

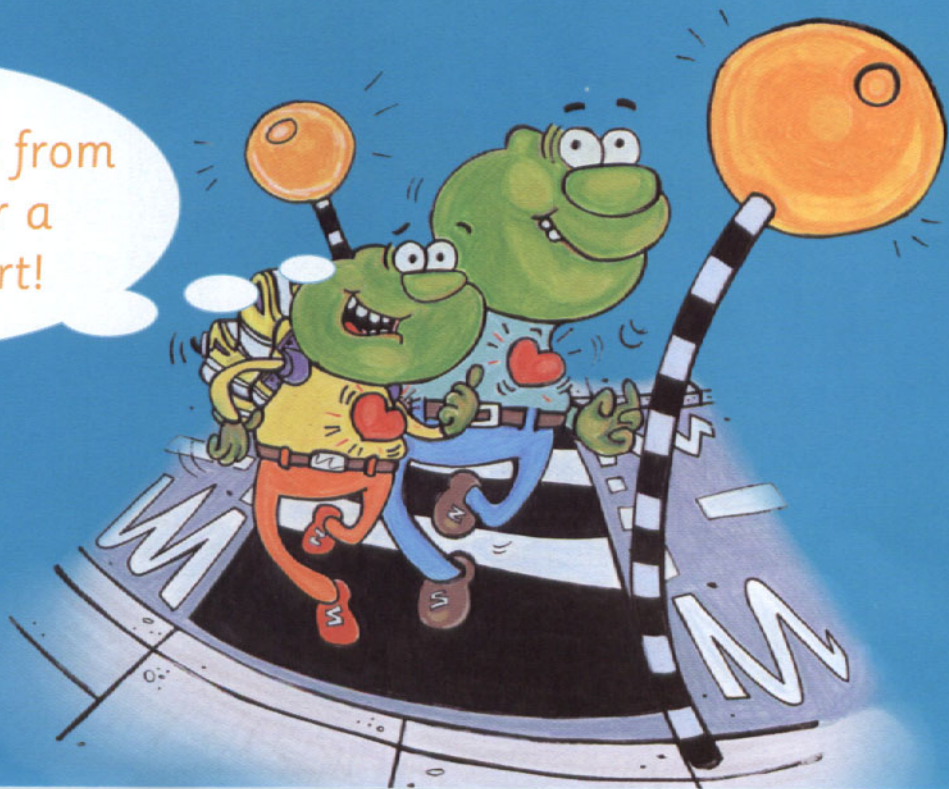
Walking to School

Good for you – good for everyone

More and more people understand the benefits of walking to and from school. It is important that children are encouraged to walk for many different reasons. By walking to and from school, they become fitter – and the exercise will be good for you as well as the children!

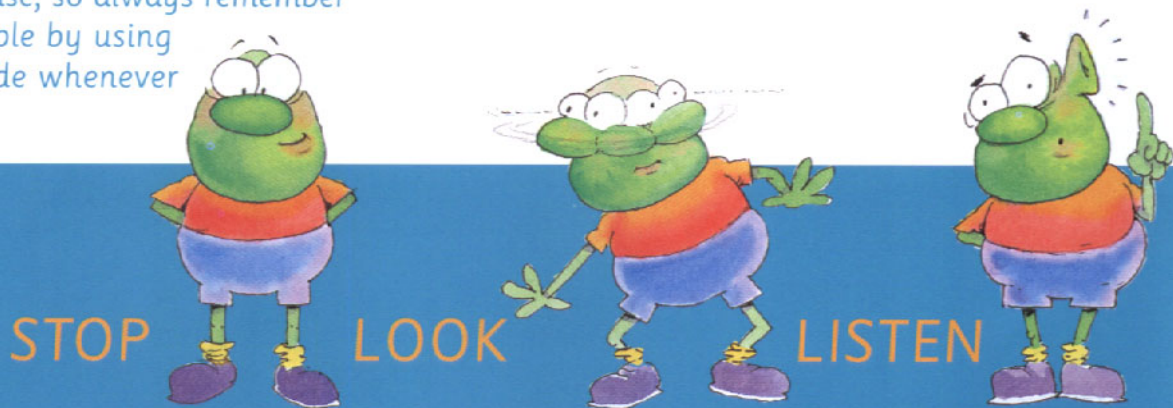
Use your feet from the start – for a healthier heart!

If more people walked to and from school, there would be fewer cars on the roads, fewer cars parked on the yellow zig-zag markings (**School Keep Clear**), less congestion around schools, less pollution and fewer children injured on our roads.



The Green Cross Code

Children learn more from their parents than most of us realise, so always remember to set a good example by using the Green Cross Code whenever you cross the road.



Just follow these 6 simple steps:

- 1** First find a safe place to cross, then **STOP**.
- 2** Stand on the pavement near the kerb.
- 3** **LOOK** all around for traffic and **LISTEN**.
- 4** If traffic is coming let it pass. **LOOK** all around again.
- 5** When no traffic is near, walk straight across the road.
- 6** Keep **LOOKING** and **LISTENING** for traffic while you cross.

