



Appendix – Traffic Safety Guidelines Student Information

Pedestrian Safety:

Main Messages

- **Stop! Look! Listen! Think! every time you cross the road**
- **Use a safe place to cross the road**
- Children up to eight years old should hold an adult's hand on the footpath, in the car park or when crossing the road.
- An adult is defined as a parent, caregiver, grandparent, sibling in high school or older, other relative or neighbour, or other adult as advised by the child's parents/carers.
- If an adult's hand is not available, the child should hold an adult's arm, sleeve, bag, pram, trolley etc.
- Children up to ten years old should be actively supervised in the traffic environment and should hold an adult's hand when crossing the road.

Road Safety Guidelines for Pedestrians:

- walk on the footpath as far from the traffic as possible
- when there is no footpath or nature strip, walk facing the oncoming traffic, as far from the traffic as is practicable, and in single file
- STOP one step back when preparing to cross the road
- always STOP
- STOP means stop completely
- after stopping, LOOK, LISTEN, THINK
- take enough time to look and listen
- look and listen continuously for traffic
- pay attention to visual and sound cues in the traffic environment
- avoid doing anything which interferes with your vision or hearing (eg a using a walkman)
- never hurry across the road
- move in a predictable way for other road users
- avoid crossing where it is difficult to see the traffic (eg the crest of a hill, a bend or any other obstacle)
- be prepared for vehicles that may not stop when they should
- think about and check all the places where traffic might come from unexpectedly
- allow enough time to cross
- when it is safe to cross walk at a steady pace straight across the road
- cross in a way that won't make you stumble

At Pedestrian Lights:

- identify and stop at the red 'DON'T WALK' signal
- identify the green 'WALK' signal as the prompt to cross, after checking the traffic has stopped
- do not leave the footpath if the red 'DON'T WALK' signal is showing
- only ever start to cross the road when the green 'WALK' signal is showing
- press the button and wait for the green 'WALK' signal to appear
- be prepared that some vehicles may not stop when the 'WALK' sign appears



Passenger Safety:

Main Messages

- **Always buckle up in your seatbelt**
- **Get in and out of the car on the footpath side**
- **Wait till the bus has gone, then use a safe place to cross the road**

Road Safety Guidelines for Passengers:

- It is a law for passengers to wear a seatbelt or restraint whenever one is available
- Correct seatbelt fit:
 - the webbing of a lap-sash seatbelt should fit smoothly across the hips (not the stomach), then from the midpoint of the shoulder across the body to the hip
 - the seatbelt webbing must not be twisted and should not touch the neck
 - the buckle must be at the side, very close to the seat
- a seatbelt must be buckled up on every trip – even on the shortest trip
- a seatbelt is designed for one person; it cannot protect two people
- passengers must remain in a seatbelt even if they fall asleep
- on longer trips, rest breaks should be taken in a suitable place every two hours
- As car passengers, students should:
 - get in and out of the car on the footpath side through the rear passenger door
 - remain buckled up at all times
 - remain wholly within the vehicle
 - play quiet games or undertake activities which do not disturb the driver

At the bus stop:

- wait as far away from the traffic as possible
- undertake activities that involve little movement

While on the bus:

- sit in a seat if possible
- hold the seat grip or safety bar firmly if standing
- put bags and materials under the seat or in the luggage area inside the bus
- keep wholly inside the bus
- allow the driver to concentrate on driving the bus
- follow the school's bus safety rules

On leaving the bus:

- as far as possible try to be met at the bus stop by an adult
- wait until the bus has been driven away before using a safe place to cross the road
- stand one step back from the edge of the footpath
- watch until the traffic has stopped or it is safe to cross the road, turning your head to both the right and the left to look and listen for traffic
- walk straight across the road
- remember to STOP, LOOK, LISTEN, THINK ! every time you cross the road

Safety on Wheels:

Main Messages

- Always wear a helmet when you ride or skate
- Ride your bike away from busy roads

Safety Guidelines for Bicycles, Rollerskates, Rollerblades, Scooters and Skateboards:

What the law says

Safety advice

Bicycles

Helmets

All riders of bicycles must wear a helmet displaying a sticker saying the helmet has been approved by Standards Australia.

Helmets must be securely fastened. Make sure your helmet fits on top of your head protecting your forehead. It must fit firmly without wobbling or slipping to the side, it must be buckled firmly under your chin, and be light and bright in colour. You should check your helmet regularly for damage.

Riding on the footpath

Children under 12 and those older riders who are accompanying them may ride their bikes on the footpath unless there are signs that specifically prohibit it. Riders must keep to the left and they must give way to pedestrians.

Extra equipment such as flags helps to make you more easily seen.

When riding a bike make sure you don't get in the way of pedestrians. Take extra care so that your cycling isn't dangerous, especially to older people.

Riding on the road

Cyclists 12 years and over must not ride on the footpath unless it is signposted as a shared footpath. They should use a cycleway or road. When riding on the road they should use a marked bicycle lane wherever possible. Bicycles must be fitted with working brakes (the brake pads should not be worn down) and a bell or horn. At night the bike must have front and rear lights, a red rear reflector, front white reflector and yellow pedal and wheel reflectors. Bicycles can be fitted with power assistance up to 200W. A vehicle with more power than that has to comply with appropriate registration requirements.

Until they are 10 years old, children should cycle in a safe place off the road and away from vehicles and driveways.

Children between 10 and 12 should do their cycling away from busy roads.

The bike chain should be well oiled and have no more than 2.5 centimetres vertical movement midway along its length. The tyres should be firm, with no bulges, cuts or excessive wear.

Scooters

Children under 12 may ride a scooter on the footpath unless specifically prohibited by signs. For scooter riders aged 12 or more, the laws described above for cyclists apply. Powered scooters cannot be registered and therefore should only be used on private land.

It's best to do your scooter riding away from roads because scooters have limited stopping power. Areas designated for scooter riding are best. On the footpath, be careful of pedestrians, especially the elderly. Anyone who rides a scooter should wear a correctly fitted helmet and protective gear such as knee pads and elbow pads.

Skateboards, Rollerskates and Rollerblades

Skateboards, rollerskates and rollerblades may be used on the footpath regardless of the rider's age, unless there are signs specifically prohibiting them. Skateboarding on the road can only be done on minor roads (those with no lane lines marked) and can only be done between dawn and dusk.

It's best to ride a skateboard, rollerskates and rollerblades in areas set aside and designed for their use. Anyone who rides a skateboard, rollerskates or rollerblades should wear a correctly fitted helmet and protective gear such as knee pads and elbow pads.

MOVE AHEAD WITH STREET SENSE

components include:

Stage I

- Teacher Resource Booklet
- Road Safety Photographs 1
- Bicycle Safety Photo Story
- Pedestrian Safety story books:
Hands are for holding when you're
crossing the road
Where's Banjo, Mum?
- Passenger Safety and Safety on
Wheels story book:
Jeffrey
- Cassette 1:
Pedestrian safety stories
Pedestrian safety songs
- Cassette 2:
Passenger safety and safety on
wheels story
Passenger safety and safety on
wheels songs

Stage II

- Teacher Resource Booklet
- Road Safety Photographs 2
- STOP! ... THINK! Photographs
- Pedestrian Safety Photographs
- Group Activity Board Games:
Walking Home Board Game
Barrier Game
Road Safety Ludo

Stage III

- Teacher Resource Booklet
- Video: GET IT!



CD ROM

The Move Ahead with Street Sense CD ROM includes the Teacher Resource Booklets for Stages One, Two and Three and Picture Packs from Stages One and Two.



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