



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**



Contents

Module 1 ESSENTIAL TRAVEL

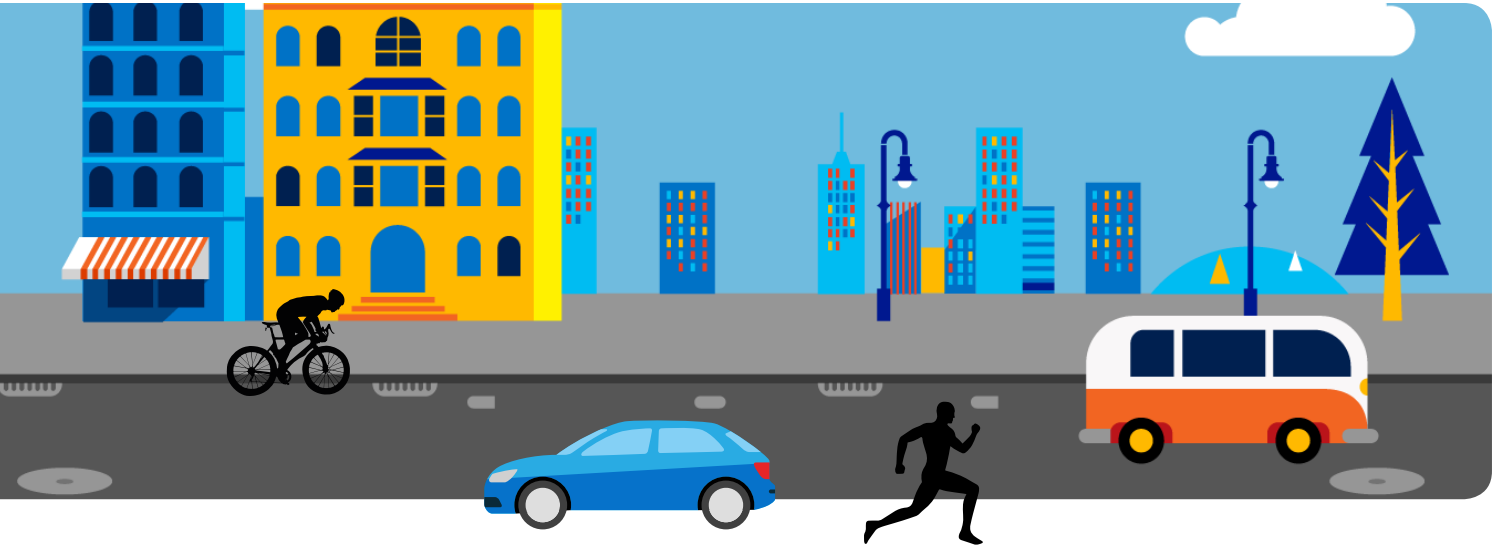
Module 2 DRIVERS

Module 3 PEDESTRIANS

Module 4 2 WHEELERS



WELCOME BACK TO MODULE 3



JUST A FEW REMINDERS BEFORE WE START

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

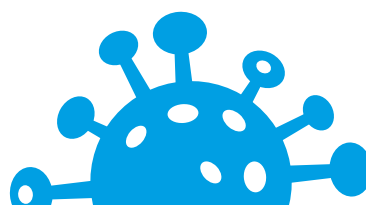
the work set to your teacher at school



CHECK

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

Due to the overwhelming success of our last module, we have changed how we process the quiz. **When you complete it, the suggested answers will come up for you to mark yourself.** Be honest and be kind to yourself. If you need some help, ask your teacher or the people you live with. Then take a screenshot with your answers and forward to your teacher or guardian.





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.

Please share what you're doing with us. Perhaps upload a picture of you doing the workbook, taking part in one of our break suggestions or show us your assignment.



/RoyalBerkshireFire/



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

REMEMBER TO LOOK AFTER YOURSELF! DON'T FORGET TO TALK TO YOUR TEACHER OR GUARDIAN IF YOU ARE AFFECTED BY ANYTHING WE COVER.

