



Údarás Um Shábháilteacht Ar Bhóithre
Road Safety Authority

5th Edition September 2015

Educational news

Road safety education materials available to all



Road safety awareness programmes for older people
Safegrads third level road safety guidelines
Transition year road safety programmes
Be Safe! for children aged 5-12
Simon and Friends for children under 5

**Request
a visit**

from the RSA's
Road Safety
Promotion
Officers

Road Safety competitions. Win prizes for your school.

CONTENTS

Road Safety Education Service

Road Safety Education Service.....	3
Mid-term and Summer camps.....	3

Pre-school

Simon and Friends.....	4
Beep Beep Day.....	4

Primary School

Seatbelt Sheriff.....	5
Hi-Glo Silver.....	5
Seatbelt Sheriff and Hi Glo Silver Competition.....	6
Primary School Road Safety Presentation.....	7
Let's Go.....	7
Be Safe!.....	7
The Safe Cross Code.....	8
Safe Cross Code 'Dance Competition'.....	8

Secondary School

Streetwise.....	9
Let's Go.....	9

Transition Year

Your Road To Safety – A Transition Year Programme.....	10
Road Safety Week.....	10

Third Level

Safegrads.....	11
----------------	----

Community Road Safety Educational Resources

Wrecked.ie.....	12
Protecting our Community a Call to Action.....	12

Community Resources

Play it Safe.....	13
Mobility Matters.....	13

Out and About

Photos from campaigns and events.....	14
---------------------------------------	----

Road Safety Roadshows

StreetSmart.....	15
Check it Fits!.....	15
Road Safety Interactive Shuttle.....	16
Roll Over Simulator.....	16
Road Safety Awards.....	17

RSA Promotion Materials

Getting children to school safely.....	19
--	----

Welcome to the 5th edition of our yearly Educational News

Last year we told you about our new resources and services, especially the Nationwide Road Safety Education Service. Our team of road safety educators continue to travel to schools, companies, pre schools and so on to deliver road safety programmes. In the first year of the new service, we have delivered 3,775 road safety presentations to a variety of audiences which proves how successful the service has been.

We continued working throughout the summer with the team facilitating summer camps by delivering road safety themed games. Feedback from this was very positive and we hope to do these camps throughout the year during school holidays.

Information-based publications and high-visibility materials are still available to order through our website, www.rsa.ie. Your school may already have some of the educational materials described here but if you need copies, please contact us. We hope you enjoy reading our newsletter and we are happy to hear any feedback you may have.

Christine, Aisling and Eilish

Senior Road Safety Promotion Officers
Road Safety Authority

Email: education@rsa.ie

LoCall: **1890 506080**



The programmes with this symbol require a training course which we will organise. The training is free of charge.



Catherine Flaherty, RSA Road Safety Promotion Officer, promoting the "Mobility Matters" programme at the Over 50s Show in Galway



Nationwide Road Safety Education Service team



Road Safety Education Service

As part of its commitment to bringing road safety to you in your community, the RSA has set up a Nationwide Road Safety Education Service.

A member of our team can visit your location to deliver established and effective programmes which tackle all elements of road safety including:

- walking
- cycling
- travel by public transport
- being a passenger
- urban/rural transport issues and
- practising safe road behaviour

This service is available to any group such as:

- pre-schools
- primary schools
- secondary schools
- third level institutions
- companies
- community groups



So, no matter what the age or size of your group, a member of our road safety education team will travel to your location to deliver comprehensive road user education on the safe use of our roads. We look forward to hearing from you.

For more information or to arrange a visit from a member of our team, go to www.rsa.ie, email education@rsa.ie or LoCall 1890 50 60 80

Mid-term and Summer camps

This summer the Road Safety Authority rolled out a programme of road safety activities for Easter/ Summer Camps and children's activity clubs which incorporates learning in a fun, non-classroom based way through games and sports.

Our resources are delivered by a member of the Nationwide Road Safety Education Service onsite, so there is no oversight, resource requirement or cost for for you or your organisation. We would of course fit in with your schedule, group sizes and ages. For more information or to request a visit, please email education@rsa.ie.



