

# Checklist



How will I get to school?

What time should I leave?



What number bus do I catch?

What time?

Do I know where?



Have I checked my bike?   
(brakes, tyres and lights)

Have I got my helmet and am I wearing something bright?



I agree to wear my seatbelt

What is my Plan B?

Name

Number

w: [www.roadsafety-gloucestershire.org.uk](http://www.roadsafety-gloucestershire.org.uk)

t: 01452 425662

# Did you know?

## Walking

- Friends, MP3 players and mobile phones are distracting when crossing the road

## Cycling

- Around half of cyclists' injuries are to the face and head, so if your child wears a properly fitted helmet, risk of damage to their brain, head and face is reduced
- Most Gloucestershire schools offer Bikeability Cycle training (levels 2/3) in Year 7. This builds on the Level 2 training in primary school
- Your local cycle dealer can do cycle maintenance checks.

## Travelling by Bus

- Travelling by bus is one of the safest ways to travel
- Bus travel is environmentally-friendly and means you won't have to drive your child to and from school.

## Travelling by Car

- Not wearing a seatbelt is a fixed penalty offence. Passengers over the age of 14 would have to pay – if they're younger, the driver pays the fine.

# A new journey ahead



We want your child's new journey to secondary school to be **as safe as possible**. Whether they're walking, cycling, going by car or bus, these **simple safety tips** will help you to help your child on their journey ahead.

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# RoadSafety



# RoadSafety



# Plan it, talk it, walk it



Walk the route with your child, before their first day using controlled crossings where possible. You can check the route together.

- Is it the best route?
- Where do they need to take extra care?

It's great to walk with friends but remind your child to concentrate when crossing the road.

Walking to school is healthy and doesn't cost anything - just go through the basics of crossing the road.

## Stop, Look and Listen.



Plan and ride the route with your child, making sure they know the best way to tackle busy or difficult junctions.

Drivers will find it easier to see your child if they wear or carry something light or bright. Encourage your child to wear a helmet.

Talk about taking extra care when getting on and off the bus. When getting off, they should always wait until the bus has left, before crossing the road.

Travelling on the bus can be fun but passengers should not distract the driver and remember there could be other members of the public using the bus.



Does your child and everyone in the car wear their seatbelt? Children often copy their parents' habits, good and bad; wear your seatbelt and so will they.

Before you begin the school run, leave plenty of time for the journey and don't get distracted by your passengers.

## Have you got a Plan B?

If your child's journey, however they travel to school, changes suddenly, talk about what they should do.

Have they got contact numbers or know a safe place to go to for help? What would work for your family?



**traveline**  
public transport info  
**0871 200 22 33**  
calls from landlines cost 10p per minute  
[www.travelinesw.com](http://www.travelinesw.com)