



ROAD SAFETY

IN THE UK
DURING & AFTER
COVID-19

FREE RESOURCE
for KS3, KS4 & KS5



**ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE**



In Partnership with

**DORSET & WILTSHIRE
FIRE AND RESCUE**



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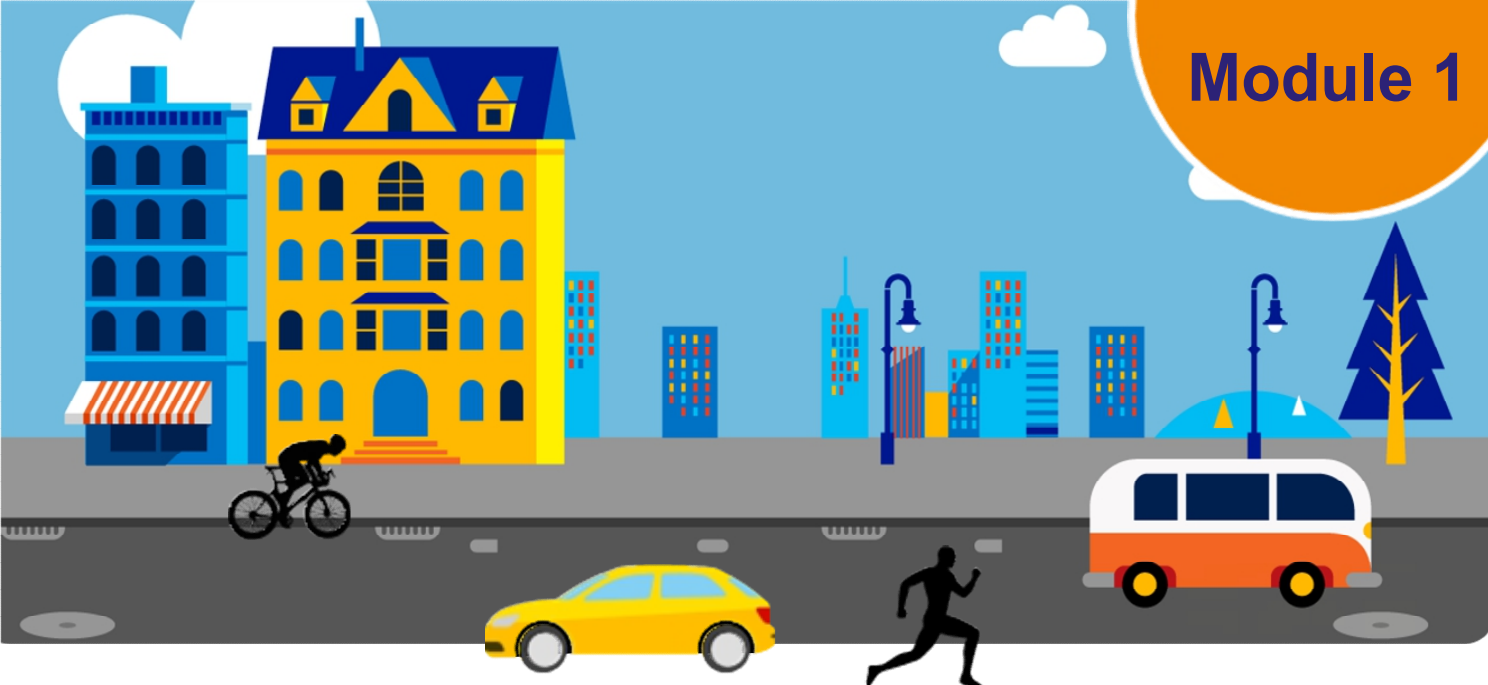
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Introduction

Royal Berkshire Fire and Rescue Service normally deliver road safety messages in schools to young people like yourselves, concentrating on young drivers. As you know, we can't do that at the moment, but we've noticed some changes on the roads and there are some really important things everyone should think about now and when we recover from lockdown.

AIMS

This interactive workbook will give you a general overview of the impact Covid-19 will have on the use of our roads and your personal safety

On completion of this workbook you will know:

- 1 What essential travel means and why it is important
- 2 What could distract road users in the current climate and the bigger consequences of an incident or injury on the roads
- 3 The safety measures you can take when making essential journeys and travelling again post lockdown

Throughout this workbook you will be asked to:



COMPLETE

the exercises and activities



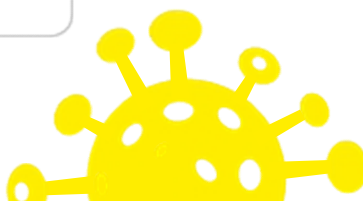
SUBMIT

the work set to your teacher at school



CHECK

your learning by taking our quizzes at the end of each module





As well as the information in this workbook, your mental health and wellbeing is just as important to us! So, every so often, you'll find a little prompt to take a break with this symbol. Please take the break with the suggestion or something else you enjoy, before carrying on.