Orlaith Maguire, RSA Road Safety Promotion Officer working with local gardai at a road safety day in St. Mary's National School, Belmont, Dublin

Teaching resources

Pre-school

Simon and Friends

For children under 5 years

This resource promotes road safety to children aged five and under. The pack contains beautifully illustrated stories and a teacher's guide called Hand in Hand. This guide has activities, games and songs which support the Simon and Friends stories.

Key road safety message	Name of story
Holding hands	'Simon's Surprise'
Stopping	'Josie's Picnic'
Look and listen	'Sara and Sophia's Trip to the Farm'
Setting a good example	'Charlie Goes to a Party'

The teacher's guide, storybooks and CD Rom come in a colourful case. At the end of each story there are more activities which preschool providers can use to develop other learning experiences with the children.



If you want to receive training on this resource, please contact the RSA's Road Safety Promotion Officer by email on education@rsa.ie or your local County or City Childcare Committee.



Beep Beep Day

Friday 9 October, 2015

This is a national road safety awareness day for children. It takes place in crèches and Montessori schools around the country during Road Safety Week from 5-11 October but can also take place at any other time during the year.

On Beep Beep Day, children aged 5 and under will practise basic road safety skills with the Simon and Friends road safety storybooks, songs, games and activities. We will distribute specially designed Beep Beep Day high-visibility vests to participating preschools free of charge. These can be ordered from www.rsa.ie



Pre school children practising road safety skills on Beep Beep Day.

Teaching resources

Primary schools

Seatbelt Sheriff

For 1st Class Children

Seatbelt Sheriff is aimed at children in 1st class. The children become Seatbelt Sheriffs by taking a pledge to always wear their safety belt and to make sure that everyone else in the car is buckled up. They are given a sheriff's badge and a certificate, which gives them the power to instruct passengers and drivers to 'Buckle Up' in any vehicle in which they are travelling.



Hi-Glo Silver

For 2nd Class Children

Hi-Glo Silver was introduced to help Seatbelt Sheriff with his duties. Hi-Glo Silver is Seatbelt Sheriff's horse and he encourages children to remind their parents that they should wear high-visibility jackets or belts when out walking. This resource is for children in 2nd class who have already received Seatbelt Sheriff's message.

It includes a free high-visibility armband for each child and lots of fun educational messages.

You can download additional packs at www.seatbeltsheriff.ie.

This site also has fun activities such as puzzles and quizzes.



Teaching Resources

Seatbelt Sheriff and Hi-Glo Silver Competition

For children in 1st and 2nd class

Seatbelt Sheriff and Hi-Glo Silver classes can also take part in a school poster competition. Students from 1st classes all across Ireland will compete to create a poster about the Seatbelt Sheriff's message which is to 'buckle up' in any vehicle they are travelling in.

Students from 2nd classes will compete to create a poster that glows in the dark reminding everyone to be bright day and night when out walking or cycling. The winning schools in each category will receive a significant cash contribution at an award ceremony in Dublin Castle followed by a class day out at Dublin Zoo.

Packs will be sent to all primary schools in October.

Closing date for poster entries is 22nd January 2016

For further information, please visit www.seatbeltsheriff.ie

Seatbelt Sheriff



Winners: Barryroe National School,
Lislevane, Bandon, Co. Cork

Runners up were:

Clooney NS, Carrahan, Tulla, Co. Clare
Paddock NS, Paddock, Mountrath, Co. Laois
St. Teresa's PS, Balbriggan, Co. Dublin
Scoil Ide, Corbally, Limerick

Hi-Glo Silver



Winners: Scoil Mhuire, Broadford,
Charleville, Co. Limerick

Runners up were:

Clooney NS, Carrahan, Tulla, Co. Clare
Scoil Naisiunta Bhiorainn (Berrings NS), Berrings, Co. Cork
Ardnagrath NS, Walderstown, Athlone, Co. Westmeath
St. Joseph's NS, Chapel Hill, Macroom, Co. Cork



Teaching Resources

Primary schools

Primary School Road Safety Presentation

This Road Safety Presentation teaches children from junior infants to sixth class how to develop good road safety habits in the following areas:

- Pedestrian safety
- Cycle safety
- Car safety
- Bus / coach / Luas safety
- Dangerous road user behaviour

The presentation consists of age-appropriate road safety messages supported by audio-visual clips and visual aids.

