This pack belongs to:
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Congratulations on being chosen to be a Junior Road Safety Officer (JRSO)!

Over the coming year you will have the chance to take part in lots of exciting activities and to provide really important road safety information to everyone in your school.

You will be able to run competitions, create posters, win prizes, have talks from visitors, speak in assembly and arrange events. You can be as creative as you like so get thinking about fun ways to teach other pupils about road safety.

Your road safety officer is always here to help so please keep in touch and let us know about all your hard work. Don’t forget, the best JRSOs in Portsmouth will go to the JRSO Champion of Champions event in July.

Road Safety Officer,
Portsmouth City Council
What do JR SOs do?

1. Learn all about road safety

You can do this by:
- Reading this handbook
- Completing the JR SO Activity Pack
- Going online (see page 24 for websites)
- Having visits from road safety officers, civil enforcement officers (parking wardens), school crossing patroller (lollypop person), the Police and the Fire Service

2. Teach everyone in your school about road safety

You can do this by:
- Running competitions
- Arranging events
- Speaking in assembly
- Writing newsletters
- Making a school Road Safety noticeboard
- Getting creative
Activity Planner

Use this list to plan your activities. When you have completed them please tick them off. You may want to get your teacher to take photos and send them to your road safety officer.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date to be completed</th>
<th>Topic</th>
<th>Tick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visit from your road safety officer</td>
<td>Your road safety officer will arrange this with your teacher</td>
<td>Introduction</td>
<td></td>
</tr>
<tr>
<td>Read this JRSO Handbook</td>
<td></td>
<td>Learning about road safety</td>
<td></td>
</tr>
<tr>
<td>Complete the JRSO Activity Pack</td>
<td></td>
<td>Learning about road safety</td>
<td></td>
</tr>
<tr>
<td>Look at road safety website (see page 24)</td>
<td></td>
<td>Learning about road safety</td>
<td></td>
</tr>
<tr>
<td>Create a road safety noticeboard</td>
<td></td>
<td>Write in the topic you have chosen:</td>
<td></td>
</tr>
<tr>
<td>Write a newsletter</td>
<td></td>
<td>Write in the topic you have chosen:</td>
<td></td>
</tr>
<tr>
<td>Run a competition</td>
<td></td>
<td>Write in the topic you have chosen:</td>
<td></td>
</tr>
<tr>
<td>Have a visit from a civil enforcement officer (traffic warden)</td>
<td>Your road safety officer will arrange this with your teacher</td>
<td>Safe parking</td>
<td></td>
</tr>
<tr>
<td>Activity</td>
<td>Date to be completed</td>
<td>Topic</td>
<td>Tick</td>
</tr>
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<td>-------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Have a visit from the Fire Service/Police/school crossing patrol</td>
<td>Your road safety officer will arrange these with your teacher</td>
<td>How different people keep us safe on the roads</td>
<td></td>
</tr>
<tr>
<td>Speak in assembly</td>
<td></td>
<td>Write in the topic you have chosen:</td>
<td></td>
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<tr>
<td>Arrange an event</td>
<td></td>
<td>Write in the topic you have chosen:</td>
<td></td>
</tr>
<tr>
<td>Send photos of your hard work to your road safety officer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enter the JRSO competitions that Portsmouth City Council will run.</td>
<td>Your road safety officer will email details of these to your teacher</td>
<td>Various</td>
<td></td>
</tr>
<tr>
<td>Write in your ideas:</td>
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<tr>
<td>Write in your ideas:</td>
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</tbody>
</table>
Road Safety Topics

What areas of road safety are important?

- Wearing seat belts
- Safe parking by grown ups, especially near schools
- Green Cross Code
- Safe places to cross
- Being Bright so you can be seen by drivers in the dark
- How does bad weather affect road safety?
- Safe places to play
- Scooter safety
- Cycle safety

There is lots of information about these topics in this handbook. Keep reading to find out all about them. You may want to discuss which ones you think are most important for your school and start planning your activities once you have learnt about them.
Green Cross Code

Walking

When walking to school, to your friend’s house or anywhere in between, use the pavement where there is one. It’s important to follow simple rules before crossing any road. These rules are called the Green Cross Code.

1. First find a safer place to cross, then stop.
2. Stand on the pavement, but not too close to the edge of the kerb.
3. Look and listen in all directions for any traffic and think about what you are doing.
4. Cross when there is no traffic and there is enough time to get to the other side without running. If you are unsure don’t cross.
5. Keep looking and listening for traffic as you cross the road.
6. Walk straight across the road. Do not run.
Guide to pedestrian crossings

There are many types of pedestrian crossing on UK roads. Each is named after an animal and works a little differently to the others. In this handy guide, we will help explain the differences between the main types and, most importantly, how to use them safely!