LET'S START OUR THIRD MODULE!

PEDESTRIANS

Whilst we're writing this module at the end of the April 2020, the UK is still in lockdown. Over the last two modules, we looked at the importance of essential travel, some of the challenges essential drivers may be facing and how we as young drivers or passengers can do our part. In this module, we're going to look at what issues some drivers and other road users can present to pedestrians like yourself and what you can do to keep yourself safe.

We know by now that there are only a few reasons anyone should be leaving their home at the moment. Here's a reminder of reasons we shouldn't:





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List 3 reasons why you personally might leave home at the moment.

That was nice and easy right!

The reality of staying at home and only travelling for essential reasons however is not so easy for a lot of people. The stress of being confined at home can cause conflict in the household. If this is happening where you live and you feel unsafe or if you're anxious for any reason at all please contact

childline



So when we are out and about, for a legitimate reason, we also need to practice **“social distancing”**. If you've been out to the shops lately, as well as the ridiculous queues, you will have noticed **MARKINGS ON THE FLOOR**.

Larger stores might have a one way system and smaller ones may only let one or two people in at a time. **We found this great infographic by Visual Capitalist to remind you why social distancing is so important.**

THE MATH BEHIND SOCIAL DISTANCING

Social distancing measures can play a critical role in controlling the spread of pandemics, but **only if carried out properly**.

WHAT IS IT?



WHAT CAN YOU DO?



Source: Government of Canada

Scientists measure the intensity of an infectious disease by its reproduction number (R_0).

R_0 : the average number of people a sick person will infect



For COVID-19, this has been estimated at 2.5

Source: ISGlobal

To illustrate the potential of social distancing, the following assumptions are made:



There is a direct linear correlation between social exposure and R_0



The median incubation period of COVID-19 is approximately five days—after this period, a person will experience symptoms and self quarantine

With these in mind, here's how distancing measures can control the spread of the disease:

REDUCING SOCIAL EXPOSURE BY 75%

DAY 1



1 Person

DAY 5



0.625 People INFECTED

DAY 30



2.5 People INFECTED

REDUCING SOCIAL EXPOSURE BY 50%

DAY 1



1 Person

DAY 5



1.25 People INFECTED

DAY 30



15 People INFECTED

NO SOCIAL DISTANCING MEASURES IN PLACE

DAY 1

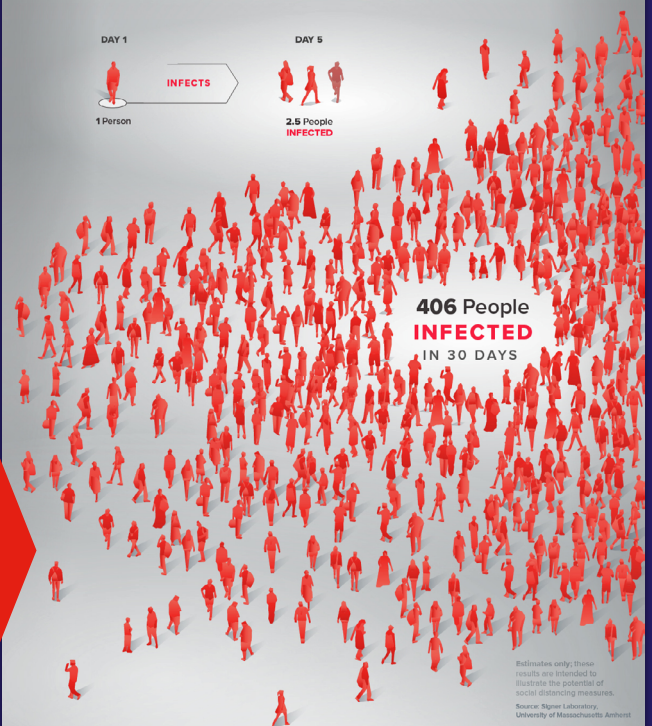


1 Person

DAY 5



2.5 People INFECTED



**406 People
INFECTED
IN 30 DAYS**

Estimates only; these results are intended to illustrate the potential of social distancing measures.
Source: Sigvar Laboratory, University of Massachusetts Amherst

As scientists and healthcare professionals rush to develop a vaccine for COVID-19, social distancing can be thought of as the first line of defense.