If you wish to arrange for one of our team to visit your school, please email education@rsa.ie or fill in the 'request a visit' form on our website www.rsa.ie.

THIS
SERVICE IS
FREE OF
CHARGE



Let's Go

Let's Go contains road safety guidelines for primary and secondary schools. It was developed for teachers and other school personnel who are responsible for managing and organising school events for children and adolescents which involve the use of public roads and various modes of transport.

Be Safe!

For children aged 5-12

Be Safe! is an activity-based resource pack on road, fire and water safety.

The pack was developed as part of the Social, Personal and Health Education (SPHE) module 'Myself', which addresses safety and protection, personal safety, safety issues and making decisions.

Different modules develop themes appropriate for different age groups. The modules build on the information and activities in earlier lessons and help the children to be more safety aware and more responsible citizens.

Within the road safety module, the themes are: walking, cycling and transport.

If you need a copy, please email education@rsa.ie.



Teaching Resources



The Safe Cross Code

For children aged 4-12

The Safe Cross Code teaches children how to cross the road safely. You can view it online. It includes two short animated clips called Jack and Annie, a Safe Cross Code game, and a Safe Cross Code song and dance which is performed by the Safe Cross Code animated characters. The key message is: You need the code to cross the road.

We will distribute the Safe Cross Code pack to 3rd class children in September. The pack contains a DVD with the Safe Cross Code Song and Dance, a lyrics poster, an instructions chart for the dance moves, colouring books, pencils, bookmarks and stickers.

The Safe Cross Code Dance Competition

Schools can also take part in a dance competition. We're looking for the most creative, enthusiastic and road safety aware students in Ireland to show us, and others, how to cross the road safely!

Teachers are invited to get their students to take part in our new Safe Cross Code competition. We love making sure that our friends know how to stay safe on our roads and the Safe Cross Code dance is a fun way to learn how to cross the road safely. We want students to show us that they know the Code by performing the Safe Cross Code dance routine and sending us a video of teachers and their class doing the routine!

There are some great prizes to be won, including:

- A classroom pack of 7 inch tablets for the overall winner
- Special engraved awards for the Top 5 schools
- A €200 voucher for the teacher of the winning class.

How to get involved

All you have to do is record your students doing the Safe Cross Code dance and upload the video to YouTube or Vimeo. Then send the link, or email the video itself directly to safecrosscode@rsa.ie by 2nd May 2016 along with a short description of your dance routine and some details on how your school actively promotes road safety. Email education@rsa.ie for more information.



Ms Orlaith Maguire, RSA Road Safety Promotion Officer, presenting the winning prize to **Mr. James Murray, Principal, St. Kevin's Boys' School, Kilnamanagh, Dublin 24**

Teaching Resources

Secondary schools

Streetwise

For 12-16 year olds

This is an activity-based interactive resource for the Junior Certificate Programme as part of CSPE (Civic, Social and Political Education). Streetwise uses a lesson plan format so that a teacher can pick up the resource and immediately start the programme. It is easy to follow and students are involved in each lesson. You can run the module over 12 weeks. It covers nine lessons:

Lesson 1: Pedestrians

Lesson 2: Cyclists

Lesson 3: Motorcyclists

Lesson 4: Safety Belts

Lesson 5: Speed and speeding

Lesson 6: Hazard perception

Lesson 7: Driver fatigue (tiredness)

Lesson 8: Drink driving

Lesson 9: Road safety engineering

With this resource, students have the opportunity to complete their very own Road Safety project for which we have provided suggestions. The resource is in CD-ROM format and can be photocopied for students' individual or group activities.

As part of this road safety project, our team of Road Safety Promotion Officers are available to travel to your school to deliver effective and informative presentations on relevant topics. Please contact education@rsa.ie to arrange a visit.



