

4 GREAT STORIES TO ENJOY



INCLUDES
ACTIVITY
PAGES
AND A
CERTIFICATE

ROAD RANGERS

HEROES OF THE ROAD

Advice for
Grown-Ups
Too

Welcome to Road Rangers

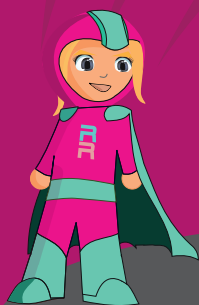
Hey!

Welcome to your new book! We all love going on adventures to lots of different places like friends' houses, shopping and exploring the area in which we live. But to do so we have to be very careful. There are lots of dangers we have to look out for when we go out and about. Remember that we all travel at different speeds and not everyone will be able to see us.

In this book there are lots of exciting activities for you to complete and some stories for you to read. You will find out about what Jimmy, Anika, Joel and Lilly get up to on their way to school, going shopping and leaving pre-school. You also get to have a go at some puzzles and show off our colouring skills. Have you got your colouring pencils and pens at the ready?

Once you have completed all of the activities you will gain a certificate. Good luck and remember to stay safe.

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Road Rangers, Scooter Heroes, Safer Steps and Booster Boy are all part of the Safer Roads family of road safety publications. For more information visit www.saferroads.org.