However, for these measures to be as effective as possible, it's important to remember that **we all have a part to play**.



AT THE END OF APRIL, THIS WAS THE GOVERNMENT MESSAGE:

So it looks like we need to get pretty good at staying 2 metres (or 6 ft) apart – and could do with developing it in to a habit. We saw in the last module how easily habits can form and that it just takes doing something regularly to change our behaviour. It's important however that we continue to practice the good habits we have adopted all our lives to keep us safe on the roads. **Let's see how easy it might be to make sure you keep 2 metres apart whilst staying safe on the street.**



COMPLETE

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You can think through this alone, **but it'll be more fun if you find someone you live with** to help you or perhaps make it a family activity.

Most pavements aren't very wide and on either side of it could be a road, a cycle path, a wall, or anything else stopping you from leaving the pathway to keep 2 metres apart as you pass a stranger. **Split in to two groups and stand at either end of a hallway or a room in your house.** Imagine you are on the pavement. On one side is the road and the other is a solid wall. Decide between you which side is which before you start. Now start walking towards each other and pretend you don't know each other.

You don't have enough space to pass each other without giving each other 2 metres. **What are you going to do? What do you say to each other?**

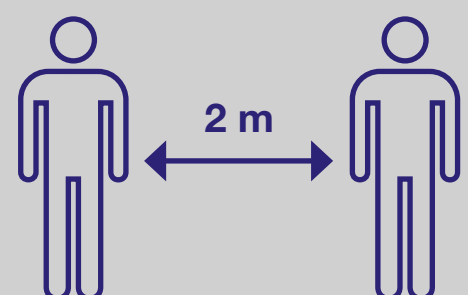
What happened?

Did one of you stop the other and say something? Did one of you cross the road? Did one of you step out into the road? Or did someone turn around and walk back to an area where you had more space to pass?

Social distancing means that we are having to cross the road more or even just step out into it to give each other room. Both of these things increase our chances of being harmed by a passing vehicle. **Remember**

how distracted drivers are and how we are seeing an increase in speed?

Remember this every time you leave the house and have to distance yourself from people you pass on to the pavement. Also think about how to communicate with people you don't know. How can you politely and respectfully ask someone to give you space? Talk some ideas through with the people you live with at home.

