

Travelwise  
School



Rural School

# Toolbox



# Introduction to Rural Schools Programme

Travelwise is an innovative schools-based programme that aims to; increase sustainable transport to and from school and improve road safety around schools. Rural Schools face unique Road Safety issues that are different from those Schools based in urban areas of Auckland. The Rural Schools programme aims to address these issues.

## Role of Student Group



As Travelwise Leaders you will:

- Organise and run road safety promotions
- Meet regularly with your fellow Travelwise leaders and school Lead Teacher to achieve your goals.
- Promote Travelwise vision to your peers and community
- Inspire fellow students through positive peer pressure and role modelling
- Participate in Auckland Transport sponsored events, competitions and promotions

## Action Plan for Student Group



**Recruit New Members:** Put out a notice, collect applications or hold a Travelwise Leaders open evening to encourage your peers to get involved with Travelwise.



**Determine your Direction:** Travelwise covers a lot of information over a wide range of transportation. Do some surveys, investigations and observations of your school community and decide what you'd like to focus on for road safety for the year – remember to look at what the team did last year.



**Plan:** Set some goals for what you'd like to achieve this year. Keep them manageable and measurable. You may want to use our Travelwise Action Planner (available on our website) to help you out. Use the Quick Fire Ideas in this booklet to give you some ideas for where to start.



**Take Action:** Put your plan into action. Don't be afraid to ask for help from your teachers, school, parents, peers, Auckland Transport, NZ Police, SADD, Attitude or other organisations and people to achieve your goals.



**Evaluate your efforts:** How did it go? Don't be discouraged if you didn't get the results you expected. Leave good notes for the team next year and they can expand on what you started.

## Help! I'm stuck....

Visit our website at [www.AT.govt.nz/Travelwise](http://www.AT.govt.nz/Travelwise) for ideas, help and inspiration. If you'd like assistance or resources from Auckland Transport, email your Community Transport Co-ordinator (CTC) or [Travelwise@aucklandtransport.govt.nz](mailto:Travelwise@aucklandtransport.govt.nz)

# Bus Safety Awareness



This programme is to raise awareness of potential inherent risks associated with bus travel and rural walking and disseminate strategies around the possible risks. Students will be given the opportunity to practise the lessons around bus safety on a bus excursion with the driver of the bus reinforcing the safety messages from the classroom activity.

The programme aims to reinforce positive behaviours when using bus transport and increase confidence to ride the bus safely and reinforce expectations around attitude and personal responsibilities.

The culmination of the activities on the day hope to contribute to the drive to create 'Safer Journeys' for young people using the roads in rural Auckland.

## Some Key elements covered in the Bus Safety programme:

- Wait well back from the road when waiting for a bus
- Get on the bus in single file. Smaller children first
- Bags held in front to prevent getting caught on anything
- Listen to bus monitors and bus driver
- Wait until the bus has passed 2 power poles before crossing the road safely.

## Quick Fire Ideas:



**Bus Monitors:** Elect some Senior students that will be travelling on the buses to be monitors. Get them together as a team and draw up a schedule so that morning and afternoon buses have a monitor on duty.

**SCO/Local Constable:** Invite your local SCO or Constable to come and visit the school and talk about bus and road safety to the students. They could explain to the students the speed limit past stationary buses is 20km. Students could then take information home and possibly even start a campaign in the school to spread the message.



**Bus Pledge:** NZTA has a bus pledge on their website which schools use to enforce appropriate behaviour on school buses. They also have a 'Safe Traveling in cars and buses brochure.

[www.nzta.govt.nz/safety/safety-for-children/bus-safety/](http://www.nzta.govt.nz/safety/safety-for-children/bus-safety/)

## Rural Road Walking and Cycling

Our Bus Safety Awareness Programme does discuss rural walking and cycling. It is extremely important that students are made aware of the dangers of high speed traffic and how to keep themselves safe when walking to and from bus stops or riding bikes on rural roads.

### Walking on Rural Roads:

Our programme teaches children to be safe while walking on rural roads.

- Walk facing oncoming traffic
- Keep as far off the road as possible
- Walk in single file
- Listen carefully for vehicles
- Watch for driveways and vehicles coming out of them.



[AT.govt.nz/Travelwise](http://AT.govt.nz/Travelwise)

[nzta.govt.nz/safety/safety-for-children/kia-crossings/](http://nzta.govt.nz/safety/safety-for-children/kia-crossings/)

**Park and Walk:** Encourage parents/students to park at a designated parking area and encourage students to walk to school safely from that location. It reduces the congestion at the school gate and the students are involved in implementing better road safety practices.

**Walking School Bus:** If it is possible and there are walking facilities there are some wonderful benefits to children joining a Walking School Bus.

**Zebra and Kea Crossing promotions:** If your school does have a Zebra or Kea Crossing you could run a promotion using our resource kits.

**Be Safe, Be Seen:** Get the students to run a competition to write a slogan on High Vis vests and the winning one is published on to a sign or have a 'Be Bright Be Seen' mufti day.

Look out for our new rural videos on 'Rural Walking' and 'Bus Safety' coming soon to our website in July 2016 at [AT.govt.nz/travelwise](http://AT.govt.nz/travelwise)

### Quick Fire Ideas:

**Time Zone Maps:** Students measure how long it takes to walk, cycle or scooter in 5, 10 and 15 minutes. With the help from your CTC Auckland Transport can create a Time Zone Map of your school that illustrates the students findings. At a glance it is a wonderful reference for encouraging Walking and Cycling to school with accurate time zones.