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JIMMY RUNS AHEAD

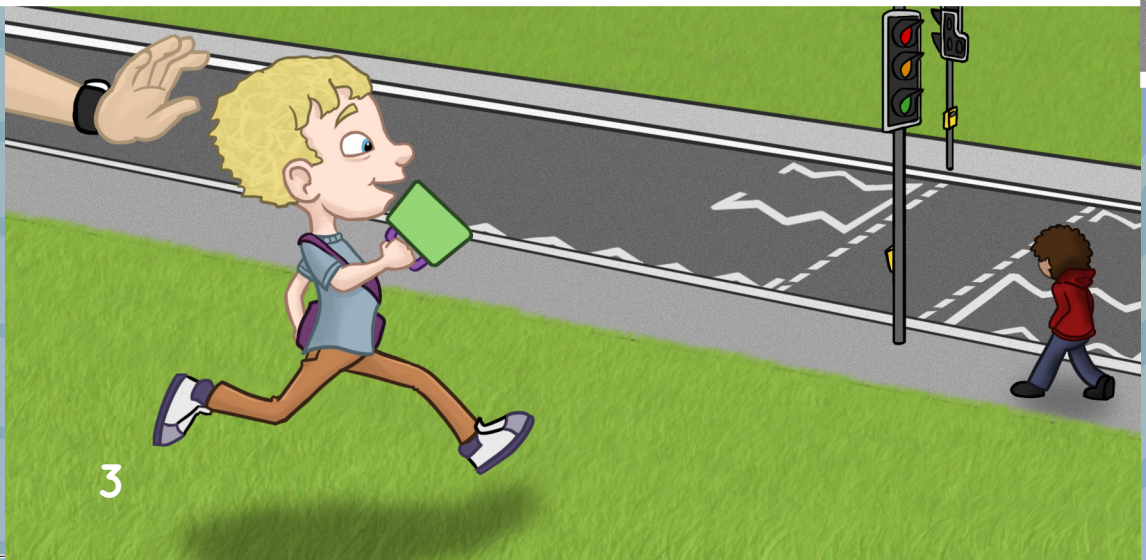


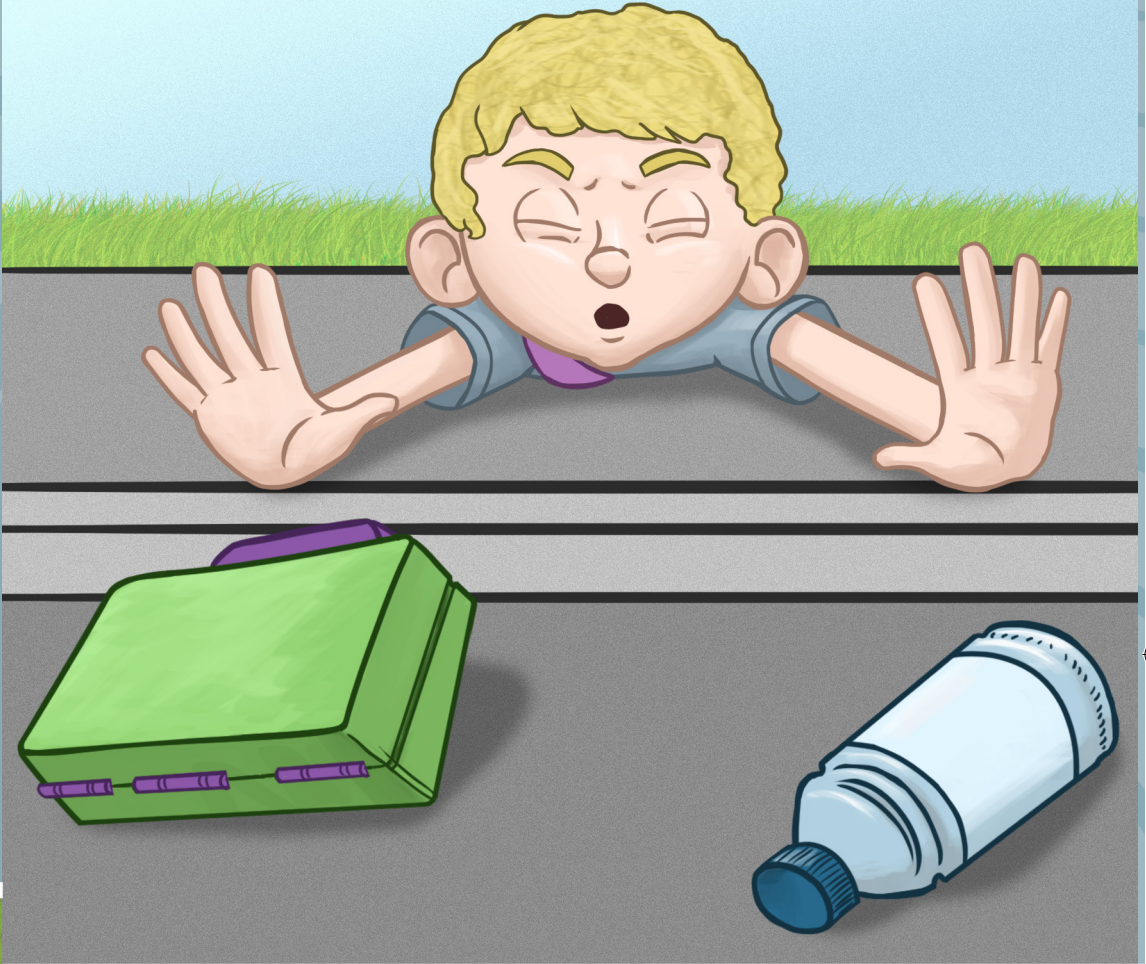
Jimmy loves pre-school. Each morning after breakfast, he gets dressed and puts on his special t-shirt. After Jimmy has brushed his teeth, he puts on his shoes and gets his book bag and lunch box. Jimmy is ready and it is Daddy's turn to walk him to pre-school today.



They always go the same way. At the end of the road they cut through the park then walk past the library. When they get to the main road they always use the pelican crossing, waiting for the traffic to stop so that they can cross safely.

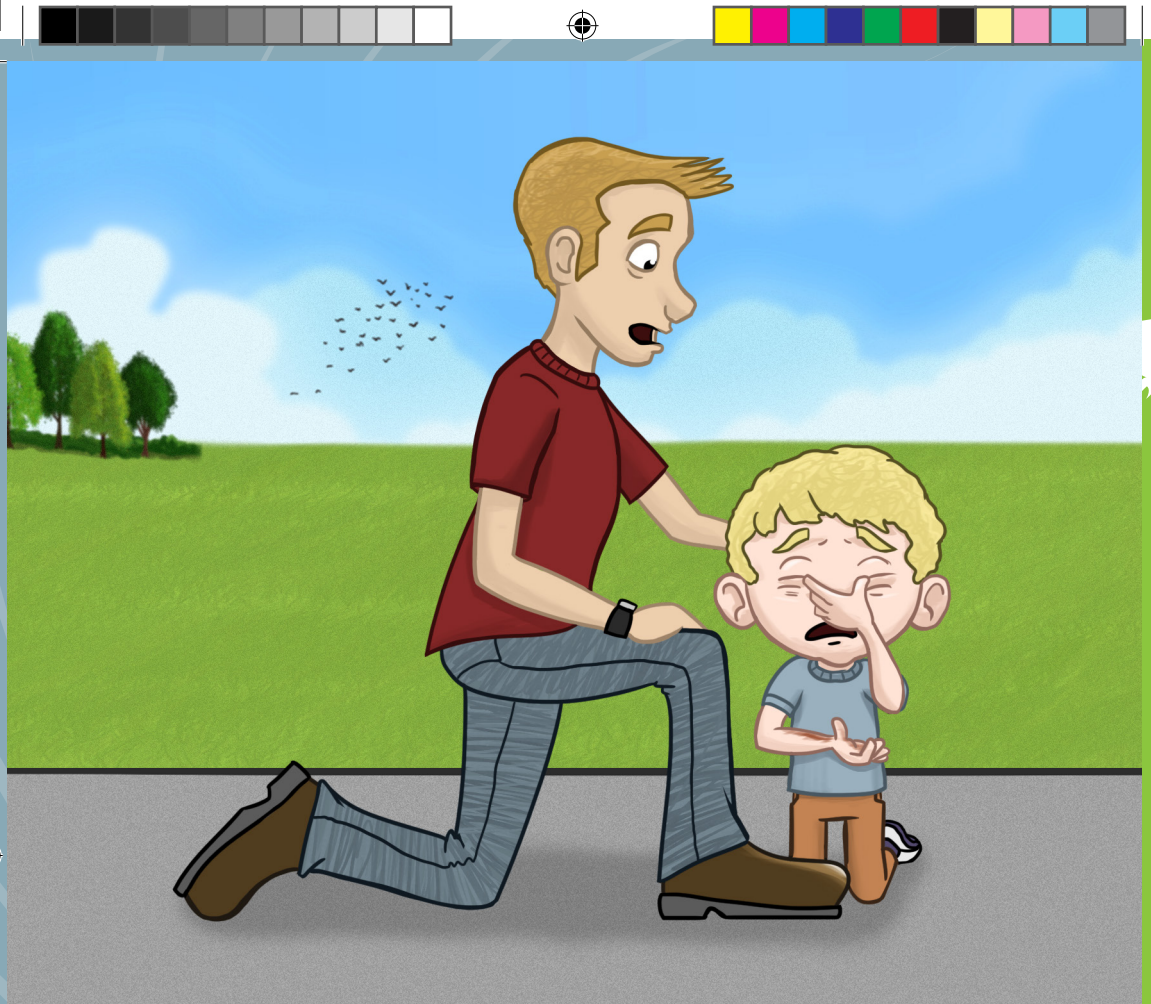
Jimmy always holds Daddy's hand when they are near the road. As they get near to the main road, Jimmy sees someone else walking towards the crossing. He is worried that he won't get to press the button because someone will beat him to it. Suddenly he tugs his hand away from Daddy's and starts running towards the main road. Daddy shouts "Stop!" but Jimmy doesn't listen.