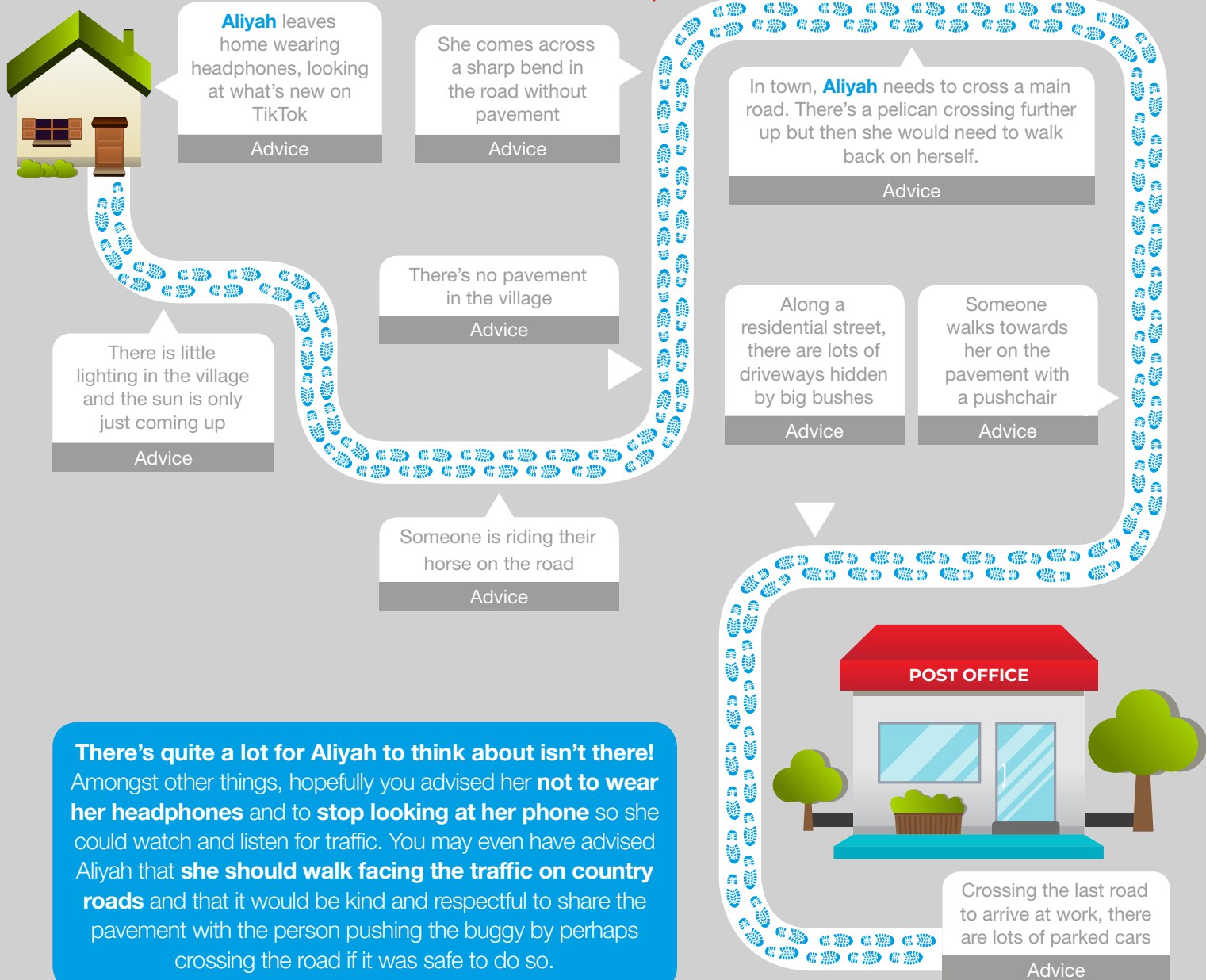


So we've looked at why social distancing is important and the challenges we face as pedestrians. Let's take a quick look at a few other things we need to remind ourselves of in these times. No doubt you'll remember "**Stop, Look Listen and Think**". A lot of road safety isn't rocket science, just a lot of common sense. Here a couple of reminders in a film you may not have seen yet:

Let's go back to Mike from the last module. Mike has a niece, Aliyah, who lives in a village on the outskirts of town. Aliyah is 18 years old, has a job as a parcel sorter at the Post Office in town and walks to work. Take a look at her journey below and make some notes of advice for her.



COMPLETE



There's quite a lot for Aliyah to think about isn't there! Amongst other things, hopefully you advised her **not to wear her headphones** and to **stop looking at her phone** so she could watch and listen for traffic. You may even have advised Aliyah that **she should walk facing the traffic on country roads** and that it would be kind and respectful to share the pavement with the person pushing the buggy by perhaps crossing the road if it was safe to do so.



TAKE A BREAK

Ok, we have something different for you to try. Go and grab a drink and perhaps a healthy snack like a piece of fruit. Then come and join us on this relaxing virtual walk in Denmark. **Turn the volume up, take some lovely deep breathes and enjoy!**

Welcome Back

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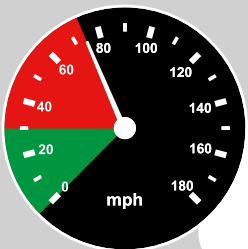
In our last module we learned that the behaviour of drivers has and continues to change. For whatever reasons, as a pedestrian, **TRAFFIC SHOULD NOT BE TRUSTED!**

