



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

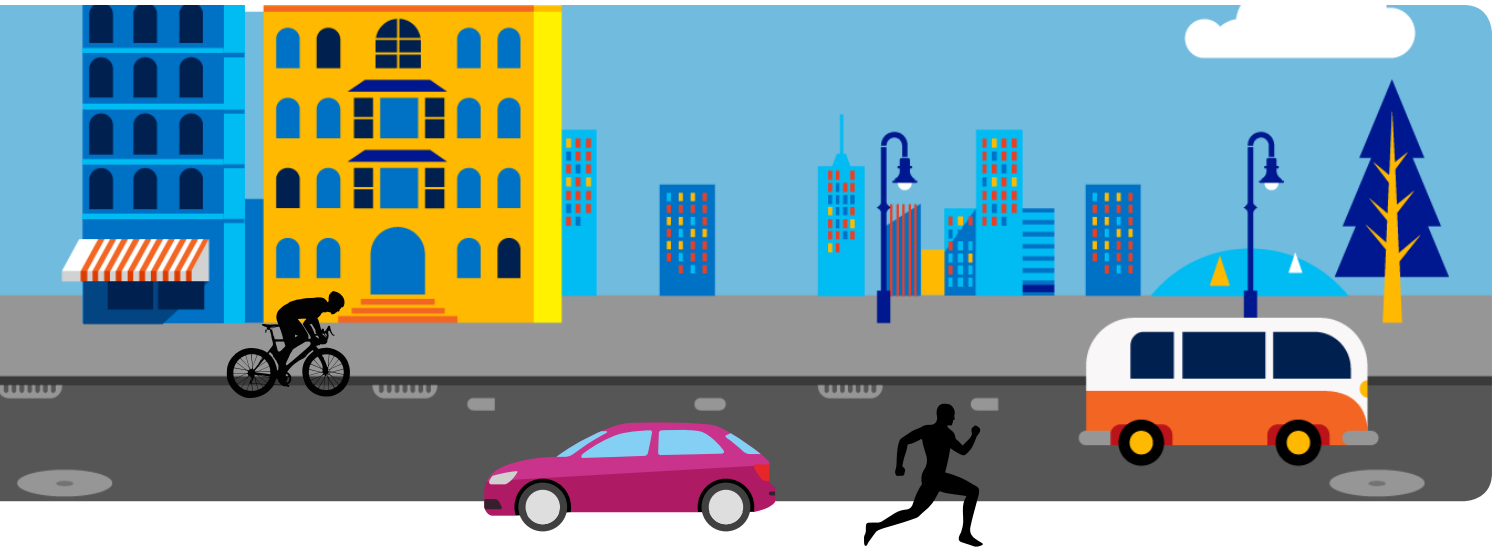


Contents

Module 1	ESSENTIAL TRAVEL
Module 2	DRIVERS
Module 3	PEDESTRIANS
Module 4	2 WHEELERS



WELCOME BACK TO MODULE 4



AS A FINAL REMINDER

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

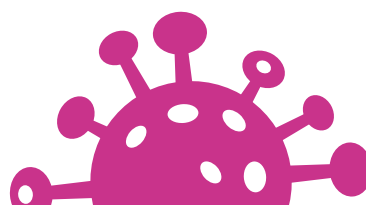
the work set to your teacher at school



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/



@RBFRSofficial



/RoyalBerksFRS



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 FINAL MODULE!

2 WHEELERS

It's the beginning of May and we are eagerly awaiting the next Government message and whether it will include news of how lockdown restrictions will be lifted. By the time you read this, we will certainly have more information.

Another thing that's certain is that all our lives have changed and with it, the use of our roads. At the time of writing, we have all been staying at home for 6 weeks. If someone had told you that on 23rd March 2020, our Government would announce lockdown and you wouldn't be allowed to go to school, to work, or to see your friends for 6 weeks... would you have believed them? YOU are currently witnessing history in the making. In the same way you have or will study WWI and WWII, generations to come will look back on when the world stood still:



Let us know on Social Media

how you celebrated the

75th ANNIVERSARY of VE DAY



/RoyalBerkshireFire/



/RoyalBerksFRS



@RBFSoofficial

SO WHAT HAPPENS NEXT? Our Government has stated that in order to recover from lockdown:

1

The NHS must have sufficient capacity to provide critical care and specialist treatment across the UK.