**Scooter Skills:** Book in the Scooter Kit to run lessons on scooter skills. The

Kit includes, cones, Adult Scooter, helmet, sneaky driveway mats, zebra crossing mats and lesson plans.

**Bike Safe:** Auckland Transport funds free cycle training for students Years 5, 6, 7 & 8. This wonderful training includes both theory and practical sessions. This wonderful training includes both theory and practical sessions.

**Safe walk to School maps:** Create a map of safe ways to walk to school



## Students, Parents and Communities

We have many different campaigns which you could run in your schools to promote road safety to your students, parents and communities.

### Back to School

This campaign runs at the beginning of every school term for a couple of weeks to let the motorists know that school is back and there are students in and around the school area again. There is a kit you could borrow to run the campaign, it has a large 5 metre Back to School sign to hang on your front fence, as well as large placards which have the messages 'Slow Down for me, Look out for kids, and Keep me Safe'.

### SDAS – Slow Down Around Schools

This campaign is run with the help of the NZ Police. Students collect speeds of the motorists travelling along the road where the school is located using a hand held speed gun. If the location allows, the students deliver a short speech to drivers. The data collected can then be used in the school for use in Mathematics for analysis, also the data can be made in flyers, put into the school newsletter, on the school website and shared with the parent community.

Other campaigns which could work in specific locations:

- 'Love being a Local' campaign
- 'Slow Down for Me' campaign





## Bikes in Rural Schools

A wonderful initiative that works with schools to build bike tracks in the school grounds.

These are a wonderful way to encourage the use of bikes and schools to encourage safe bike practices.

**Other activities:** Wheels Days, QR code activities, Planning for Real, Funky Feet Friday Walking Days, Pimp my Ride Competitions... your imagination is the limit.

Bike Tracks - ask your CTC about putting a bike track at your School through 'Bike on'.

Check out our Website for more ideas: [www.AT.govt.nz/Travelwise](http://www.AT.govt.nz/Travelwise)

**safekids** Prevention

### Preventing Child Passenger Injuries: How does a Booster Seat Work?

An adult seat belt may not protect a child properly until they're 148cm tall. So be on the safe side and keep primary school-age kids in a booster seat until they are 148cm tall.

- 100% Restraint child higher than the car seat
- 100% Safety belt fits properly across shoulder and breast bone
- 100% Lap belt correctly positioned across top of legs

**It's safer to wait till you're 14.8.**

**CRASH FORCES: WITH BOOSTER SEAT**

**CRASH FORCES: WITHOUT BOOSTER SEAT**

Credit: Seat information from the Children's Hospital of Philadelphia Website: <http://www.chop.edu/010107>

**HALF OF ALL NEW ZEALAND CHILDREN STILL NEED TO USE A BOOSTER SEAT AT 10 YEARS OF AGE**

- All 5 year olds require a booster seat
- 95% of 6 to 8 year olds require a booster seat
- 50% of 9 and 10 year olds require a booster seat
- 10% of 11 and 12 year olds require a booster seat

**Remember, it's about height not age: children must use an appropriate child restraint until they are 148cm tall.**

**THE INJURIES THAT CAN BE CAUSED BY USING AN ADULT SEATBELT TOO SOON**

- Severe Head Injuries
- Spinal Injuries
- Internal Organ, Limb, Chest and Splenic Damage
- Fractures

## Child Restraints

Auckland Transport are passionate about promoting the safe and appropriate use of Child Restraints. We have trained staff that can come and help you with your campaigns. There are lots different ways to help you promote and encourage your students and wider community to use correct Child Restraints. Some ideas are:

**Child Restraint Campaigns** – Organise a time for parents to get the Child Restraints checked before or after school.

**Child Restraint Checking Clinics** – work with Plunket/Police and Auckland Transport to organise a community event – you could use it as a fundraising event for the school.

**'Booster Rooster' Activity** – run a measuring clinic with your students.

Other resources: [www.safekids.co.nz](http://www.safekids.co.nz)



## Car Seat Checking

### Would you like your school community's car seats checked?

Auckland Transport offers a free car seat checking service to school to:

- ✓ Check restraints are the correct type for children's age/size
- ✓ Check that children are correctly restrained
- ✓ Check seats are legal for use in NZ
- ✓ Provide information and advice to parents and caregivers

## Child Bike Injuries in NZ

### The Numbers

**30**

children are killed or hospitalised with serious injuries every year.

**50%**

in more than half of quad bike injury cases, a child was the driver.

**16yo**

Manufacturer recommendations prohibit the use of adult size quad bikes for under 16 year olds.

## Farm Safety

Farms are unique environments where families work, live and play. Because of this, it raises unique challenges that other families or business operators don't have to consider.

Quad Bike injuries are one of the main injury issues faced by rural kids.

Quad bikes of all sizes are powerful, heavy machines with a high centre of gravity. Children do not have the body size, weight, perception and coordination skills to actively ride these large machines.



**Notes**

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# Travelwise School



For more information visit [www.AT.govt.nz/Travelwise](http://www.AT.govt.nz/Travelwise)