

# Junior Road Safety Ambassadors

## Summer Term Suggested Activities

### 1) Helmet Safety

Assembly lead by staff member and JRSA's (Based on Maisie's video below)

Have a bicycle helmet to help demonstrate.

Helmets -ask the children:

Why do we use helmets?

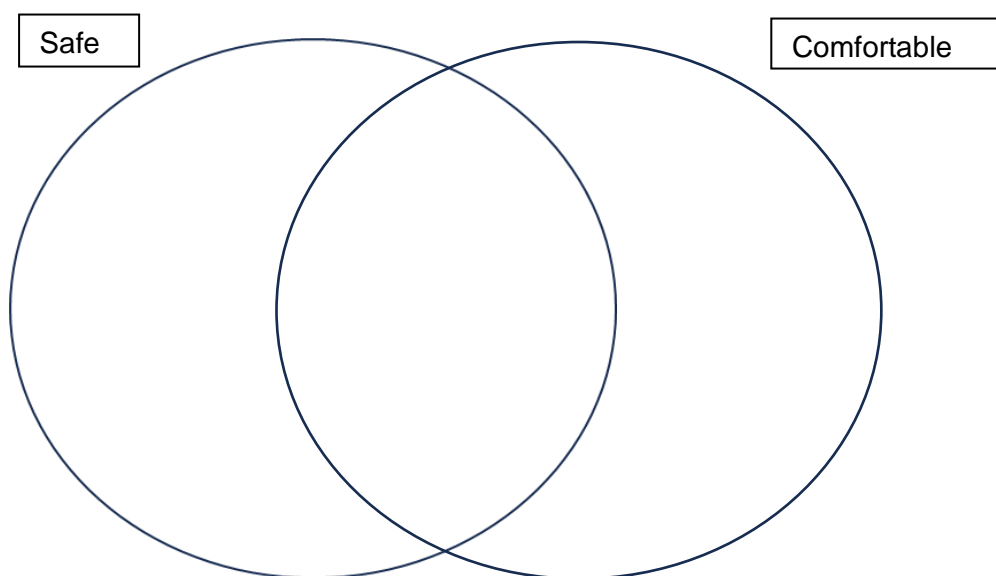
[Use Maisie's story to illustrate](#)

When cycling, what features do they believe a cycling helmet needs to have to be safe and comfortable? Show several examples of and suggest silly ideas why one may be the best e.g it's red, it has go-fast stripes on etc.

Make a list of their suggestions and ask them to rank them by importance.

Discuss how these two features (safe & comfortable) may interact with each other, e.g. how helmets often need to have holes in them to allow ventilation for the head but still protect the head.

Illustrate the scribed examples using the helmets. Use a Venn diagram below to sort.



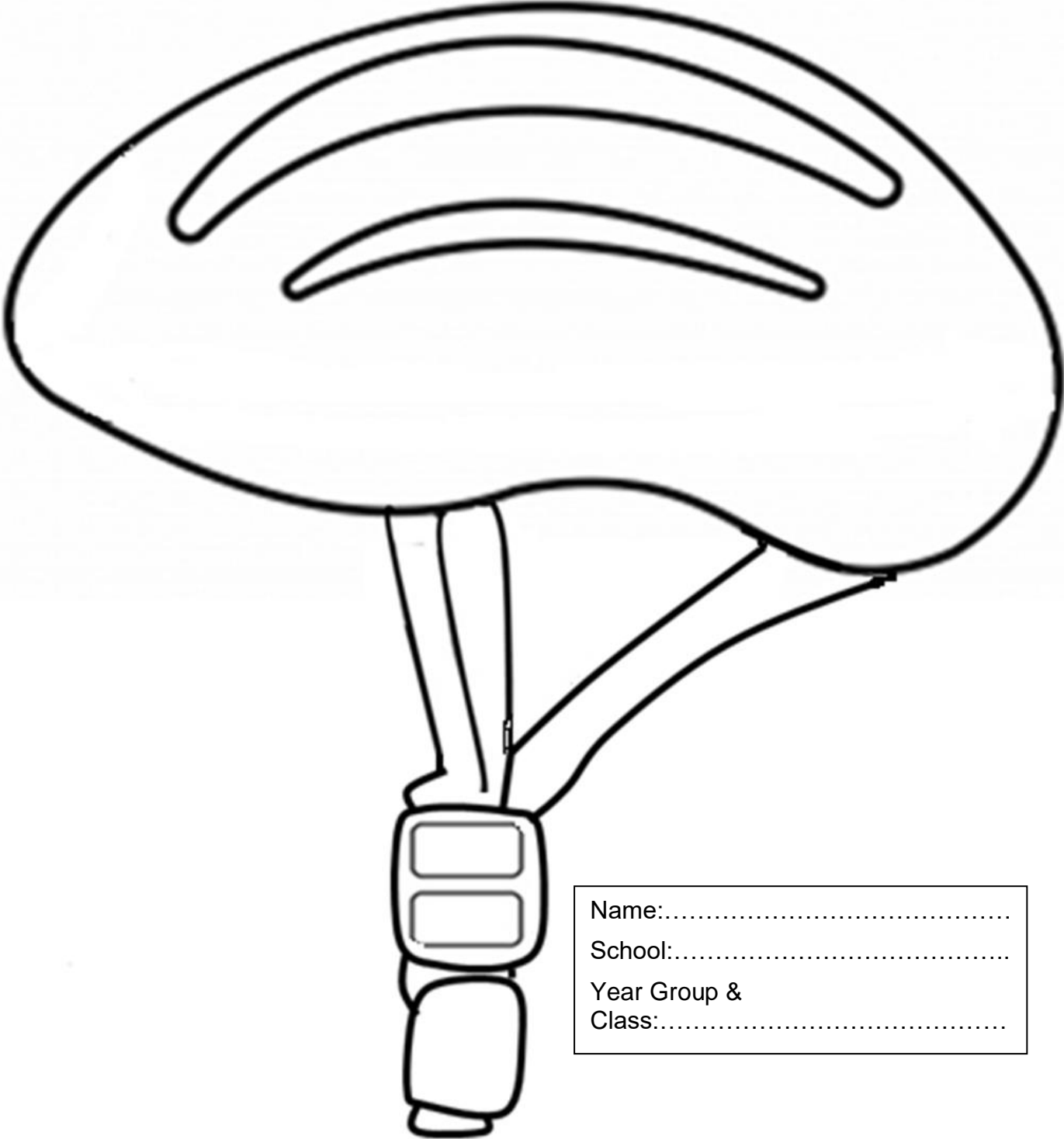
Explain to the children that they can design a new cycling helmet using their favourite colours, to be as bold and bright as possible. They can also add any extra features they think might make the helmet safer.