We'd love it if you'd share what you're doing and what you think of this workbook. If you'd like to get in touch you can on...



/RoyalBerksFRS



@RBFRSofficial



Email our Prevention Education Team
preventionsafetyeducationteam@RBFRS.co.uk

Before we start the first module, we just want to give a bit of background. All we seem to hear about lately is Covid-19 or coronavirus right?...but what is it? Well there are hundreds of different types of coronaviruses but only a few affect humans. Covid-19 is a new strain of coronavirus which is new to our immune systems and so some people are struggling to fight it.

Click this infographic by Live Science for more information.



If you'd like to know more

CLICK HERE ►

We really don't want you to feel worried about what is happening right now. Lots of clever people are doing some amazing things to get through this and this workbook will highlight the part you can play too.

LET'S START OUR FIRST MODULE!

ESSENTIAL TRAVEL

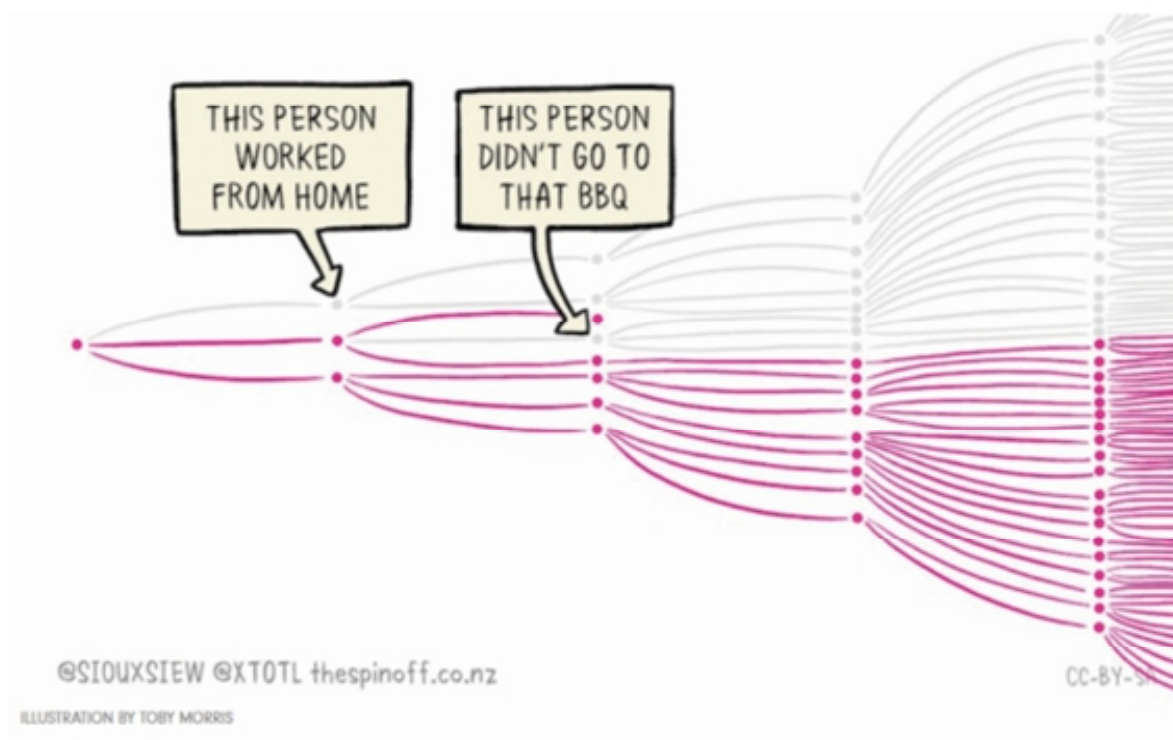


ESSENTIAL

In the introduction, we saw a little insight in to Covid-19. To understand the importance of essential travel (*and social distancing*), we need an understanding of how infectious this virus is. **The following video will give you an idea of how easily the virus spreads.**



In the UK we are trying to slow the spread of the virus so that our medical professionals can take care of us if we get sick. This simple diagram by an animator from New Zealand, shows how a few small changes can slow the spread of the virus:



To see the **full animation**

CLICK HERE ►



You may have heard of the phrase “**flatten the curve**” in the press or at home. This is all about slowing down the rate at which the virus spreads. In March 2020, the following events took place and we were asked to stay at home:

16th March 2020

Government stated **everyone should avoid non-essential travel and contact with others**

23rd March 2020

PM Boris Johnson ordered **lockdown** and empowered police to **break up gatherings** or **more than 2 people** and to **issue fines**

25th March 2020

The **Coronavirus Act 2020** came in to affect with **Royal Assent**

26th March 2020

Health Protection Regulations 2020 for Coronavirus was **enacted**

The message with lockdown was clear. If we stay at home, we slow the spread of the virus and the NHS will have the chance to prepare to care for everyone. This will save more people sick with Covid-19 or any other illness.

