height and weight restrictions for the front seat
- ◆ If you are travelling in a taxi, you should try to sit in the back seat if you can
- ◆ As Maria and Mark said - you should not distract the driver of the car and you should always wear a seatbelt and use a booster seat

Safety in walking

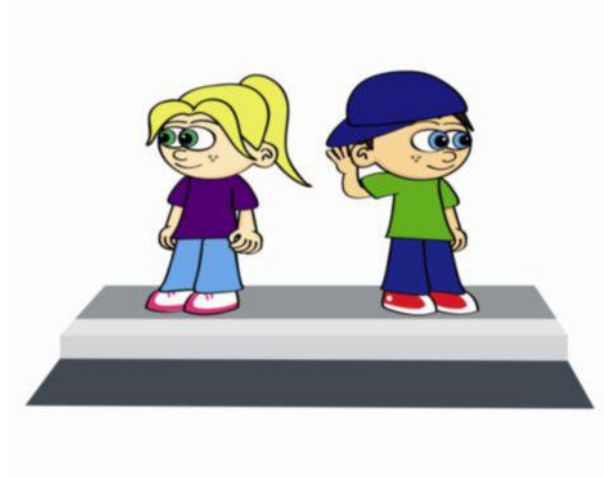
- ◆ Walking is a very healthy way to get to school but it is very important to always keep safe. You should always use a footpath if there is one
- ◆ If you are walking with an adult, you should hold their hand and walk on their inside so they are between you and the road
- ◆ You should always find a safe place to cross such as a pelican crossing, a zebra crossing or where there might be a lollipop person
- ◆ Always remember to **STOP, LOOK and LISTEN**
- ◆ You should not run in case you trip and you should never push anyone you are walking with
- ◆ As Mark and Maria said—you should wear something bright or fluorescent so that drivers can see you clearly

Acknowledgements

We would like to take this opportunity to thank all of those who were involved in the development of this booklet as part of the “To and Fro: Safe to Go” project delivered by STEP on behalf of the CTA funded by DOE NI.

We would like to thank the local schools in the Dungannon & South Tyrone Borough Council area who have welcomed this project and encourage them to use the booklet resources to get the message of road safety across to our children.

*We would like to thank Roisin McAliskey for writing & formatting the book and Jane Donaghy for provision of illustrations. We also thank STL Interpreting & Translation Services for providing translations for the booklet and website and to Linkni.com for design of the website **www.journeytoschool.com** where pdf versions of the booklet are available for download.*



www.journeytoschool.com

 **DOE** **Road Safety Grants**
administered by **Community Transport Association**

 **STEP** 
SOUTH TYRONE EMPOWERMENT PROGRAMME

 Department of the
Environment
www.doeni.gov.uk

www.ctauk.org www.doeni.gov.uk/roadsafety www.stepni.org

Copyright©2012 Roisin McAliskey