

# Get Ahead!

Your guide to keeping safe near roads



- Crossing safely!
- Cycling tips!
- Greener journeys!

**PLUS**

**JOKES! — PUZZLES! — QUIZZES!**



# Be active!

If you leave the car at home and walk, bike or scooter to school instead, you'll be taking a giant leap towards a healthier world - and a healthier you!



**Eurgh!...**  
Car drivers and passengers can face up to three times as much pollution as pedestrians! It's because they are sitting in the exhaust fumes of the car in front.

## Quick step!

Most people can walk one mile in about 20 minutes. But race-walkers can finish a mile in less than seven minutes!

## Word play!

Can you work out the answer to each of these clues? The letters in red circles will spell something you must always be.

- 1 It may be a double-decker ○○●○
- 2 Mind cars when crossing this ○○●○○
- 3 A jam found on roads! ○○○●○○○
- 4 Two-wheeled transport you ride ○○○●○

The letters in red circles spell \_ \_ \_ \_

## Healthy you



Most children live a short distance from their primary school. Did you know, pupils who walk, cycle or scooter to school

arrive more ready to learn than those who come by car? And it's also a great time to meet friends for a pre-school chat and laugh!

- ✓ ● Fit and healthy
- ✓ ● Ready to learn
- ✓ ● Chat and laugh



## A good fit!

Children need at least one hour of exercise every day. If you walk, cycle or scooter to and from school, you can count it towards that hour.



# Why walk?

Walking to school is a great idea for three reasons:



It's good exercise for your heart and your muscles



It wakes up your brain to get you ready for school



It's good for the environment.

## The Green Cross Code

The Green Cross Code helps you to cross the road safely. These are the five steps.

**THINK!** Find the safest place to cross - maybe a pedestrian crossing or footbridge, say. But not between parked cars, if possible! Ask yourself, can you see the traffic in all directions - and can drivers see you?

**STOP!** Stand on the pavement, near to the kerb but not at the edge of the kerb.

**LOOK AND LISTEN!** Is traffic coming? Use your eyes to look in every direction and listen carefully as sometimes you can hear traffic before you can see it.

**WAIT TILL IT'S SAFE!** If traffic is coming, let it pass. Only cross when there is a safe gap in the traffic and there is plenty of time.

**WALK, DON'T RUN!** When you are sure it's safe, walk straight across the road. Do not run! Keep looking and listening.



### Hundreds and thousands!

The average person takes about 2000 steps per mile. Can you count the number of steps you take on your walk to school?!

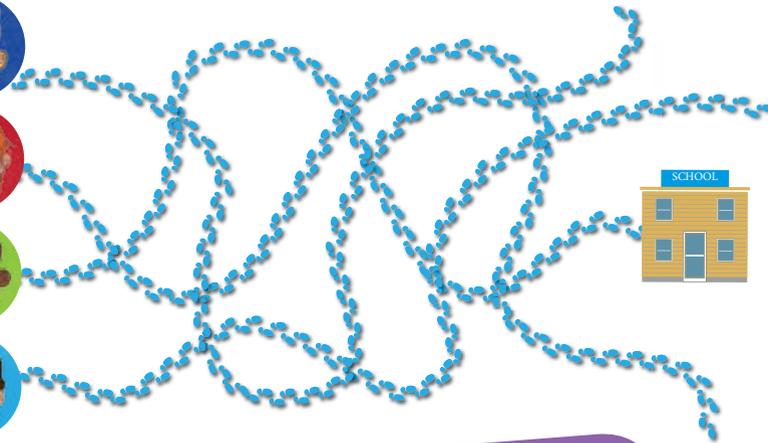


### Car trouble

During the morning rush hour, one in five cars is on the school run. It creates pollution, causes traffic jams and increases the chance of a crash near your school. Yet most pupils live within walking distance. Can you encourage your parents to leave the car behind and walk with you to school?

## Walk this way!

Follow the four children's footsteps to see who takes the best route to school.



### Tip!

Do you live a long way from school, so have to go by car? Then try **Park and Stride**. Ask whoever is driving to park about 10 minutes' walk away from school - and stride the rest of the way. It eases congestion, plus you get some exercise, too!

# On a roll!



Scotering to school is quick and fun - but make sure it's safe for you and other pavement users. Pedestrians have "priority". That means **you have to watch out for them and let them go first.**

## Slow down!

You should never scooter faster than a quick walking pace on a pavement.

