

How and where to cross roads

With tips and advice on...

Safe cycling information

Healthy ways to travel

- Sefton Council 💃 Parking away
- 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.

at the school gates.

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

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

space near to school and also allows a bit of quality time with your child before your day starts. If your child

Children arrive at school relaxed doesn't enjoy walking and it's proven to help their a scooter is concentration. a great idea! Why not try it once or twice a week

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

it is safe to do so.

Zig-Zags

 Don't block a resident's driveway, school entrance, a dropped kerb or park within 10 metres of a junction.

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.

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.

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.

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

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

Pupils who cycle (walk or scoot) arrive

at school more relaxed, alert and ready

to start the day than those who travel

confidence and can even make them

• It's great for their concentration,

feel more independent.

with them:

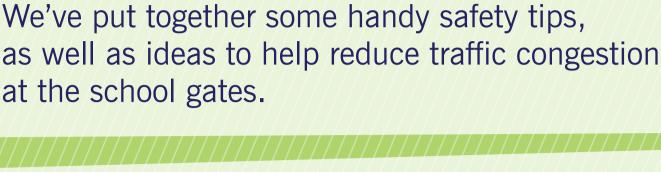
by car.

It's better for the environment and reduces congestion and pollution around schools.

exercise at the start and end of the school day.

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.

- 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,



## 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.

Parking away from school and walking is a great way to increase your fitness, reduce the stress of finding a parking

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** 

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

Don't park on the zig-zags. Did you know...

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. STOP **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

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.

Park away for cleaner air!!

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

It's also great for everyone to fit in a bit of

wear one too. (Wearing a helmet is a personal choice and not mandatory.)

Wear a helmet! It's recommended that young

children wear a helmet, but lead by example and

even just once or twice a week can have a big impact

on your child's well-being and

the environment.

**Highways Safety Team** 

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Sefton Council 🛣