Safer Routes

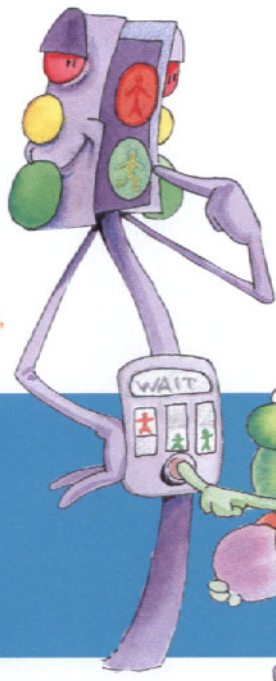
Remember to set a good example by taking the safest route and using one of these safer crossing places:

look out for a **Zebra, Pelican, Toucan or Puffin Crossing, Traffic Lights, Traffic Islands, Footbridge or a Subway.**

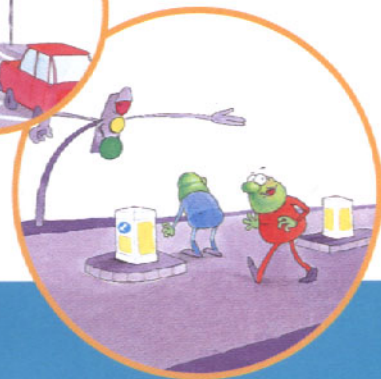
If there isn't one of these nearby, find somewhere that you can see traffic coming from all directions.



School Crossing Patrol (Lollipop person)



Zebra Crossing



Traffic Island

Pelican Crossing

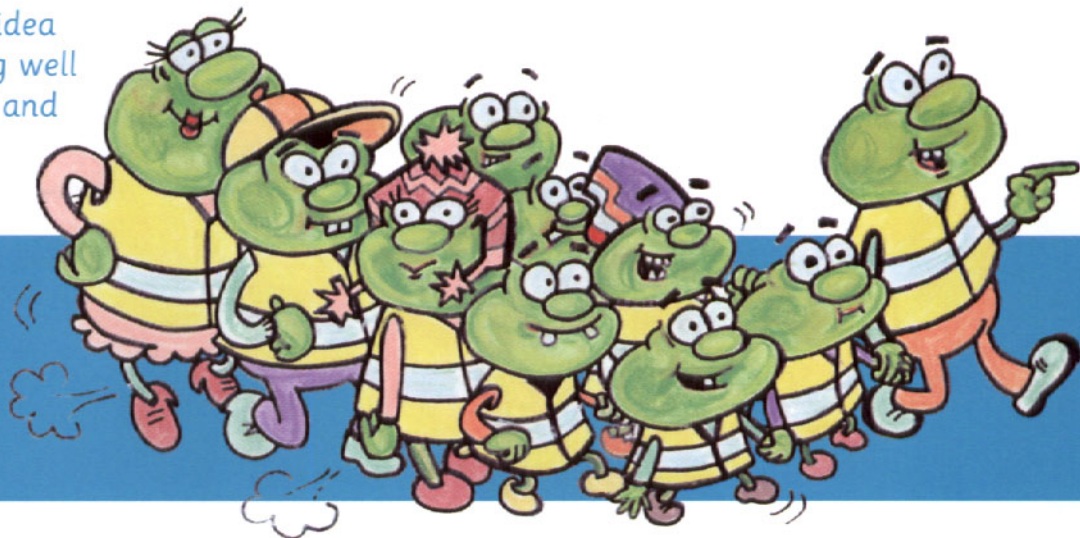
People who can help

There are people who can legally stop traffic for you to cross the road, including school crossing patrols and police officers.

Don't cross the road until signalled to do so by the person controlling the traffic. When crossing, always walk in front of them, this way they can see you safely across the road.

Walking Bus

The walking bus is an idea that is already working well to promote walking to and from school.



Police Officer

It involves volunteers (usually parents) walking along a regular route to school, collecting children as they go, from pre-arranged pick up points or 'bus stops'.

The groups are kept quite small for safety and practical reasons. There are at least two adults with each group of children. This is an excellent way of getting children to

walk to and from school; it also means that parents can take part in a school community activity.

For more details about Walking Buses contact your Road Safety Officer or Safe Routes to School Officer at your local council offices or by asking at the school office.

Public Transport

It's a good idea to use buses, trains or trams whenever you can and it's often a good way of travelling to and from school.



Public transport has great benefits, such as causing less congestion on our roads, and it can allow children to travel independently. Though if your child is using public transport with a group of friends, they may need reminding to be considerate of other people who are also using the service. Explain that they should never fool around whilst travelling on public transport because it could result in an accident.

Personal Safety

One of the most difficult decisions that parents have to make is when to let their children make journeys on their own.

Of course there is no set age at which children should become independent travellers. But by walking with them and getting them to make decisions, such as where and when to cross, you will be able to judge when they are ready to use the roads on their own, or with their friends.

Many parents feel it is much safer to drive their children to and from school than to let them walk. Understandably, parents worry about child abduction but statistics show that there are far more children involved in road accidents than are abducted. Child abduction is really quite rare but children are injured on our roads every day.



Mobiles & personal stereos

Everyone understands the safety benefits of carrying a **mobile phone** for easy contact but do ensure that your child is aware of the dangers of using the mobile phone, especially when texting, whilst crossing the road.

Using a **personal stereo** whilst walking and crossing roads can also be very dangerous. As pedestrians we need to be able to see and hear what's going on around us.

So to sum up, here are some good ideas to help the environment and to keep your child safe as a pedestrian:



Walk or use public transport to and from school (if you really have to use the car, perhaps you could walk part of the way so you don't have to park near the school)



Make sure they can decide when it's safe to cross by getting them to make decisions when they're with you



Teach your child to be a safe pedestrian by always setting a good example when you're out together



Agree the safest route and make sure your child is able to choose the safest places to cross before they make journeys on their own



Produced and published by



For more information about keeping your child safe on the roads contact your Road Safety Officer at your local council offices or visit our website:

www.lapc.org.uk