Just before Jimmy reaches the pelican crossing he trips and falls. As he lands on the floor he scrapes his hands and knees. His book bag and lunch box go flying and his water bottle rolls out into the road. Just then a car is passing and drives straight over Jimmy's water bottle causing it to burst and spray his drink all over the road.





Jimmy is crying and Daddy runs to pick him up. His knees and hands hurt but he is also upset that his water bottle was squashed in the road. Daddy tells Jimmy that it will be alright and that they can easily get a new water bottle. "Just imagine," says Dad "if you had fallen into the road it would have been much worse."

Jimmy promises that he will always hold Daddy's hand from now on and never to run off again.

Holding Hands

It is really important to hold a grown-up's hand when you are walking near the road.

ACTIVITY
PAGE

Make Some New Friends



This is Milly, Jack and Jiya. They love to help you stay safe when you are walking. Draw one of them in the empty boxes where it is safest to walk.

STOP! means STOP!

When a grown says 'Stop!' it is normally for a good reason. Make sure you stop and find out why.



Road



Kerb

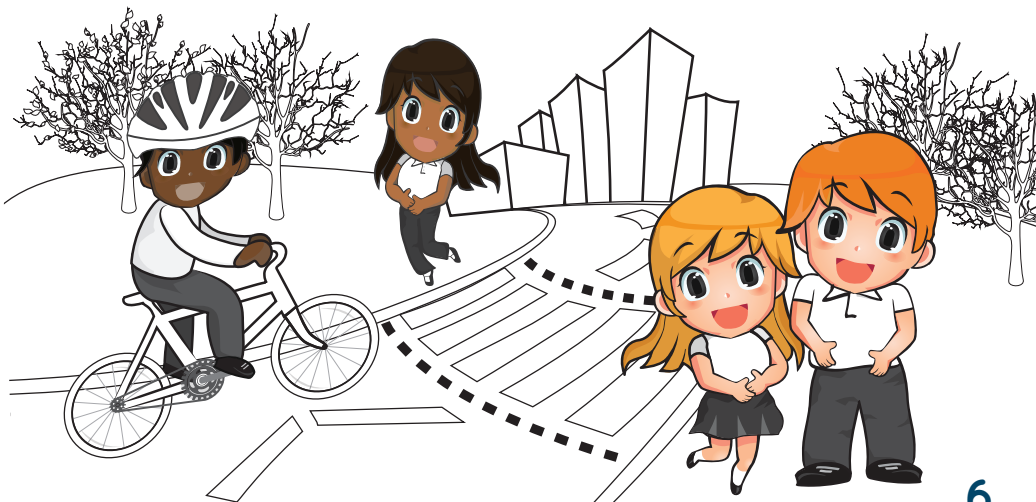


Pavement



Colour Me In

SAFER
STEPS



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Walking Together



Walking together in early years is a great time of discovery for children. Their innate curiosity can sometimes become a frustration to us as they want to pick up every stick, climb on every wall and turn up every driveway. If we direct this interest towards understanding the environment around them a short walk can be a great learning experience. Here are some ways in which you can help teach your child how to stay safe.

Set a good example

- Don't take risks when crossing which your children might copy.
- Remember to find a safe place to cross, then stop, look and listen.
- Don't use your mobile phone while crossing the road.
- Wearing bright colours or fluorescent and reflective clothing helps motorists to see you.