Speed, Distraction and Fatigue have always been issues on our roads. ***"Fatigue is another way of describing extreme tiredness"***. With thoughtless speeding on quieter roads, the distraction of stress during Covid-19 and the fatigue of many delivery drivers and other key workers, **it's even more important we take extra care.**

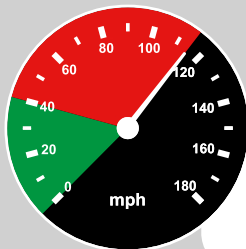
Just to reinforce our point about speed, check out this article by the [BBC](#). The article reports 7 people were killed in crashes in London between 20th March to 22nd April 2020.



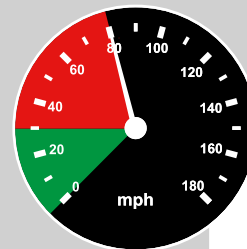
The following speeds were reported by various Police Forces around the country:



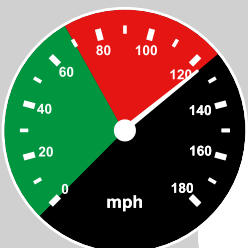
74mph in a
30mph limit



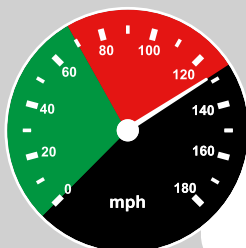
115mph on a
40mph road



80mph in
a 30mph
limit with **no
insurance** and
**no driving
licence**



122mph on
the M5



129mph on
the M62

Let's take a wider look now at how continued social distancing might generally affect how we use the roads?



COMPLETE

1. Tick all of the things you think might happen as we recover from lockdown
2. Against anything you ticked, can you think of any benefits to these possible changes?
3. If you think any of the possibilities are negative, can you think of any solutions?
Or is there anything else we need to consider for this possibility?

	What could happen?	Are there any benefits?	Are there any solutions or things to consider?
Eg. ✓	People might want to keep up their new cycling routine and ride to work.	People will get fitter so need the NHS less, reduction in CO ₂ emissions, cost savings for the cyclist.	Making our roads more cycle friendly, educating cyclists and vehicle users on sharing the road safely.
	People might be more reluctant to travel by public transport to avoid contact		
	More people might walk when making short journeys		
	More co-workers might share lifts to work		
	There might be more people using alternatives methods of transport		
	There might be more cars on the road because people don't feel safe on public transport		
	More people might walk or cycle to work where they used to take the bus		
	We may see an increase in mopeds on the road		

If you ticked all of the above, you're not wrong. The truth is we really don't know what will happen in the future and how Covid-19 will affect the use of our roads.



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For now, we need to continue to follow Government guidelines and not lose sight of the bigger picture. It's important we maintain our good habits to continue to keep ourselves safe, protect the NHS and other emergency services.

Last, but not least, please remember to look after your personal safety when you leave the house.

Social distancing might mean that more of us are travelling on foot alone,

leaving us more vulnerable to other crime. Try to take routes where more people are likely to be and avoid taking shortcuts which might take you *"off the beaten track"*. As always, tell someone you live with where you're going and how long you're likely to

be. If you have a mobile phone, take this with you for emergencies but keep it well hidden like any other valuables or money you might be carrying. *Are there any other tips you can think of to help keep yourself safe? Let us know on our social media links.*



SUBMIT

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

- Find 3 news articles of inappropriate road use in the UK since lockdown and write your own Government pedestrian safety message. This can be in the form of a news article or a poster like the *"Take Extra Care"* campaign.
- Design a game that teaches people about general road safety as a pedestrian.
- Draw a map or use Google Maps to plot a walk you used to do regularly. Picture the route and make notes of anything you will change following this workbook. Think about social distancing.



CHECK

We'd love to see these assignments too so please share on our social media if you're happy to.



/RoyalBerkshireFire/



/RoyalBerksFRS



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CONGRATULATIONS!

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

to complete the quiz.

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

**MODULE 3
COMPLETED**