2

There must be a sustained and consistent fall in daily deaths from Coronavirus.

3

There must be reliable data to show that the rate of infection is decreasing to manageable levels across the board.

4

Operational challenges including testing and PPE must be in hand with supply able to meet future demand.

5

We must be confident that any adjustments to the current measures will not risk a second peak of infections that overwhelms the NHS.

Here's the original message
from our Prime Minister:

Throughout the workbook we've encouraged you to look after your mental health. This is because how you feel, affects everything you do. If you don't feel happy or safe, you are less likely to pay attention to the physical things you do daily to keep yourself safe (*like using the road*). **Please remember though that if you are struggling for any reason at all, Childline are always available for you to talk to.** Quite often we think we're alone and at times like this, we can feel even more isolated. If you're not ready to talk to anyone, **check out their YouTube channel.** They have some great short films on lots of different challenges:



So we've already considered some of the psychological effects, like stress, that recent events might have had on drivers. These events will have affected us all and throughout all aspects of our lives... and most aspects of our lives involve us travelling somewhere.

Remember we looked at how and why habits form? One thing a lot of us have been doing more of lately is taking more exercise. Perhaps this is because it has been one of the reasons we have been permitted to leave home. Many of us have been taking to the road on our bicycles but most of what we look at will apply to all forms of 2 wheelers including mopeds and motorbikes. Some of it will also extend to other non-motorised methods of getting about including skateboards and scooters.

ON YOUR BIKES...



The first thing we need to consider before we get on our bikes is whether or not it is fit for the journey.

Take a look at this great little film by Sustrans on the "M" check:

It really doesn't matter how much protection we're wearing or how safely we navigate the roads if our brakes fail or the wheel falls off. So take some time to do some checks before you leave.

...GET SET...

Next we need to make sure we're wearing the correct **PERSONAL PROTECTIVE EQUIPMENT (or PPE)**.

We're hearing the term a lot in the news at the moment in reference to the correct equipment healthcare professionals need to guard themselves against Coronavirus. The term PPE is generally used however for any equipment that reduces the risk of harm or injury. As you can imagine, our operational firefighters wear all sorts of PPE to keep them safe at work. Let's take a quick look *(just for fun...see page 7)*



**ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE**

Here our firefighter is wearing **steel toe cap boots** ① to protect their feet, **leggings** ②, **tunic** ③ and **gloves** ④ to protect against heat and a **helmet with a visor** ⑤ to protect their head and eyes. The tunic and leggings have **reflective strips** ⑥ so they can be seen in low visibility like a smoky room. The firefighter is also wearing **breathing apparatus** ⑦ in the picture to help them breathe in a smoky atmosphere.

The PPE is quite heavy and can feel restrictive but it's vital to keep them safe. The same applies to keeping yourself safe on the roads. You can be seriously injured if you just fall from your bike and hit your head. Imagine how much more severe your injuries will be if you hit your head at speed having been thrown off your bike by a car.

The following is a recent article of someone who was sadly found deceased after riding his bike:

It's not clear whether the cyclist was wearing any protective gear but let's assume they were. It appears that no other vehicles were involved which demonstrates further just how vulnerable we are on the road.





COMPLETE

ROYAL BERKSHIRE FIRE AND RESCUE SERVICE

We found so many incidents involving cyclists across the UK since lockdown on 23rd March 2020. How many can you find? Copy and paste the URL links here:

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

Remember our cyclist who was seriously injured in the first module? Imagine we could go back and give her some advice before she set out on her journey. Take a look at the wheel and give her some pointers below.