STAY AT HOME

PROTECT THE NHS

save lives

What is an essential journey?



Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.



One form of exercise a day, for example a run, walk, or cycle alone or with members of your household.



Any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person.



Travelling for work purposes, but only where you cannot work from home.



Think back to the last 3 trips you or the people you live with made. Make a note of the **destination**, what the **purpose of those trips** were and **how they were made** (eg. on foot, by car etc). Then consider all of the people and surfaces that traveller would have come in to contact with. Finally, state whether you think this journey meets the criteria of an essential journey with a **YES** or a **NO**.



COMPLETE

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TRIP 1

Journey to:

Why?

How?

People/Surfaces

Do you think this journey was essential? **YES**

☐

NO

☐

TRIP 2

Journey to:

Why?

How?

People/Surfaces

Do you think this journey was essential? **YES**

☐

NO

☐

TRIP 3

Journey to:

Why?

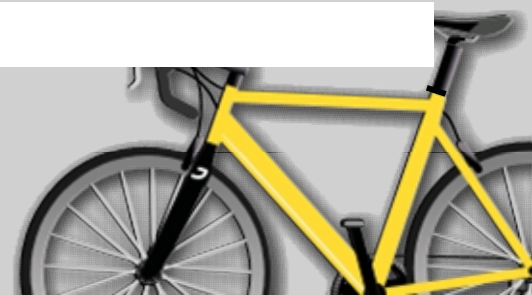
How?

People/Surfaces

Do you think this journey was essential? **YES**

☐

NO

☐

Now we're going to consider the consequences of experiencing a road related incident on such a journey. If you drop a pebble in water, it disturbs the surface of the water around it. This is called the ripple effect. Below is a diagram demonstrating the "ripple effect" of a road related incident. Read the scenario, study the diagram and write examples beneath of how those around the incident might be affected. Here are some things you need to know first:

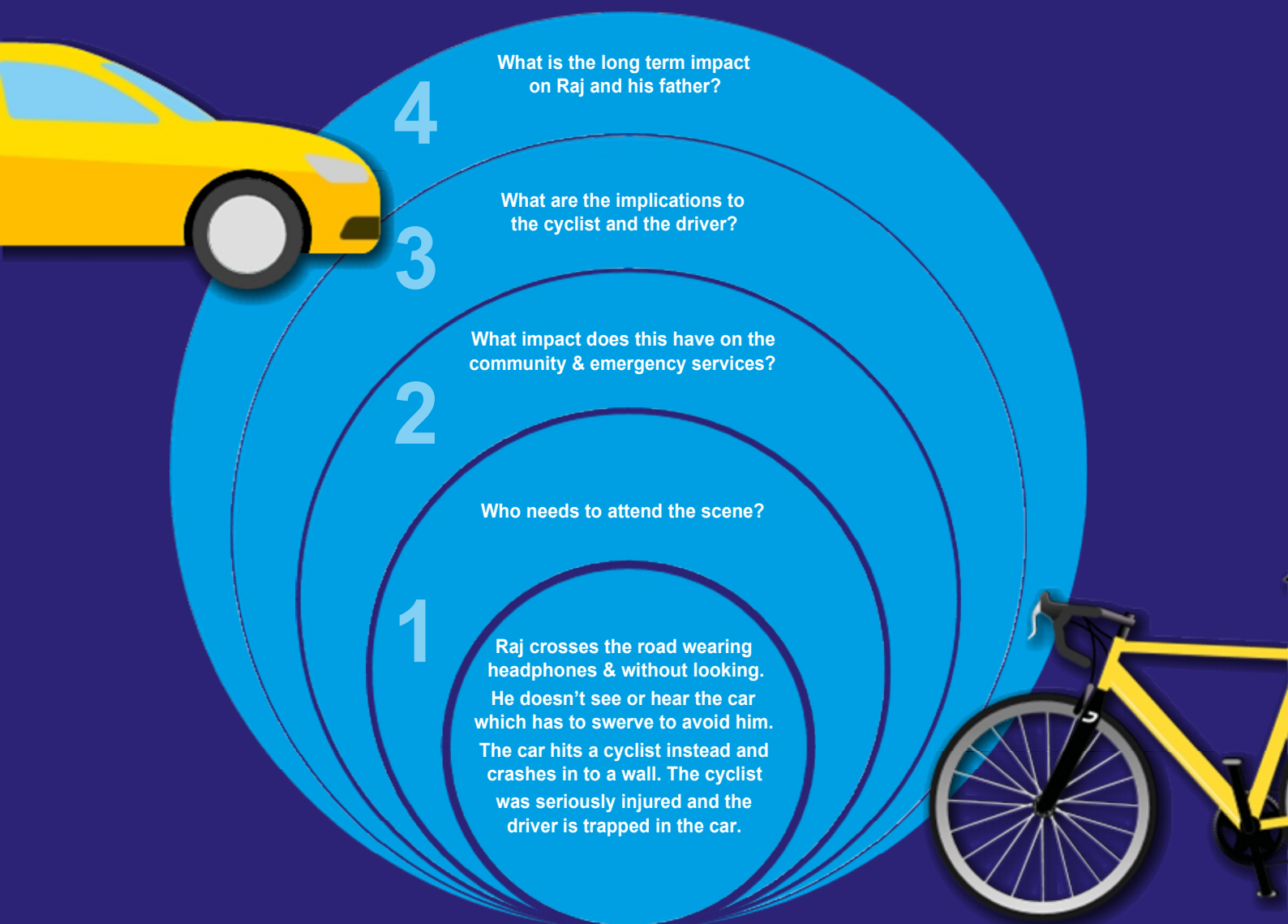
Raj is 14 and is the only carer for his disabled dad. He has just been to see his girlfriend who lives a few streets away. They talk daily but he just wanted to see her so he sat on the garden wall and they spoke through the window.