Zebra

Why are they called that?
They have alternating dark and white stripes on the road, like a zebra.

What’s special about them?
Instead of traffic lights, they have orange ‘Belisha’ beacons on both sides of the road.

How to use them
• Zebra crossings have black and white stripes, just like a zebra.
• Traffic should stop if drivers see you waiting to cross.
• Wait on the pavement until all the traffic has stopped.
• When it is safe to do so, walk straight across the crossing.
• Make sure you keep looking and listening for traffic as you cross.
• If the zebra crossing has a traffic island in the middle, you must treat this as two crossings.
• First cross to the traffic island using the Green Cross Code from page 8, then stop.
• Use the Green Cross Code again to cross the second part of the road. Remember to keep looking and listening for traffic.
Staying street safe

Pelican

Why are they called that?
PELICAN stands for PEdestrian Light Co(A)Ntrolled crossing.

What’s special about them?
• The signals are high up on the opposite side of the road
• They have a flashing green man phase before it turns red
• They are controlled by a push button, but have no sensors for pedestrians

How to use them
• Pelican crossings have a green and red man signal and a wait box.
• When you want to cross, push the button and wait for the green man signal on the post on the opposite side of the road, before you cross.
• You must push the button to stop the traffic.
• When the traffic has stopped and the green man signal is showing, you can start to walk across the road.
• Keep looking and listening for traffic as you cross.

Don’t start to cross if the green man signal is not showing or it is flashing.
Puffin

Why are they called that?
PUFFIN stands for Pedestrian User-Friendly (F) INtelligent crossing.

What’s special about them?
• They have sensors for pedestrians on the pavement and on the crossing. These:
  – Provide more time to cross for slower pedestrians
  – Cancel the call if it detects the pedestrian is no longer waiting
• The signals are low down and on the same side of the road as the pedestrian to encourage them to look at the lights and the traffic at the same time.
• There is no flashing green man or flashing amber light, making the signals clearer for everyone.

How to use them
• Puffin crossings are very similar to pelican crossings.
• They have the green and red man signals and a box with a button to press.
• The green and red man signals are on a post beside you, where you are waiting to cross. There is no signal over the road.
• You must keep looking at the signal post to see when it is safe to cross.
• Only cross on the green man signal and always check that the traffic has stopped.
• Keep looking and listening for traffic as you cross.
Toucan

Why are they called that?
Toucan crossings allow pedestrians and cyclists to cross the road at the same time, hence the name “two-can”.

What’s special about them?
• Generally the crossing is wider than the average crossing.
• They enable both pedestrians and cyclists to cross.
• Cyclists and pedestrians share the same crossing space.
• There are signals for both pedestrians and cyclists.

How to use them
• Toucan crossings have space for pedestrians and cyclists to go across the road at the same time.
• As well as the green man signal for pedestrians, there is a green cycle signal for people on bikes.
• You must push the button, like at a pelican crossing to stop the traffic.
• Always check that all the traffic has stopped before crossing.
• Keep looking and listening for traffic as you cross.

Never cross the road if the red man signal or red cycle signal is showing.
Staying street safe

Using a footbridge

- Footbridges are designed so pedestrians can walk over the road on a bridge.
- Footbridges are usually over very wide or busy roads; if you see one, make sure you use it if you have to cross the road.
- Never throw anything from a footbridge as it is extremely dangerous and could cause a serious accident below.

Footbridges are one of the safer places to cross the road.
Staying street safe

Using a subway

- Subways are tunnels under the road you can walk through.
- There is no traffic in the tunnel, only pedestrians.
- If you have to use a subway, try to be with a friend or an adult that you know and trust.
- Sometimes subways can be dirty and dark and are not always the nicest place to cross the road.

If you feel unsure about using a subway, you could find another safe place to cross and use the Green Cross Code instead.
Crossing at traffic islands

- Traffic islands usually have yellow and white bollards in the middle of the road.
- The bollards have a blue circle sign with a white arrow inside for drivers.
- Traffic does not stop for pedestrians at traffic islands.
- If you cross at a traffic island, you must treat the road as two roads.
- Follow the Green Cross Code from page 8 and stop when you reach the middle.
- Use the Green Cross Code again to make sure you get across the road safely.

If in doubt, don’t cross. Wait and use the Green Cross Code again.
Crossing between parked cars

- You should always try to choose a place to cross without parked cars. But, sometimes there might be parked cars right along a road, so you need to cross between them.

- Be very careful. First make sure there are no drivers in the cars you are going to walk between so the cars won’t move. You should also check there are no drivers in the cars you will be crossing between on the other side of the road, as well.

- Carefully walk out between the parked cars and stop at the edge of the car.

- The edge of the car is like the kerb. Follow the Green Cross Code from page 8. Remember to stop, look, listen and think before crossing the road.