Hold hands

- Always hold hands with your young child near traffic or make sure they hold onto a buggy if you're pushing one.
- Make sure your child walks on the side of the pavement away from the traffic.
- If there is no pavement walk on the side of the road facing oncoming traffic.

Safer places to cross

- Pedestrian crossings such as puffsins and pelicans have traffic lights and a button to press which controls a 'green man'.
- Zebra crossings have two yellow beacons and striped markings across the road. Remember to wait for cars to stop in both directions.
- Footbridges go over roads and subways go under roads.
- Traffic islands are places you can stand in between lanes in the centre of a road.

Talk about traffic

- Talking with your child when you're out and about is one of the best ways for them to learn:
- Play 'spotting' games: where's a lorry? Can you find a bus? Let's see who can spot a police car or a motorbike.
- Ask your child to tell you about the vehicles waiting at the traffic lights or passing you in the car.
- Talk about vehicles you see: which is biggest or fastest? What colours are they? Which carries the most people? Which way is it going? Do some counting.
- Building up your child's language will help him or her to understand traffic: use words to describe speed, size, shape, directions or talk about signs, lights, signals and road markings.
- Talk about how we cross the road, how fast are cars travelling and do we have enough time to cross without hurrying? Did we keep looking and listening all the way?



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Advice

ANIKA SCOOT5 TO SCHOOL



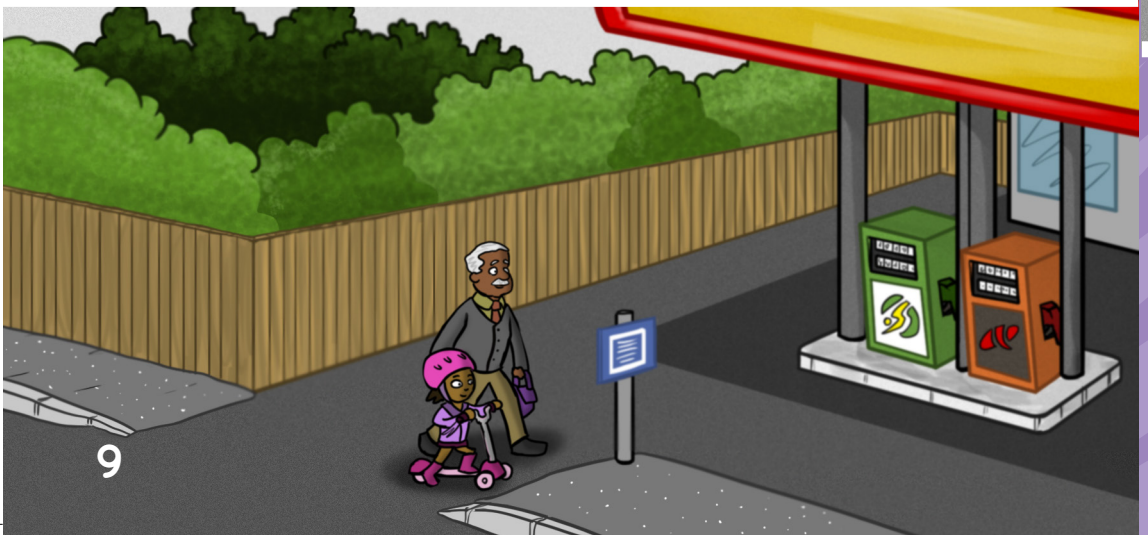
For her birthday Anika got a wonderful new scooter. It has two wheels at the front and one at the back, it also has some shiny tassels that hang from the handlebars. When the weather is nice Anika is allowed to ride her scooter to school and today is a beautiful day.



Grandad is going to walk with Anika today. Before she sets off, Anika puts her helmet on and her Grandad helps her to do up the strap. Grandad will carry her bags so that she can control her scooter.



Anika is scooting really well, taking care to ride on the pavement. When she comes to the petrol station she stops with Grandad to make sure that no cars are turning in and they cross together, looking and listening all the time. Then they turn to go down the hill to where Mrs Simkins the lollipop lady will help them cross the road to school.





As Anika goes down the hill she starts to scoot faster and faster. Grandad cannot keep up with her and he calls to her to slow down. Anika realises that she is going too fast and calls out for help.

As she approaches the bottom of the hill, Mrs Simkins hears her and realises that she is in trouble. She manages to catch Anika and the scooter before she gets to the road.



When Grandad reaches them he is out of breath but very glad that Anika is alright. He thanks Mrs Simkins for catching Anika and keeping her safe. Grandad explains to Anika how important it is that she stays close to a grown-up when she is on her scooter.

