Cove School

Just the journey – your guide to smarter and safer travel to school

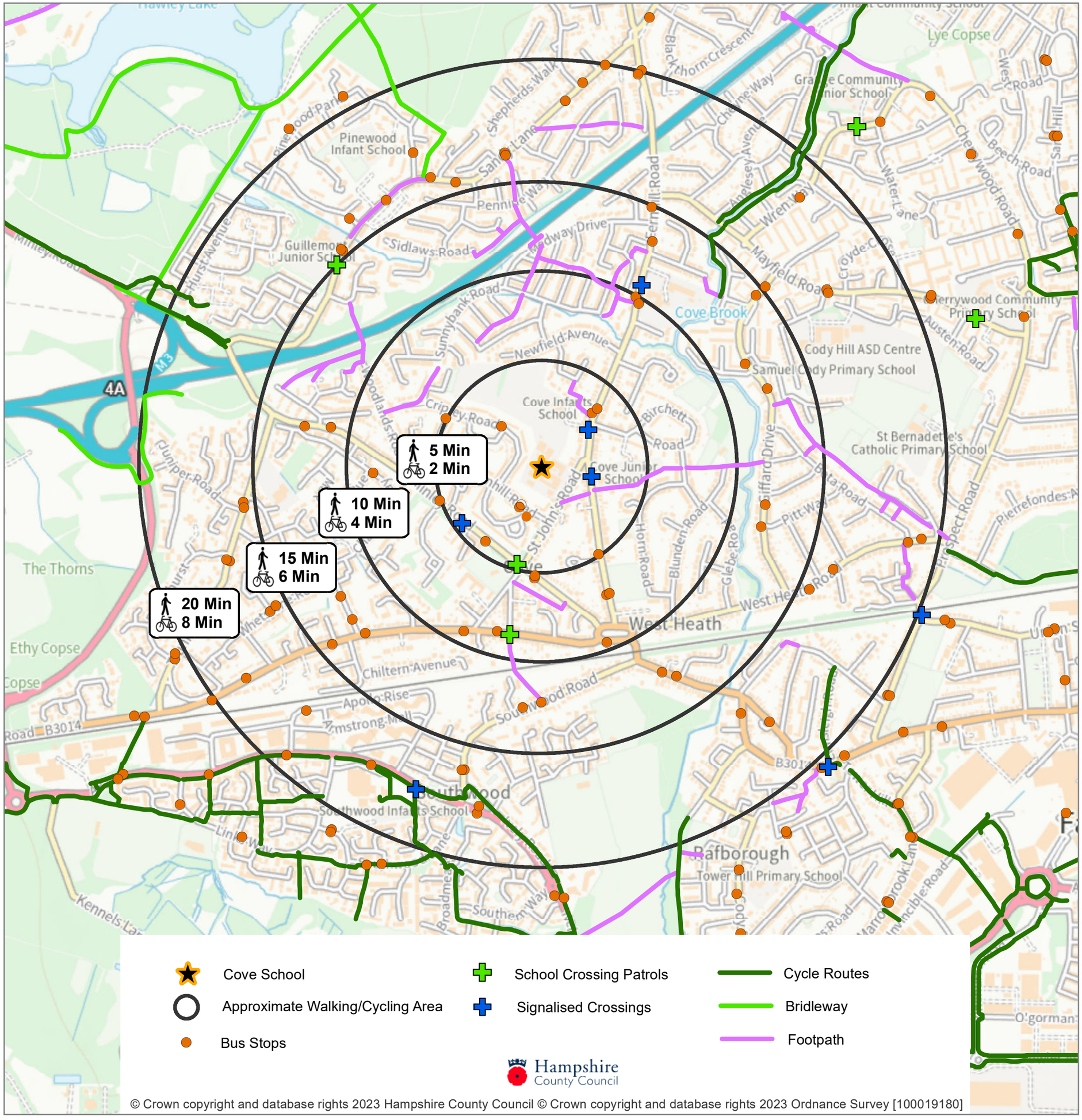


Map it!

This is a map of the local area around your new school.

Keep this map at home and use it for journey planning.





Five reasons to be active

1. Catch up with friends
2. It's good for the planet
3. Boosts brain power
4. Maintains a healthy lifestyle
5. To be street savvy and safe



Plan your journey

- Remember to plan your journey before your first day at your new school.
- Use myjourneyhampshire.com/journeyplanner.
- Input the information for your journey including where you're travelling to and from, plus the time you're planning to travel.
- You can then choose different ways to travel.
- The journey planner will then choose the best route for you.

Check if your secondary school takes part in the Youth Travel Ambassador (YTA) scheme.

There might be an opportunity for you to become a YTA when you start your new school.

StreetSense

Keep in touch with My Journey and Hampshire Road Safety

More travel and road safety information can be found on these websites.

hants.gov.uk/roadsafety
myjourneyhampshire.com

@myjourneyhants and @HantsRoadSafety

280.1

1 Start your journey

Use this resource to help you start your journey to school. Think about it and talk to your parents about the best way to travel in September.