Remember drivers may not be able to see you when you’re standing between parked cars.
School Crossing Patrol or Police Officers

- These people can help you cross the road safely.
- Wait until they signal you to cross.

Always cross in front of them but keep looking and listening for traffic.
Be safe be seen

Our roads at night can be even more dangerous if you are wearing dark clothes, because drivers cannot always see you clearly.

Remember:

- If out at night make sure you use well-lit roads.
- Take extra care, keep looking all around you.
- Always cross at safer crossing places and stop look listen and think.
- Don’t cross in the shadows, or where you could be hidden between parked cars.
- Carry a torch if you can.
- Try to wear something white or light, like a scarf or hat, not just wear dark clothes.
- Better still, make sure you wear reflective strips on your clothes or shoes.

What is reflective?
Reflective means that the material reflects light back so it can be seen. In the day it looks really dull and grey, but it sparkles brightly in the dark. If your clothes aren’t reflective you can get reflective stickers, or strips, or bands, or the reflective discs.

What is fluorescent?
Fluorescent means it shows up very bright and clear in the daytime or at dusk, (but remember they don’t show up any better than other colours in the dark). Fluorescent colours are vivid pinks, yellows, lime greens and orange.

It’s best to wear or carry something that is both fluorescent and reflective, then you can be seen clearly whatever the time of day, or type of weather.
Staying street safe

Dangers and hazards on the roads

It is important to be aware of dangers and hazards on the roads. Make sure you know the rules of the road, recognise and obey all road signs and light signals.

Weather
- Bad weather can make it difficult to see and be seen.
- Wet roads make it harder for cars to stop quickly.
- Snowy, icy conditions make pavements slippery and dangerous for pedestrians and roads hazardous for cyclists and drivers.

Pavements
- Often pavements can be broken or uneven and you need to take care not to trip and fall into the road.
- If walking, be considerate to other pedestrians by leaving enough space for them to walk by comfortably and not be forced to have to step off onto the road.
- If there are no pavements, walk in single file next to the verge, facing oncoming traffic.
**Roadworks**

Make sure you look out for roadworks and if you are on the pavement check carefully before stepping into the road to get around them.

**Crossings**

If you are at a Pelican or Toucan crossing, never cross until the steady ‘green man’ shows even if other people do. Never start to cross the road if the ‘green man’ is flashing.

**Parked vehicles**

- Parked vehicles can block your view of the traffic and the roads and also block the driver’s view of you.
- Try not to cross between parked cars especially if there is a safer place to cross nearby.
- If you have to, check the car isn’t about to reverse, then go to the outside edge of the car and stop – use it like the kerb to look and listen before you cross.

**Reversing vehicles and driveways**

When drivers reverse their vehicles, they may not always see you, so you must always look out for reversing lights and take extra care not to cross when a car is reversing into the road or into a driveway.

**Emergency vehicles**

Ambulances and police cars often drive quickly to emergencies and can drive through red lights. You will often see other vehicles moving out of the way to let them pass. Always take extra care when you hear an ambulance or police car siren, you must never try to cross the road even when the ‘green man’ is showing. Stop look and listen and check it’s clear before crossing.
Staying street safe

Playing safely
Always play away from roads. When you’re near a road, carry balls and other stuff in a bag so you don’t drop them into the road and distract drivers.

Cycling
Riding your bike lets you go places and hang out with your friends. When you’re using pedal power, remember our tips...

Be seen
• Clothing – light, bright colours and reflective and fluorescent materials will help drivers and pedestrians see you better.
• Lights – by law, at night, you need at least one red light on the back and one white light on the front, as well as reflectors.

Wear it right
Cycle helmets should be done up securely and fit well.

Be heard
With a bell on your bike, you can warn others you’re coming.

Be aware of others using the road
• Make sure others using the road have seen you – check by making eye contact with drivers where you can.
• Never squeeze between a large vehicle and the edge of the road – they definitely can’t see you there. Also, be careful of vehicles turning left in front of you.
• When using a path that’s designed for cyclists and pedestrians to share, make sure you leave space for pedestrians.

Know the road rules

Get trained
If you’re not sure how to cycle safely, ask your school where’s the nearest place to do a course or contact your road safety officer.