1

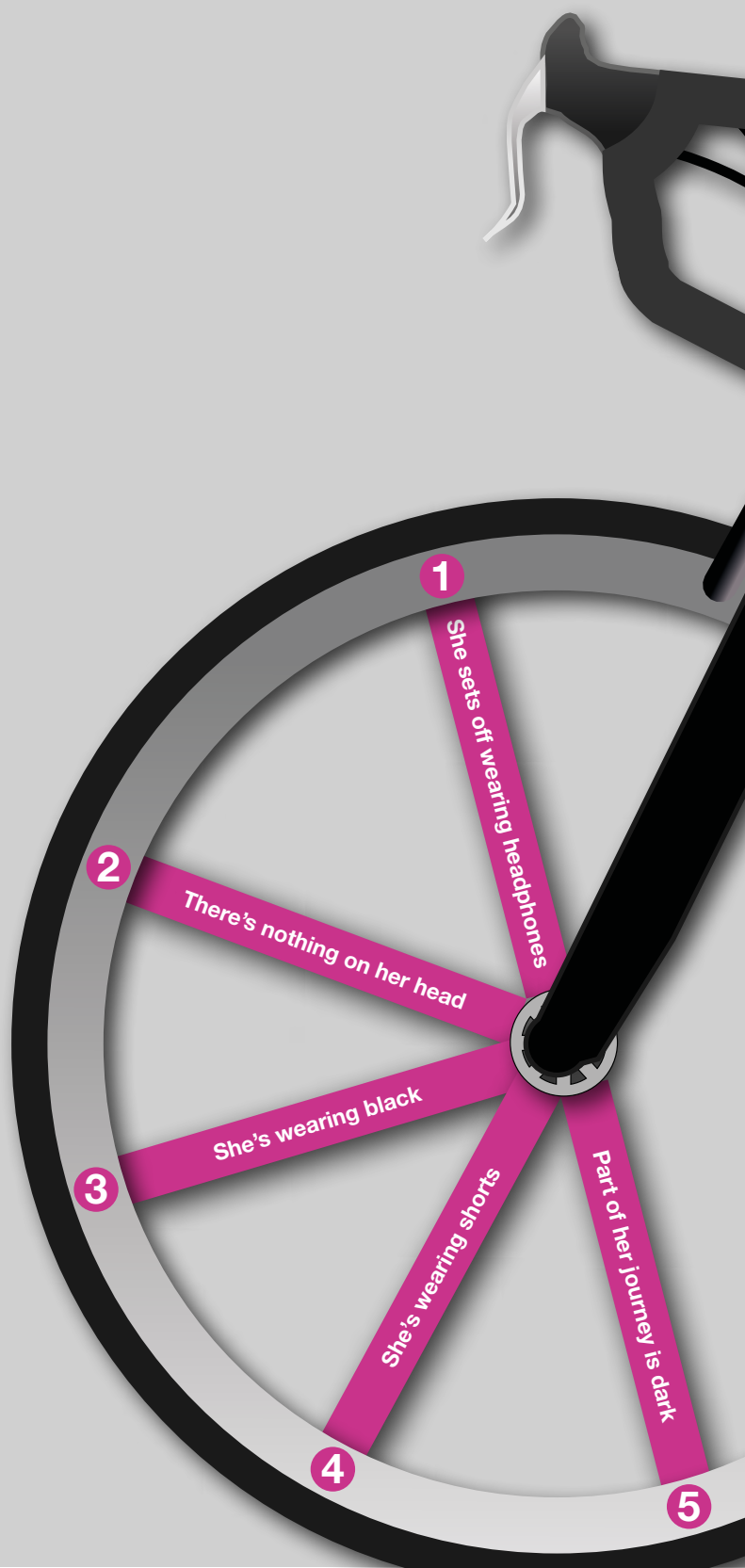
2

3

4

5

The most important piece of advice you could give a cyclist is to wear a helmet. It could literally save their life should they fall or be thrown from their bike. It's also important they are as visible as possible when they're on the road and that they can hear the traffic around them. Covering up all over helps to protect the skin if they do come off their bike. One of the best things you can do is **lead by example**. Try and think of some funny responses to anyone who might comment on you wearing a helmet.





...GO!

There's lots of fantastic advice out there on how to use the roads. Our friends at Bikeability have the following advice whilst cycling on our roads in the current climate.

Please remember that whilst the roads still seem a lot quieter than we're used to, we are still seeing a number of vehicles travelling at high speeds. The number of new cyclists taking to the road has been awesome for so many reasons but drivers are not necessarily used to this and may not be looking out for you... and unfortunately some drivers are just impatient and get frustrated with cyclists. Like we said in the last module, **traffic should not be trusted**.