Keep it with you to refer to on your journey or when planning a new one.



2 Plan your journey

You can find instructions and help on how to plan your journey by following the journey planner on the My Journey website. Choose different ways to travel and the time you want to leave or arrive and the journey planner will select the best route for you.

When you've looked at your options, find out what facilities your school has e.g. does it have cycle storage, lockers, somewhere covered to wait if it's raining. You should also check for any advice and services offered by your school, as well as guidance or requirements by public transport operators you may be looking to use.



Talking and socialising with friends, texting, talking on the phone as well as listening to music are all distractions which will put you at risk.

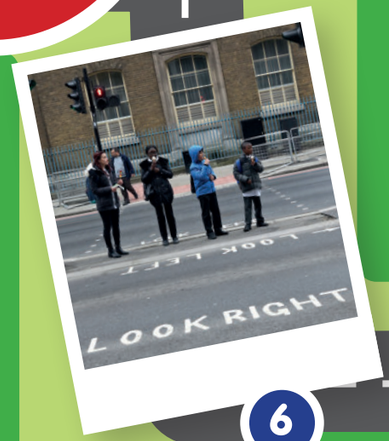
Always give the road your FULL attention – don't leave your senses at the roadside.

Why not walk? Only getting the bus for a short journey? Walking could be quicker than you think, it keeps you fit and is a great time to catch up with your friends.

3 Walking to school safely

- Walking to school will keep you fit and healthy.
- Be aware of junctions and crossings and plan the safest place to cross.
- Use safe crossing places where you can.
- See and be seen - wear bright colours during the day and reflective materials when dark. Don't assume a driver has spotted you.
- Look ahead – look down the road for obstacles and be aware of side roads and driveways. When passing parked cars leave room for a car door and a little bit more.

Think slow when crossing the road



4 Cycle safety savvy

A. Wheels: Make sure your tyres are inflated, the wheel bolts are tightened and secured to the frame.

B. Handle bars: Check both your brakes are working by applying your right to check the front wheel and your left to check the rear.

C. Bell: Make sure your bike is fitted with a bell so that when you're behind a pedestrian, you can let them know you would like to pass. On the roads, the bell can warn pedestrians when they occasionally step into your path.

D. Pedals and chain: Roll your pedals backwards to check your chain runs smoothly, is in gear and isn't rusty.

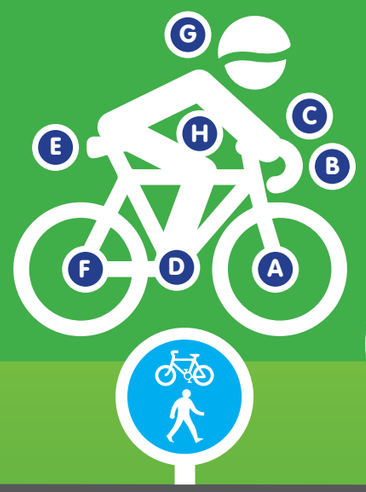
E. Seat: Check your seat is at the right height by sitting on your bike with your tip toes touching the floor. Your knees should not be higher than the handle bars when cycling.

F. Gears: If your bike has gears, lift your rear wheel, shift through your gears to check they run smoothly.

G. Protect your head: Always wear a helmet, even on short journeys. Make sure it sits horizontally on your head without moving around and you can fit two fingers tightly between your chin and the strap.

H. Consider your riding position: Avoid cycling on the inside of the vehicle and keep clear from the gutter and kerb.





5 Using the bus is easier than you think

- Contact your local bus operator to find out which ticket you need.
- Arrive at the stop a couple of minutes early.
- Check the display screen at the bus stop if applicable.
- Put your arm out when the bus is in sight.
- Allow passengers off the bus first.
- Buy your ticket depending on your ticket type or use your bus pass.
- Usually the name of the next stop will be indicated either on the screen on the bus or by onboard next stop announcements.
- When your destination is in sight press the 'Stop' button.
- For your safety, stay seated until the bus has fully stopped.

Call 101 if you see something suspicious or feel unsafe.



6 Travelling by train

- Plan your journey by checking train times with your local train operator.
- Leave enough time to purchase your ticket or buy a season ticket to save time and money.
- Keep your ticket safe to be ready to show the guard at any time.
- Check train times and platform number on the station screen.
- Always keep well back from the platform's edge and behind the yellow line (where present).
- Keep clear of the doors.
- Allow passengers off the train first.
- Mind the gap between the train and the platform.
- Climb aboard and find a seat.
- When your stop is displayed on the screen, get ready to get off once the train is in the station.
- Press the button to open the doors.
- For your safety there is CCTV and Help Points on all trains and stations.

7 Journey complete!

Remember, in order to have a good journey, it's important to show respect, responsibility and awareness for everyone's safety - especially yours.