Riding a Scooter

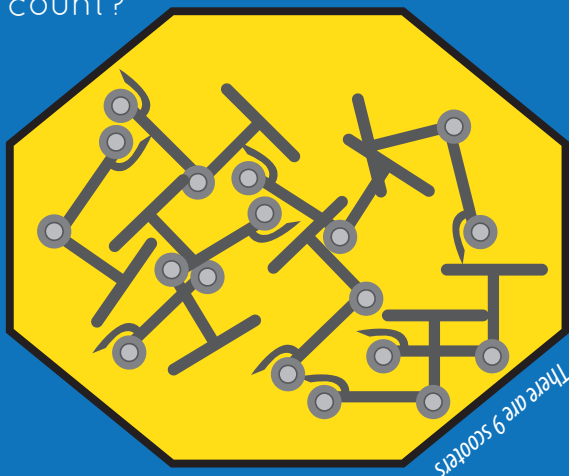
If you are riding to school, around the park or to the shops, scooting is great fun! Make sure you always stay close to a grown up and ride carefully around others.

Make Some New Friends

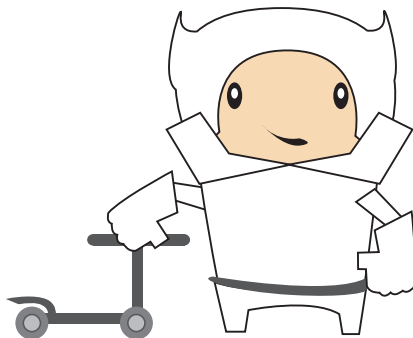
The Scooter Heroes love scooting, each one has a special ability. Sonic is fast, Hawk has great eyesight and Charm has fantastic manners. In traffic Mount shows great care while Swarm is brilliant around crowds. Which one is your favourite?



How many scooters can you count?



Design Your Own Scooter Hero



Wearing a Helmet

Just like when you are riding a bike, you should wear a helmet if you are out on your scooter. Your head is so precious and can end up with a nasty bump if you do fall off.





ScootSmart

Micro-scooters have grown in popularity over recent years and many parents love the fact that it makes getting places just a bit quicker than walking. On our advice page we look at issues such as maintenance and protection as well as supervision for your little scooter riders.

Supervision

Children are often unaware of the rules of the road and hazard perception. They therefore should be supervised when riding a scooter to make sure that they do not scoot too fast on pavements and always keep away from the edge of the road. Almost a third of all scooter related injuries and incidents involve children under the age of eight, so give extra supervision to these children.



Set-up & Maintenance

Make sure the scooter is correctly assembled and receives a regular maintenance check. Double check that the wheels are secure and turn freely along with the steering column. Also make sure that the height adjustment lever or push button is securely fastened at the appropriate height. The rider's elbows should be at approximate right angles when holding the handles. Always check the brakes work before starting your journey.

Caution when scooting

Most scooters are ridden on the pavement., therefore children should be advised on how to scoot safely, without causing obstruction or danger to other pedestrians.

When using the pavement be aware of driveways cutting across the footpath. Drivers often reverse out and may not see a child on a scooter.

Don't scoot when crossing the road. Stop at the edge of the pavement, dismount the scooter and push it across the road. ensuring that they Think, Stop, Look and Listen as they cross.

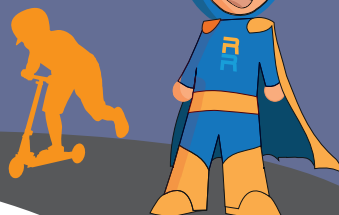
Avoid scooting inside shopping centres.

Before scooting to school check the storage facilities.

A number of local authorities provide some basic scooter training to help your child become proficient and safe.

Protective Gear

Whilst riding a scooter it is important to wear protective clothing. A helmet is vital when using a scooter. However, refrain from buying a second-hand helmet, you cannot be certain of its history. It may have been dropped and damaged. Investing in knee and elbow pads can also be beneficial in helping to eliminate most scooter injuries. In addition wearing bright and reflective clothing can help to be seen. Be aware that untied laces, scarves and loose clothing can become tangled and hoods can obscure vision.



Advice

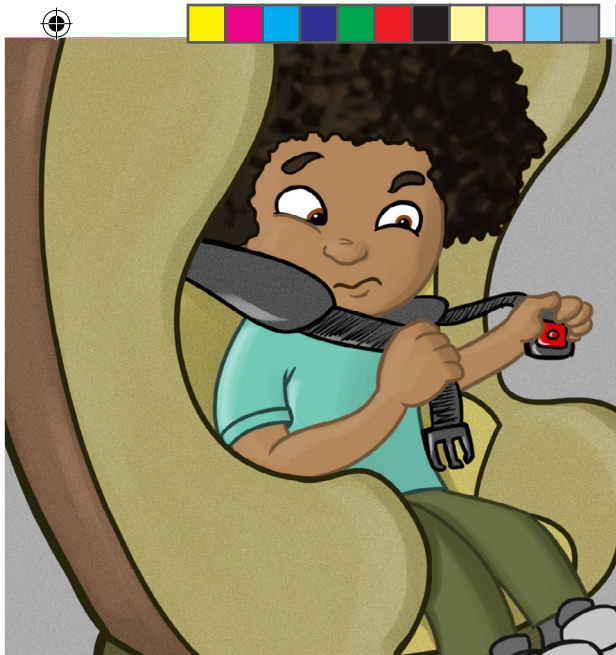


Saturdays are always a treat for Joel. In the morning he goes to his swimming group where he gets to play with his friends and they have a giant floating octopus. Then Mummy takes him to the supermarket to do the shopping.