## Six top tips!

### 1 Never scooter on the road

Crossing a road? Get off your scooter and walk.

### 2 Look out for driveways

A car could be coming out, so slow down.

### 3 Be ready to stop

Stop before you reach the kerb or you could skid into the road.

### 4 Wear bright clothes

Make sure drivers can see you!

### 5 Look out

Remember, wheels can get stuck in drain covers or potholes!

### 6 Don't speed off!

Always scooter with an adult and don't speed too far ahead.

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## Bag trouble!

Hanging a bag on your scooter is an accident waiting to happen! Carry it on your back or ask an adult to take it.

## Scooter smart?

Test your scooter knowledge with this quick quiz!

1 What is doing tricks on a special stunt scooter called?

- A Freestyle
- B Flystyle
- C Cheapstyle

2 Which of these is **not** a scooter trick?

- A Bunnyhop
- B Grizzly
- C Wheelycool

3 When were scooters invented?

- A 1817
- B 1917
- C 1971

## Car code

Do you know what different car lights mean? They can warn you what a car might be about to do.

Red

This is the brake light and the car is stopping. But the car could move again any second.

White

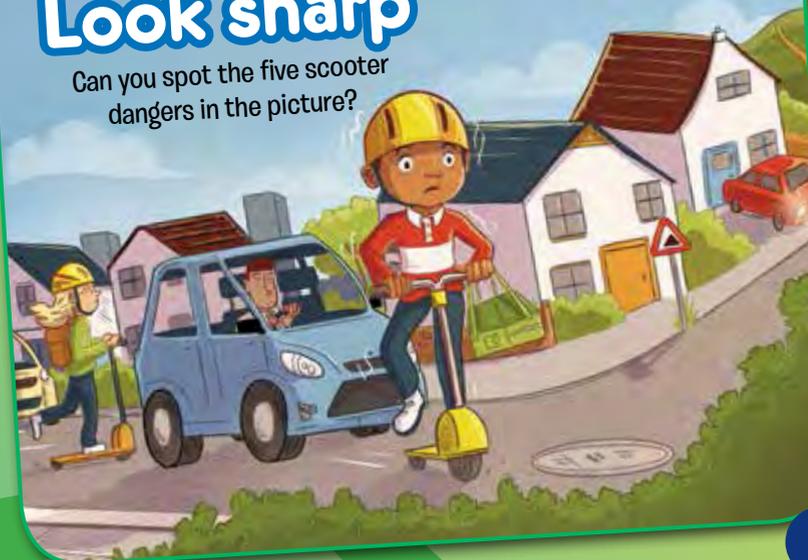
This is the reverse light and means the car will be moving backwards.

Flashing Yellow

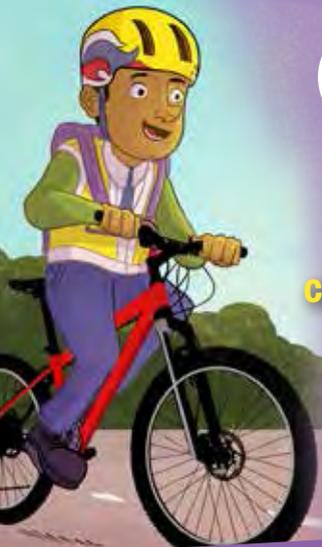
This is the indicator and means the car might move left or right. Watch out!

## Look sharp

Can you spot the five scooter dangers in the picture?



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# On your bike!

Cycling is quick, healthy and fun. So, if your parents think you are safe enough at cycling, why not ride to school with an adult? Don't forget to lock up your bike when you arrive!

## Looking good!

You can both look the part and be safe on your bike by wearing the right kit.

**HELMET** Essential to protect your head. What else comes between you and the road?!

**BRIGHT CLOTHING** So you can be seen by other road users. Be safe, be seen!

**WATERPROOFS** You won't need them every day but they're vital for when it rains.



## Sparkling!

Lights are no good if they can't be seen. Keep your lights and reflectors clean so they're super bright.

## On song!

In 2014, 18 cyclists, riding special bikes, towed a grand piano up Cragg Vale - the longest uphill ride in England. The 5.5 mile ride took 3 hours 52 minutes - and pianists played tunes all the way!



## Lights... action!

When it's getting dark, the law says you must have a front light, a red back light and a red reflector at the back, too. Don't stop there, though! Why not put extra reflectors on your wheels and pedals? And an extra light on your helmet, too? Light on!