Bikeability training is available free of charge to all schools in Portsmouth through your road safety officer. It is for Year 5 or 6 pupils. Instructors will come to your school to teach people how to cycle safely on the roads. They start in the playground then take groups of children out onto the roads. Everyone who completes their Bikeability training gets a badge and certificate. Find out when your next course is and let everyone know.
Roller blading, skateboarding and scootering

Before you strap on your blades, jump on your board or get ready to scoot off on your scooter, remember…

• A helmet, wrist guards and knee and elbow pads will help you stay safe.
• Skate in special areas, like skate parks.
• Always be careful of pedestrians when you are scooting or skateboarding
• Remember to get off your scooter or skateboard when you cross the road and use the Green Cross Code.
# Staying street safe

## Glossary

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belisha Beacon</td>
<td>The black and white striped poles with flashing orange lights on the top at zebra crossings.</td>
</tr>
<tr>
<td>Buckle</td>
<td>A metal clip used to fasten your seatbelt.</td>
</tr>
<tr>
<td>Car seat</td>
<td>A small removable seat with a harness that fastens onto the car seat, keeping young children safe.</td>
</tr>
<tr>
<td>Direction</td>
<td>The path someone or something follows from one place to another.</td>
</tr>
<tr>
<td>Distract</td>
<td>Make someone else lose attention and stop being careful.</td>
</tr>
<tr>
<td>Emergency services</td>
<td>A service that responds to and deals with emergencies, especially ambulance, firefighters and the police.</td>
</tr>
<tr>
<td>Fluorescent</td>
<td>Bright and vivid colours; clothes that show up in daylight.</td>
</tr>
<tr>
<td>Footbridge</td>
<td>A bridge above a busy road where pedestrians can cross safely.</td>
</tr>
<tr>
<td>Green Cross Code</td>
<td>A special set of rules for crossing the road safely.</td>
</tr>
<tr>
<td>Hazard</td>
<td>A danger or risk.</td>
</tr>
<tr>
<td>Injury</td>
<td>What someone can get when they have an accident.</td>
</tr>
<tr>
<td>Journey</td>
<td>Travelling from one place to another.</td>
</tr>
<tr>
<td>Kerb</td>
<td>The edge of the pavement.</td>
</tr>
<tr>
<td>Pedestrian</td>
<td>A person walking.</td>
</tr>
<tr>
<td>Pelican crossing</td>
<td>A light-controlled crossing that shows when it is safe to cross, using ‘red man’ and ‘green man’ lights.</td>
</tr>
<tr>
<td>Puffin crossing</td>
<td>A crossing where the buttons are lower for wheelchair users and extra time is given to cross.</td>
</tr>
<tr>
<td>Reflective</td>
<td>Something that shines light back and can be seen easily.</td>
</tr>
<tr>
<td>Route</td>
<td>The way you travel to go from place to place.</td>
</tr>
<tr>
<td>School Crossing Patrol</td>
<td>Person outside schools who helps children cross the road safely with a special sign to help stop the traffic.</td>
</tr>
<tr>
<td>Senses</td>
<td>Having sight, smell, hearing, taste, and touch.</td>
</tr>
<tr>
<td>Siren</td>
<td>A warning sound, mostly on emergency vehicles.</td>
</tr>
<tr>
<td>Subway</td>
<td>A tunnel under a busy road for pedestrians to use when they want to cross from one side to the other.</td>
</tr>
<tr>
<td>Toucan crossing</td>
<td>A crossing for pedestrians and cyclists with a red and green bicycle signal, alongside the ‘red man’ and ‘green man’ signal.</td>
</tr>
<tr>
<td>Traffic islands</td>
<td>A place in the middle of the road where pedestrians can stand so that they can safely cross wide roads in two halves.</td>
</tr>
<tr>
<td>Vehicle</td>
<td>Something that carries people or goods – like cars, buses, lorries.</td>
</tr>
<tr>
<td>Warning</td>
<td>Something that tells you that there is danger ahead.</td>
</tr>
<tr>
<td>Zebra crossing</td>
<td>A safer crossing place with black and white stripes on the road and Belisha Beacons at the side.</td>
</tr>
</tbody>
</table>
Staying street safe

Surfing for safety

www.portsmouth.gov.uk Search JRSO to find your download able JRSO Activity pack and information about competitions! There are more links to useful web pages here too:

www.myjourneyportsmouth.com
www.road-safety.org.uk
Road Safety Scotland have got a wide variety of ideas on their website for all ages from activities, competitions and general advice for schools as well as parents.
talesoftheroad.direct.gov.uk
Click and view the latest adverts and competitions.
www.think.direct.gov.uk
Click on the Road Safety Resources tab for lots of great resources.
www.livingstreets.org.uk
Click on the Walk to School Week link to discover some weird and wonderful walking facts and find out more about Walk to School Week.
www.roadsafetyweek.org.uk
All the information you need to know about the National Road Safety Week.
www.brake.org.uk
Brake are a road safety charity with lots of information.
www.rospa.com
Royal Society for the Prevention of Accidents has resources for teachers
www.iwalktoschool.org
Find out more information about International Walk to School month.

If you find other useful road safety websites, write them in the space below:
Don’t forget to ask your school guide and road safety officer for help.