Joel likes the supermarket. Mummy lets him help by finding the things on her list and putting them in to the shopping trolley.

Today they have to be quick because Joel's cousin Billy is coming to play.

After they have paid for the shopping they rush to the car. Mummy tells Joel to jump up into his car seat while she places all the bags in the boot and takes the trolley back. Joel climbs in, but he cannot do up his own straps.



Mummy gets back to the car and climbs straight into the driver's seat. Joel has forgotten about putting his straps on because he has found a book in the back of the car and is now looking at the pictures. Mummy is in a bit of a rush.





Mummy starts the engine and begins to pull away from their parking space. Just then she sees another car about to pass in front of them. She only sees it at the last minute and has to put the brakes on very hard! Joel slides out of his seat and lands on the floor of the car.





Joel cries out. When Mummy realises what has happened she makes sure that the car is safe and then goes to help Joel. He is a bit frightened and upset. Mummy picks Joel up and gives him lots of cuddles and kisses.

Mummy is cross with herself. She was in such a hurry that she didn't make sure Joel was safe, she promises never to do it again. "Mummy made a big mistake" she tells Joel.



Car Seats

When you are travelling in a car you must use a car seat until you are really tall.

ACTIVITY
PAGE

Make Some New Friends

This is Booster Boy & Booster Girl. In their comic of amazing adventures they help boys and girls to make sure that they have the right seats to keep them safe.



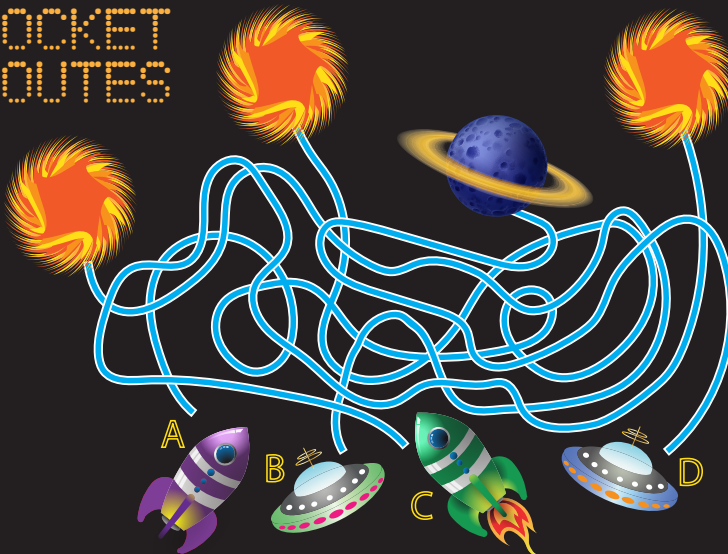
THE BOOSTERS

Don't be in a hurry!

Some children are in a rush to grow out of their car seats as soon as possible, but you shouldn't be in such a hurry. It is safer to stay in one as long as possible.



ROCKET ROUTES

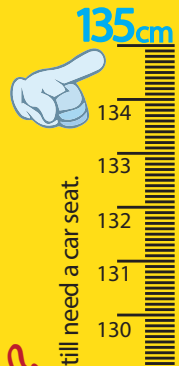


Select the spaceship that will take The Boosters safely home to their planet. Avoid the rockets that are heading to the exploding stars!

HOW TALL ARE YOU?

If you are less than 135cm tall then you still need a car seat. for more information visit:

www.saferoads.org/boosterboy/



Safe In The Car

A properly fitted child car seat will help to prevent your child from being thrown about inside the vehicle, or ejected from it, if there is a crash. It will also absorb some of the impact force as well as providing protection from objects intruding into the passenger compartment.

A seat belt on its own will not properly fit your child, until they are at least 135 cm (4'6") tall, although it's better to wait until they are 150 cm (5ft) or taller before moving them to the seat belt on its own.

There are very many different types of child car seats available. It is best to take your child and your car with you when choosing your child car seat. Try to find a retailer who has staff trained in choosing and fitting child car seats, and will help you try the seat in your car before you buy it.



Before You Buy

- Take time to look through manufacturer's catalogues and websites, and shops that sell child car seats to assess a range of seats. Magazines, such as "Which?", "What Car" and "Mother and Baby" conduct tests of child car seats and provide useful recommendations.
- Think about how you will use the seat. For example, if you will be constantly taking it in and out of the car, a lighter weight seat, or a seat with a base that stays in the car, might be preferable. If you do a lot of long journeys, a seat that reclines may be more comfortable for your child and help them sleep.
- Check that the seat(s) you are considering will fit your car(s).
- Check the European New Car Assessment Programme (EURO NCAP) website (euroncap.com) to see if your car model has been tested. The tests include a Child Restraint System installation check in which a selection of popular child restraints are installed to assess how well they can be fitted in the vehicle. If possible, choose a child seat that has scored well in their tests.