## Big air

Are your tyres pumped up? Give them a squeeze to check. If they feel soft, they need some air. Pump them up until they feel hard.

## Sort the cycles

Can you decode the pictures to name each type of bike?

1



2



3



## Wow!



Bicycle frames can be made from bamboo (left), a plant that's originally from Asia. Bamboo is super strong and hollow, so is perfect for making frames and wheel rims. Plant power!

## Made of bamboo!



# Road codes

Use the code cracker to work out the six street smart words below.

The red squares spell out a two-word road safety phrase.

## Code



## Joke!

Why did the banana cross the road?  
It was time to split!

The letters in the red squares spell:

.....

## Pedal pairs

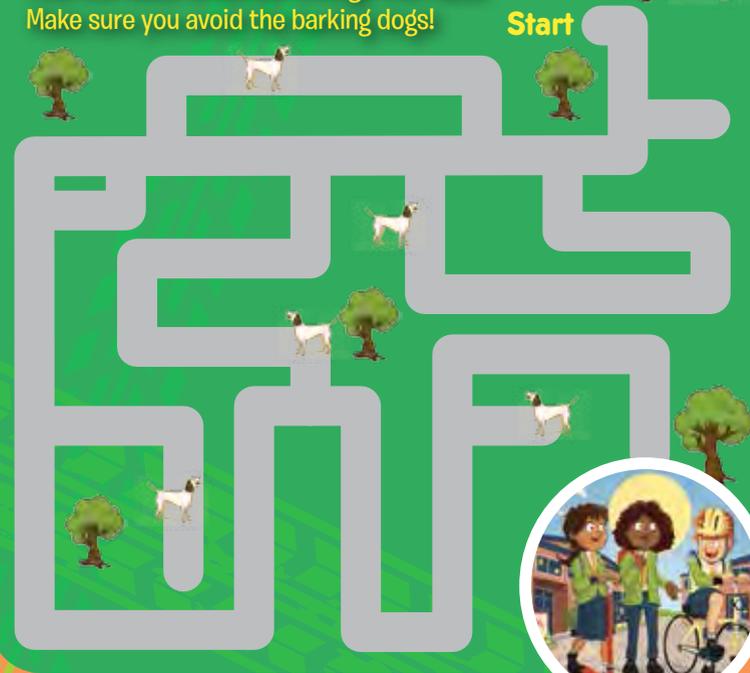
Only two of these six cycles are identical. Can you spot the pair?



## Scoot along!

Find the route to school through the maze. Make sure you avoid the barking dogs!

Start



## Brain power!

Use your road knowledge to say what's right. Or wrong...

- 1 Cyclists don't have to obey traffic signals. **Right/Wrong**
- 2 It's safer to scooter on the pavement than the road. **Right/Wrong**
- 3 A flashing green man at a crossing means go. **Right/Wrong**
- 4 Bikes produce more pollution than cars. **Right/Wrong**
- 5 Children need at least one hour of exercise every day. **Right/Wrong**

# PLEDGES

**MY NAME IS:**

.....



**I PLEDGE TO:**

- Never use a scooter on the road.
- Walk, scooter or cycle to school at least twice a week.
- Always wear my helmet when cycling.

These pledges have been witnessed by

.....

- Friend
- Teacher
- Parent
- Brother/sister

## ANSWERS

**Page 2-3 Word play!** 1) bus, 2) road, 3) traffic, 4) bike. The letters spell "Safe".

**Page 4-5 Walk this way!** Jake.

**Page 6-7 Scooter smart?**

1) A, 2) C, 3) A.

**Look sharp** (see below): girl



scootering on road, boy scootering on road, bag on scooter handlebar, steep hill, car reversing.

**Page 8-9**

**Sort the cycles**

1) mountain bike, 2) road bike, 3) BMX.

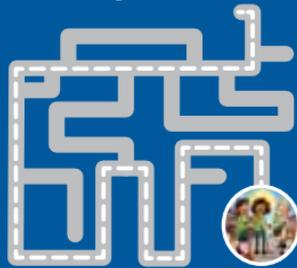
**Page 10-11**

**Road codes**

1) bike, 2) street, 3) stop, 4) safe, 5) scooter, 6) listen. The letters spell "Be seen".

**Pedal pairs** The identical bikes are b) and f).

**Scoot along!** (see below).



**Brain power!** 1) wrong, 2) right, 3) wrong (it is about to turn red), 4) wrong (cars produce more pollution), 5) right.