He makes the journey often as it's on the way to the supermarket where he shops for him and dad. He knows the roads well and they've been really quiet lately. He walks home talking to his girlfriend through his headphones.

The **driver** is a nurse at the nearest hospital. He is on his way home after a long shift.

He is exhausted and stressed but looking forward to getting home to see his family.

The **cyclist** was out for her daily exercise. She's only really been cycling since lockdown and hasn't got around to buying a helmet yet. She's started to feel a bit unwell with a cough, aches and pains.





COMPLETE

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1. Who needs to attend the scene?

2. What impact does this have on the community and emergency services?

3. What are the implications to the cyclist and the driver?

4. What is the long-term impact on Raj and his father?

Looking back at your last 3 journeys above, reconsider whether they were essential or whether they could have been avoided. Re-mark them with **YES** or **NO** if you've changed your mind.

What if a more serious incident occurred and that household member needed medical attention? What impact would that have at home and on our emergency services in the current climate?



TAKE A BREAK

Phew! We've touched upon some pretty serious stuff here so take a break. Perhaps offer to make everyone a hot drink, clear the kitchen sink or just give someone a hug. Doing something nice for someone will make them feel appreciated, will be a positive example to others in the house and make you feel great too!

Welcome Back

So far we've looked at what essential travel is and the impact a road collision can have on those involved, the emergency services and the wider community. Below is part of a road safety campaign by Road Safety GB and Think!



TAKE EXTRA CARE

#takeextracare

Road Safety GB



Like the NHS, Royal Berkshire Fire and Rescue Service are mindful of our resources and we want to make sure we can get to everyone when they need us. By travelling essentially and taking extra care when you are on the road, we are less likely to need to attend a road traffic collision.

This keeps us free for other emergencies which couldn't be avoided.

...and by keeping yourselves safe on our roads, you are working with us to help protect the NHS!

FACT

**ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE**

IS ONE

of the South East of England's home counties and was recognised by the Queen as Royal Berkshire in 1957 because of the presence of Windsor Castle.

WE HAVE
18
FIRE
STATIONS

&

ONLY
20
FIRE
ENGINES

WE LOOK AFTER
911 THOUSAND
RESIDENTS ACROSS OUR COUNTY



COMPLETE

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We know how hard (*and boring*) it is to stay home and only travel essentially. We're doing it ourselves and have been working from home! Hopefully though you can see how important it has been to do so. So as well as reducing the number of Road Traffic Collisions on our roads, how many other benefits of reduced travel can you think of?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Ask the people you live with what their thoughts are

Reflecting on the above, what small changes can you make when we recover from lockdown to continue some of these benefits?

- 1
- 2
- 3



SUBMIT

Choose one of the following assignments and **SUBMIT** it to your teacher at school:

- Design a poster explaining the importance of essential travel during lockdown.
- Create an infographic explaining the possible consequences of a road traffic collision during lockdown.
- Write a newspaper article explaining what essential travel is and why it is important during lockdown.



CHECK

CONGRATULATIONS!

You've completed the first module.
Let's see what you have learnt.

CLICK HERE to complete the quiz.

**Good luck & thank
you for helping us
all stay safe.**

**MODULE 1
COMPLETED**