Make Sure

- It is suitable for your child's weight and size
- It is correctly fitted according to the manufacturer's instructions.
- It conforms to the United Nations standard, ECE Regulation 44.04 or to the new i-size regulation (R129). Look for the 'E' mark label on the seat.
- It is not 2nd hand, you cannot be certain it has not been damaged.

What About Booster Cushions?

Whilst booster cushions currently comply with the legal requirement, their use is not advised. A seat with a high back provides much greater side impact protection and helps to ensure that the seatbelt is in the right position across the body; the added support around the head and shoulders gives far greater comfort than a cushion, especially on long journeys.



Advice

THE NAUGHTY PARKER



Lilly has been having a lovely morning in pre-school. They have been playing in the sand, reading stories and painting pictures. At lunchtime on Wednesdays she goes home with Sarah who looks after her for the afternoon while Mummy is at work. Lilly is really excited to show Sarah the painting of a butterfly that she has just finished.

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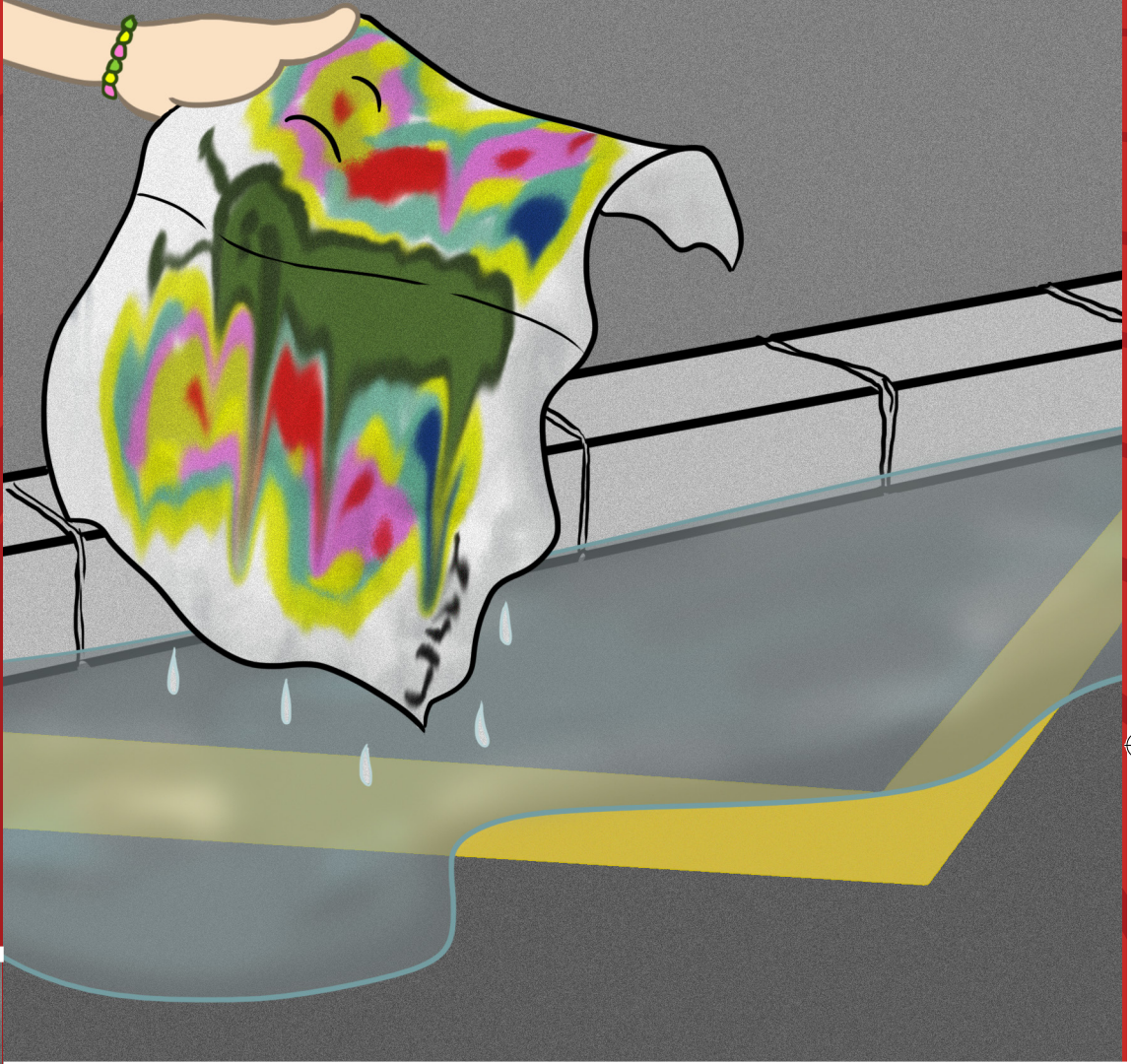
Once Lilly and Sarah are out of the gates they need to cross the road but some people have parked their car on the zig zag lines outside school. "They are very naughty parkers" says Sarah as she and Lilly carefully try to look past the parked car to see if it is safe to cross.

