



# Road Safety Training

**for your child**

An essential guide for parents  
with children aged 5-6 years



**Brighton & Hove  
City Council**

## The Child Pedestrian Training

Your child is about to take part in The Child Pedestrian Training Scheme which is organised and run by Brighton & Hove City Council. The scheme is designed to raise children's observation and awareness skills while crossing the road with an adult. It provides them with road safety skills in preparation for future independent travel to secondary school.

**Completing this training does not mean that your child is able to go out on their own now. Obviously this will be down to you to judge when they are a lot older.**

### Did you know?

Children have difficulty judging speed or distance until they are at least eight.

The training is held during school time, by the road on sites which have been fully risk assessed. Children are trained in a ratio of three children to one adult as a maximum. All trainers are fully police checked and are fully trained. All trainers and children wear a high visibility jacket.

Your child will take part in the training if you have signed the consent form which you should have received from your child's school. If you have not yet received a consent form please see your child's class teacher.

Your child will take part in five lessons. So that you know what they are learning and so that you can reinforce the lessons at home, this booklet provides you with some activities that you can do with your child when you are out and about near the road.

**Don't forget!**  
**Your child copies everything you do so it is vital that you show them the safest way of dealing with roads.**



## Lesson 1

### In the car park – Vehicles

During this lesson your child will learn that car parks can be dangerous places with vehicles moving in all directions. They will learn how to identify if vehicles are going to move and will learn about the meaning of the lights on vehicles.

#### Things you can do with your child if you are in a car park:

 Get your child to check if there is a safe route to walk through the car park away from the vehicles.

 Can they identify four ways that they know that a vehicle is about to move or not. (Hear the engine, see the lights come on, there is a driver inside, there is smoke coming out the back)

 Can they tell you what each of the lights mean the vehicle is about to do if they shine on. (Red = stop, white on the back = reverse, orange = indicators, white on the front = headlights)

#### Did you know?

Every year more than 3200 children under 7 are injured while travelling in cars.

#### Ask your child

Do they know the 5 road safety rules?  
**Hold hands, stop, look, listen and think before you cross.**

## Belt up!

Children under the age of 12 or under 135cms in height must use the correct child seat for their size. Without the correct child seat, the seat belt will be too big for the child and the belt could strangle them or slip off them in a crash. It is the driver's responsibility to ensure that a child under 14 years of age is in the correct restraint.

## Lesson 2

### By the road

During this lesson your child will learn about the road environment.

#### Things you can do with your child when you are by the road:

 Show your child the pavement, the road and the kerb. Make sure they understand that the kerb is the edge of the pavement and that they should never balance or stand on it in case they fall into the road or are knocked by a wing mirror.

 Always make sure that your child walks on the side of the pavement that is away from the traffic while holding your hand, and tell them why.

 See if your child can find a safer place to cross the road where their view is clear in all directions. Ensure that they know that they must look right, left and right again before they cross the road, and keep on looking as they cross.

 Always check exactly what your child can see by bending down to see their view point.

#### Did you know?

Two children under 7 are seriously injured every day on the roads and about 3 are killed every month.

# Think before you cross...



## Lesson 3

# Safer places to cross the road

During this lesson your child will learn about the crossing near their school. If there is no pedestrian crossing nearby they will learn about the Puffin and Zebra Crossing in school.

### Things you can teach your child about pedestrian crossings:

-  Crossings where traffic must stop for pedestrians – Zebra, Pelican, Puffin and Toucan Crossings, and a School Crossing Patrol
-  Even though traffic must stop for pedestrians at the signalled time, unfortunately not all drivers/riders do stop. Your child must ensure that all traffic has come to a complete stop before they start to cross the road.
-  Crossings where traffic does not have to stop for pedestrians -Traffic Islands.
-  Warn them to watch out for cyclists and motorcyclists when crossing the road.

**Make sure**  
**that all the traffic has**  
**stopped before stepping**  
**into the road.**



# Never

**start to cross the road if the green man is flashing or the green man has gone out or if the man is red.**



### Did you know?

A Pelican Crossing is a **pedestrian light controlled** crossing.

A Puffin Crossing is a **pedestrian user friendly** intelligent crossing.

And a Toucan Crossing is a crossing for **two** people, cyclists and pedestrians.



# Look...

## before you cross!



**Look  
right**



**Look  
left**



**Look  
right  
again**

### Lesson 4

## Crossing safely at junctions

This lesson makes your child aware of the hazards at a junction and teaches them a safe way to cross.

**Things you can do when you are out by the road with your child:**

-  Explain what a junction is and why some vehicles have to stop for others.
-  Ask your child to find a place at the junction where they can see clearly down all the roads.
-  Ask your child to identify all the directions from which traffic could come, not forgetting the direction behind them.
-  If they are unable to see clearly in all directions, ask your child to tell you what is blocking their view of the road.
-  If it is a busy junction and/or they cannot see clearly in all directions, ask your child to move away from the junction to a safer place where it is quieter and they can see the road clearly in all directions.

## Always

**remind your child to stand back away from the kerb when walking along the pavement or while waiting to cross the road or while waiting for a bus.**

## Lesson 5

# Crossing safely between parked cars

This lesson teaches your child how to cross between parked cars when there is no safer place to cross.

### Things you can do when you are out by the road with your child:

-  Before you cross the road, ask your child to decide if it is a dangerous or a safer place to cross:  
Can they see traffic coming clearly from all directions?
-  If it is dangerous, ask your child to tell you why:  
Do parked cars, trees or posts block the view?  
Is there a bend in the road?  
Are they standing too near to a junction?
-  If the road is full of parked cars and there is no safer place to cross, find a pair of parked cars that you can both fit between. Before stepping into the gap, ask your child to show you how they know if either of the parked cars could be about to move.
-  If you are sure that the cars are not going to move, ask your child to take you to the new "kerb" (the edge of the cars), so that you can clearly see the traffic coming from either direction.
-  Ask your child if they can remember where they should look and listen for vehicles on the road before they cross.

### Did you know?

Many collisions with children occur when they cross by parked vehicles because they do not stop and look properly at the edge of the vehicle.



## For more information...

**Contact the Child Pedestrian Training Scheme Co-ordinator**

**01273 292335**

**[road.safety@brighton-hove.gov.uk](mailto:road.safety@brighton-hove.gov.uk)**

**Or visit the website**

**[www.brighton-hove.gov.uk/roadsafety](http://www.brighton-hove.gov.uk/roadsafety)**

Information and statistics courtesy of 'Get across road safety, An essential guide for parents with children in the age zone, 0-6 years, Department for Transport 2008'

**Translation? Tick this box and take to any council office.**

ترجمة؟ ضع علامة في المربع وخذها إلى مكتب البلدية. Arabic

অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান। Bengali

需要翻譯? 請在這方格內加別, 並送回任何市議會的辦事處。Cantonese

ترجمة! لطفا این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید. Farsi

Traduction? Veuillez cocher la case et apporter au council. French

需要翻譯? 請在這方格內划勾, 并送回任何市议会的办事处。Mandarin

Tłumaczenie? Zaznacz to okienko i zwróć do któregośkolwiek biura samorządu lokalnego (council office). Polish

Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office). Portuguese

Tercümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz Turkish

other (please state)

**This can also be made available in large print, Braille, or on CD or audio tape**



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