It's really important therefore that we do everything we can to stay vigilant, make sure we are seen and communicate as much as possible what we are doing. **Remember we don't have brake lights or indicators like we have on a moped or motorbike!**



TAKE A BREAK

If you can, offer someone in the house a great big hug! Lots of people are on their own right now and haven't been in contact with anyone for about 6 weeks. **If you're lucky enough to be able to show someone how much they mean to you, there's no time like the present.** As you're up and away from your PC, grab a drink. Whilst you're in the kitchen, find one of your favourite tracks, crank it up and dance your socks off. **See if you can get anyone else to join you.**



Welcome Back

We've covered so much information over these modules and a lot of it applies to 2 wheelers. Remember how social distancing affects us as pedestrians?

Have a look at the list below and tick which things you do or would do if you were riding a bike. If there are things that make sense but you hadn't even thought of, tick that box instead:

	Do this or would do	Hadn't thought of that
Ride at least 1 metre from the curb to avoid gutters		
Give priority to pedestrians on shared lanes* and allow 2 metres for social distancing		
Allow 2 metres to pass other road users not in a vehicle		
Watch for doors opening on parked vehicles		
Never undertake large vehicles in a stationary queue		
Stay aware of ' <i>blind spots</i> '*** around large vehicles		
Look out for people stepping out in the road to allow other pedestrians 2 metres for social distancing		
Always use cycle lanes where possible		
Look out for wild animals exploring our quieter roads		
Look out for other users of shared cycle lanes like dog walkers and runners and allow them 2 metres for social distancing		
Watch out for vehicles coming out of driveways		
Signal with your arms when turning		
Make eye contact with other road users to make sure you've been seen		
Look behind you when changing position on the road		
Never cycle under the influence of drink or drugs		
Allow more than 2 metres cycling behind someone from another household because of the slipstream***		
Look out for the condition of the road like slippery surfaces or potholes which might make you lose control of the bike		

*Shared lanes are much busier with cyclists, pedestrians, runners, dog walkers etc. Remember it's a shared right of way, keep your 2 metre distance and respect other people's rights to use the space.

**Blind spots are areas around a vehicle that cannot be seen by the driver. If you're waiting or cycling in one, the driver won't be able to see you. Around lorries, the blind spots are directly in front of the cab, along both sides and at the rear.

***The slipstream is the current of air driven back by the cyclist in front. There's more information on appropriate distances here:

If you'd like more practical help with staying safe on the road as a cyclist, look for local groups when lockdown restrictions have been lifted. Bikeability might have something local to you.

If you're a driver yourself, remember to overtake 2 wheelers in the same way you would another vehicle. Legally, you are required to pass a cyclist with at least 1.5 metres. If a cyclist falls, you must leave enough space so that they do not fall under your moving vehicle. Always look for cyclists and check your mirrors regularly.

With **powered 2 wheelers** like mopeds and motorbikes, our main message is to make sure you wear the correct PPE. Even when the weather starts too get warmer, please make sure you're wearing protective clothing. It's far better to feel a bit too warm, rather than lose some of your skin or worse!

As above, look out for other road users and don't trust traffic. Communicate clearly by using your indicators and make sure you're doing everything possible to be seen. Incidentally, it has been argued that the colour pink is one of the most conspicuous colours you can wear.



Finally, don't forget to lock up your pride and joy. We looked at personal safety in the last module. Invest a little more in securing your bike, moped or motorcycle – sadly there are plenty of people who will take advantage of taking something that isn't theirs. Don't make it easy for them.

We want to leave you with this final thought. There have been a number of advantages to walking and cycling more, including the environmental benefits to the world we live in and our health. Staying healthy helps to protect our NHS – as long as we stay safe whilst we're out! Here's how else the world has been changing in recent times:



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

- Just like the vehicle checklist we did in module 2, create checklists for any cyclists, moped riders and bikers you might have in your household.
- Design your own PPE. If you could make your own safety equipment for your bicycle, moped or motorbike, what would it look like? How could you make this more appealing to make sure your loved ones are protected?
- 3. Design a lesson to teach young people like yourself to stay safe on their 2 wheelers. This could be in the form of a short film or a written exercise like this.



CONGRATULATIONS!

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

to complete the quiz.

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

.....
: **MODULE 4**
: **COMPLETED**
.....



**WELL DONE GUYS! FINAL MODULE COMPLETE.
Please visit our website for details on
how to claim your completion certificate.**