

Safer Around School

All you need to know about travelling safely to and from school.

With tips and advice on...

- **Healthy ways to travel**
- **How and where to cross roads**
- **Safe cycling information**
- **Parking away**

Sefton Council



A parent/guardian's guide to road safety around school

Whether your child walks, scoots, cycles or travels by car to school, there are lots of ways you can keep them safe.

We've put together some handy safety tips, as well as ideas to help reduce traffic congestion at the school gates.

Travelling to school by car

There are practical reasons why some children travel to school by car:

- You may drop them off on your way to work or before dropping siblings off elsewhere, etc.
- You live too far away for them to walk or scoot there.

Have you considered parking away from school and travelling the rest of the way on foot?

Parking away from school and walking is a great way to increase your fitness, reduce the stress of finding a parking space near to school and also allows a bit of quality time with your child before your day starts.

Children arrive at school relaxed

and it's proven to help their

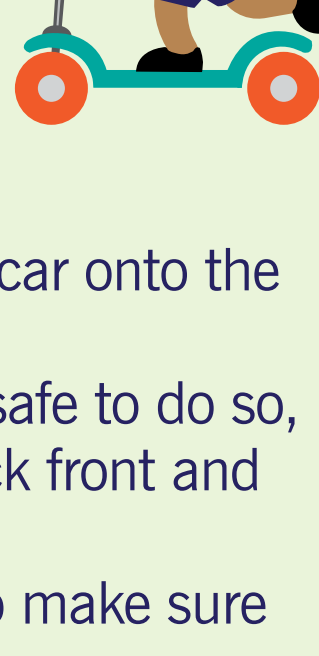
concentration.

If your child doesn't enjoy walking a scooter is a great idea!

Why not try it once or twice a week to begin with – it may only add 10 minutes on to your daily routine, but these small changes can have a big impact.

In-car safety

If your child has to travel to school by car make sure they are always restrained in the car using the correct child or booster seat for their age, height and weight.



Parking, manoeuvring and exiting a car

- Make sure your child enters and exits the car onto the pavement, never out onto the road.
- When opening a car door make sure it is safe to do so, look out for pedestrians and cyclists. Check front and back twice to be sure!
- If you need to reverse or park, take care to make sure it is safe to do so.
- Don't block a resident's driveway, school entrance, a dropped kerb or park within 10 metres of a junction.

Zig-Zags

Young children are too small to see over parked cars. A clear space is needed for children to see traffic easily and for drivers to see them. Yellow zig-zag markings outside school entrances are there to provide a clear area in which children can cross the road safely.

Don't park on the zig-zags.

Did you know...

1 in 5 cars on the road in morning rush-hour are journeying to schools. That's a lot of cars!



Travelling to school on foot

Walking (and scooting) to school is a great way for your child to start the day. They arrive calm, relaxed and alert.

Young children should always be accompanied to school by a responsible adult. Children cannot judge the speed or distance of a vehicle well enough to be able to cross roads safely until they are at least nine or ten years old.

Crossing roads

- Explain to your child that some places are safer for crossing the road than others. Pelican or Zebra crossings, footbridges, subways, School Crossing Patrols and traffic islands, all help pedestrians to cross roads more safely.
- It is worth walking a little further if there is a safer crossing option nearby.
- Show your child how to use pedestrian crossings correctly.

Use **'Stop, Look, Listen, Think'** every time you cross the road together: **Stop at the kerb, look and listen for traffic and think before you cross.**

Explain to your child what you are looking for and why. Practise this every time you go out and ask them questions to find out what they have learned.

Remember, they will still need your help and guidance although they will have a better understanding of **'Stop, Look, Listen, Think'**, the more you practice it.

Do not let your child cross the road alone until you are confident they can cope with traffic safely.



Park away for cleaner air!!

The nearer we all park to school the more we pollute the air for our children.



Travelling to school on a bicycle

Cycling is a fun way for children to travel and there are many benefits of cycling to school with them:

- Pupils who cycle (walk or scoot) arrive at school more relaxed, alert and ready to start the day than those who travel by car.
- It's great for their concentration, confidence and can even make them feel more independent.
- It's better for the environment and reduces congestion and pollution around schools.
- It's also great for everyone to fit in a bit of exercise at the start and end of the school day.



Cycling safely to school

Here are some basic tips to help you and your child stay safe when cycling:

- Make sure your child's bike is roadworthy and fits them.
- When you're cycling on the road with your child, take up a position behind them. If there are two adults, one of you should cycle at the back and one in front of the children.
- Wear a helmet! It's recommended that young children wear a helmet, but lead by example and wear one too. (Wearing a helmet is a personal choice and not mandatory.)
- Brush up on your Highway Code and teach children road safety and awareness.
- Take special care at junctions, traffic lights and roundabouts – knowing your road positions and signalling clearly is key to a safe journey.

Changing the way we travel to school, even just once or twice a week can have a big impact on your child's well-being and the environment.



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