Lilly holds Sarah's hand as they move out to try and see beyond the parked car. Suddenly another car passes quickly by and the wind catches the beautiful butterfly picture which Lilly is holding.



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The painting flies out of Lilly's hand and lands face down in a puddle.
The butterfly picture is ruined. Sarah cuddles Lilly who is really upset that her lovely painting has been spoiled.





Sarah shows Lilly the zig zag lines and explains why it is so important that these areas are kept clear. "The zig zags mean no parking and no stopping, so that children can cross the road safely," says Sarah. "They really are naughty parkers, aren't they!" says Lilly.



Safe Parking

Zig Zag lines mean it is not safe to park. Make sure that they are always kept clear.

ACTIVITY
PAGE

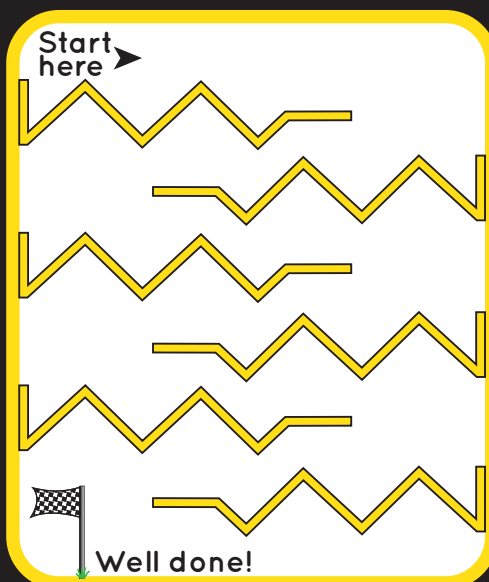
Jiya's Zig-Zag Mission

Can you help Jiya to get through the maze. Remember to hold your pencil very carefully and don't touch the lines.



Look Out for Lollipops

If you are near a school you might see a lollipop like the one in Anika's story. Colour in the one below to match.



Treasure Hunt!

Whenever you are out and about, see how many Zig Zag lines you can spot!

Avoid at All Costs

Situated outside most schools are a set of yellow zigzag lines and 'School Keep Clear' markings. Zig zag lines can be enforced by either the local council or police, both of whom can issue a fine.

These markings have been put outside schools for a reason; if you park there, or even stop temporarily, you are putting yourself and others in danger by creating a hazard. Keeping the space clear leaves children a safe place to cross the road, but it also gives the emergency services a clear access to the school. So whether you are running that one minute late, or it's raining, please think twice and never stop on the zig zag lines.

Advice

SCHOOL — KEEP — CLEAR



Look out for advice

Scattered throughout are pages marked like this with advice for parents and guardians.

Contents

Holding-On

Through the story of Jimmy we encourage children to hold an adult's hand in busy road situations

Scooter Advice

With so many children using a micro scooter on the school run or in town, we see how Anika could have made a better choice; and we meet the Scooter Heroes.

Child Car Seats

It is not only outside of the car that we need to take extra special care of our little ones. The story of Joel, advice on choosing seats and help on in-car safety.

Zig-Zag Safety

Lilly's story shows how zig zag lines protect the safe space near school for children.

Welcome

Within this booklet are some great advice pages on how to encourage your child to be safe on the roads. There are also four short stories and some exciting activities for your child to complete. On completion of these activities and reading the stories your child can be presented with the certificate that has been included on the opposite page.



Introducing ROAD RANGERS

Stories to help your children stay safe

As with many things that we take for granted, roads will play an important role in the life of your child. As well as providing access to play and education, the roads themselves will form part of the story of your child's life and can be a valuable place of learning. Words and numbers, favourite places, new activities, friends' houses, safe and unsafe are all things that children can learn whilst using the roads. Through this booklet we hope you find new ways to engage with your children around how the use the roads and ultimately how to help them be as safe as can be.

We are privileged in Britain to have some of the safest roads in the world, but they are nonetheless one of the riskiest environments that your child will ever be exposed to. Through stories, activities and advice pages there is plenty here to occupy your child, engage their imagination and shape their understanding about how you can use the road together. Hopefully it will also provide a little inspiration for you to think about ways in which you can make the roads a place where they learn in safety.

CERTIFICATE

This is to certify that:

Name:

Has read all of the stories and completed
all the activities in the

ROAD RANGERS

HEROES OF THE ROAD
activity book

Signed:



ROAD RANGERS

HEROES OF THE ROAD



SafeKids

keeping children safe on the road

created for you
by road safety experts

What's Inside?

Holding-On

Why the simple act of holding hands is the best thing for your child

Scooter Advice

Purchasing, positioning and protection when scooting to school

Child Car Seats

Where to go for the best advice



Introducing ROAD RANGERS

Stories to help your children stay safe

Packed with
Activity Pages
& Advice

