



SAFE ACTIVE TRAVEL

A GUIDE TO THE SAFETY MEASURES YOU CAN TAKE FOR ACTIVE TRAVEL



MATERIALS REQUIRED: HELMET, HI-VIS VEST, GLOVES/COAT, PUMP

Introduction

You have got your bike, your scooter or your walking shoes and you want to start making Active Travel part of how you get to school. This is great news! **How can we make our journeys safe?**



Consider the Weather

Northern Irish weather can change from sun to rain and back again in a morning! It's best to be prepared!



Carry a **waterproof jacket** with you just in case. No one likes being cold and wet!



Be Bright / Be Seen

One of the best things you can use to stay safe is a **Hi-Vis Vest**. It is brightly coloured and has reflective strips on it. Drivers will be able to see you easily if you are wearing one. Also, they pack down nice and small in your bag when you aren't using it!

Helmets

To protect our all-important brains you should always wear a helmet when scooting or riding. Fitting your helmet properly is essential to make sure it can do its job and keep you safe!

Helmet fit: Watch this video to find out more:

<https://www.youtube.com/watch?v=MYl-wzgRd70&t=51s>



The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

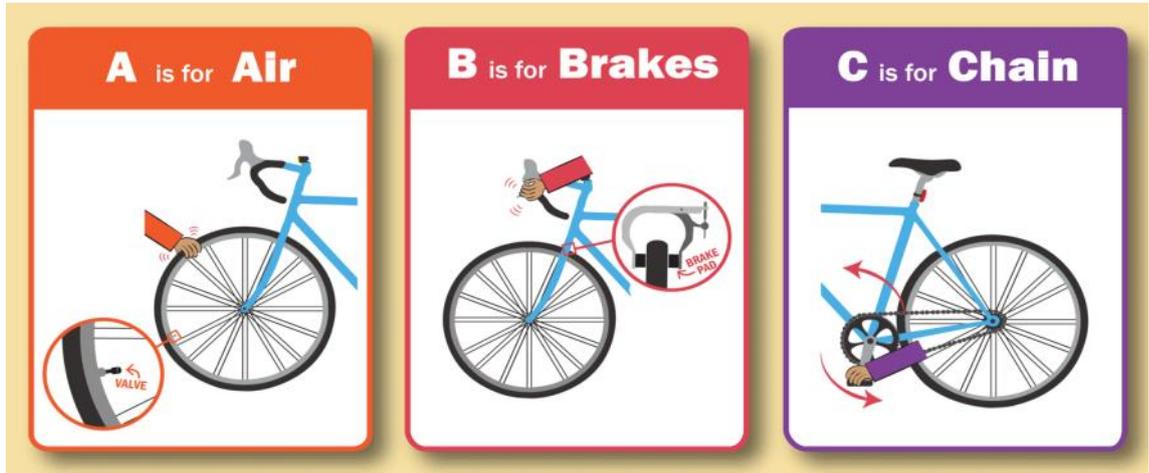
Find out more at www.sustrans.org.uk/NIschools

Is your bike safe to ride?

Before you ride you can do some quick and easy checks to make sure it is safe. Just remember ABC!

This great video shows you how

to do an ABC bike check: <https://www.youtube.com/watch?v=AeNLdFFHP04>



Scooter Safety

When checking if your scooter is safe to ride use the L-Check method.

Check out this video to find out more!
<https://www.youtube.com/watch?v=hwQLiorrAg>



And finally...

Make sure that you enjoy making your Active Journey to school! You are making a great choice for the environment, your physical and your mental health. *Well done!*

Walking Safety

There are so many things to think about when walking that it's a good idea to do it with an adult who has got more experience!



Top Tips!

- Wear bright clothing like a Hi-Vis Vest
- When crossing a road remember to STOP, LOOK and LISTEN.
- Use crossings to keep you safe such as Pelican Crossings, Zebra Crossings and Traffic Lights.
- Lollipop People can help you to cross a road safely

You can watch this video to learn more:

<https://youtu.be/3F1GM06toYU>

This website also has lots of brilliant information: <https://www.roadwise.co.uk/schools/using-the-road/green-cross-code/>

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at www.sustrans.org.uk/NIschools