These designs could be entered into a school competition.

The road safety team may be able to help with prizes for the creators of the **boldest, brightest but also the safest designs.**



*Design a new cycle helmet using your favourite colours, to be as bold and bright as possible. Add extra features that you think would make it safer. Remember it needs to protect your head and make sure that you are seen.*



Name:.....
School:.....
Year Group & Class:.....



## 2) Safer Cycling

Assembly lead by staff member and JRSA's

Have a bicycle to help demonstrate.

Ask the children:

How can we prepare to ride a bike?

Take suggestions and have JRSA scribe, then tick off from the following list

- Choose the right size bike –When it is the right size the balls of your feet should touch the ground.
- Check your lights work – remember you need the white one at the front and the red one at the back. And don't forget your red reflector – it needs to be at the back of your bike.
- Make sure your brakes work and check your tyres for punctures





(Link to Passport to safer Cycling booklet p4 & p5 available from road safety team)

Wear the right stuff

- Cycle helmets come in all kinds of cool colours
- Wear sensible stuff so you don't get hurt if you end up on the floor – jeans or cargo pants look great and are great protection for your legs. Wear long sleeved tops to protect your arms.
- Stick your high-visibility top on over your clothes
- Wear reflective clothing or bands at night.

(Link to Passport to Safer Cycling booklet p6 & p7 available from road safety team)

Know your signs

			
Cycle route ahead	Route to be used by pedal cycles only	Recommended route for pedal cycles	Shared pedal cycle and pedestrian route



What NOT to do

- Listen to music.
- Use a mobile phone.
- Lead an animal.
- Carry a passenger.
- Carry things in your hands or on your handlebars. If you need to carry stuff use bike bags or panniers.

JRSAs ask pupils:

to design an infographic that is a safer cycling checklist to share on the school website.

(The one from the **Dept of Transport** 'Tales of the Road' below could be used as an example.)

Or

a short self-filmed video of a checklist being done with their bike



# CYCLING

## Your bike – check it out

Make sure your cycle is safe to ride – your brakes and tyres should be working well. Make sure your front and back lights work well, and your back **reflector** is clean.



When you have to carry anything on your cycle, use a **bike bag** or **basket**. Make sure that you don't wear any loose clothing so that nothing can get caught in the chain or wheels.



## Before you set off

Always wear a **cycle helmet** that is the correct size and securely fastened – it will help to protect your head if you fall off.

Help other road users to see you. Wear **light coloured or fluorescent** clothing in daylight and at dusk, and something **reflective** at night.

Do not ride a bike that is too big or small as it can affect your balance.

## Cycling in the dark

Wear reflective clothing and/or accessories (belt, arm or anklebands) or a backpack in the dark.

**You must not cycle at night without a white front light, a red back light and a red reflector at the back,** so make sure they are clean and working.

Remember that if you have a dynamo on your bike your lights can go out when you stop.



15



## Organising a competition

1. **Choose a Theme or Type of Competition:** Decide what kind of competition it will be. It could be designing a piece of artwork for a banner, a quiz, a poster or even writing some instructions.
2. **Set Clear Rules and Guidelines:** Make sure everyone knows the rules. This includes how to enter, what the judging criteria are, and any deadlines.
3. **Gather a Team:** It's always easier and more fun to work with friends. Assign different roles like marketing, judging, and organizing materials.
4. **Find a Venue:** Depending on the type of competition, you might need a space to hold it. This could be a school hall, a classroom or even a playground.
5. **Promote the Event:** Use posters, school's social media, and word of mouth to let people know about the competition. The more participants, the better!
6. **Prepare Prizes:** Everyone loves winning something. Prizes don't have to be expensive; they can be certificates, small trophies, or even homemade medals. Ask the Road safety Officers about these.
7. **Plan the Schedule:** Make a timeline for the event day. Include time for registration, the competition itself, and the awarding of prizes.
8. **Select the judges:** these could be teachers or school staff or even governors.
9. **Practice Good Sportsmanship:** Remind everyone that the goal is to have fun and learn something new. Encourage participants to support each other and be gracious whether they win or lose.
10. **Have Fun!:** The most important part is to enjoy the process. Organizing a competition is a great way to develop leadership and teamwork skills.