Let's Go

Let's Go contains road safety guidelines for primary and secondary schools. It was developed for teachers and other school personnel who are responsible for managing and organising school events for children and adolescents which involve the use of public roads and various modes of transport.



Campaign Cycle Smart

Check out www.youtube.com/rsaireland to see our full range of cycling videos.



Teaching Resources

Transition Year

Your Road To Safety – A transition Year Programme

For 15-17 year olds

This programme promotes awareness, knowledge, skills and values which create a foundation for the development of safe road users. Teachers can use it in 20-hour and 45-hour formats. It builds on the active learning approaches of the Transition Year programme and introduces road safety to:

- Pedestrians
- Cyclists
- Motorcyclists
- Motorists

It also covers:

1. Safety belts and airbags
2. Driver fatigue (tiredness)
3. Drink/drug driving
4. Road safety engineering and enforcement
5. Basic first aid at road crashes
6. Emergency services and rehabilitation
7. Licensing and insurance issues
8. NCT
9. Buying a car
10. Driving abroad

The programme does not include driving lessons.



If you want to receive training on this resource, please contact the RSA's Road Safety Promotion Officer by email on education@rsa.ie



Learning to Drive

Get up to speed with the new learning to drive requirements.

Scan here.



Road Safety Week

TY students can also improve road safety awareness by organising a "Road Safety Week" in their school. We can provide the Interactive Shuttle and Roll Over Simulator (see page 16) to complement such a week. The TY students would be responsible for managing the logistics, schedules and staffing of the shuttle with support and training from the shuttle co-ordinator and with the co-operation of the TY co-ordinator.

You can also contact our Road Safety Promotion Officer who would be delighted to visit your school to deliver a road safety presentation to your students.

For more information, please email education@rsa.ie.



Teaching Resources

Third Level

SAFEGRADES

THIRD LEVEL ROAD SAFETY GUIDELINES

These guidelines help third level colleges to organise their very own Road Safety week.

The programme focuses on some of the major contributing factors which lead to deaths and serious injury on our roads. This programme includes:

- The Road Safety Interactive Shuttle
- A fire and ambulance service rescue
- Garda Síochána Road Show – It Won't Happen To Me
- Road Safety Campaigns
- Road Safety Questions and Answers Session
- Road Safety Table Quiz
- Road Safety Photography Competition
- Road Safety Music Challenge
- Alternative Road Safety Promotions

The Safegrads pack is provided to welfare officers in third level colleges and universities. As well as providing this information, our Road Safety Promotion Officers are on hand to assist you in planning a successful road safety event. They are available to offer advice on various activities and can also visit your campus.

If you need another copy, or wish to have a Road Safety Promotion Officer visit your college to deliver a road safety presentation, please email education@rsa.ie.

Check Out

www.youtube.com/rsaireland

to see our full range
of road safety videos
and campaigns

Community Road Safety Educational Resources

We run educational campaigns for specific groups within the community based on their particular needs.

Wrecked.ie

For adults aged 17-24

This programme targets young people who are a major risk group on Irish roads and are three times more likely to be killed in a collision than the rest of the population.

Wrecked.ie uses real-life stories to tell the consequences of traffic accidents and other life-changing events that happen on our roads.

It features a series of vodcasts (video broadcasts) telling real-life stories of reckless driving. The vodcasts are illustrated with high-tech animation highlighting the key points in each speaker's testimony. These focus on themes such as driver distraction, drug driving, road user impairment, driving without insurance, modified cars and driving when using a mobile phone. This programme can also be delivered to students in SOLAS and Youthreach training programmes.

The accompanying guide tells you how to start a stimulating group discussion for each story where participants can talk openly about road safety.

We run free 'train the trainer' sessions on how to deliver this programme. You will receive a training pack, DVD and certificate.



If you would like to deliver this training programme, email education@rsa.ie.



Protecting our community

A call to action

This is a road safety awareness programme for adults based on the Rules of the Road. It consists of a resource pack and an accompanying DVD. The programme aims to change the attitudes and behaviour of pedestrians, cyclists, motorcyclists and drivers.

Core topics covered include:

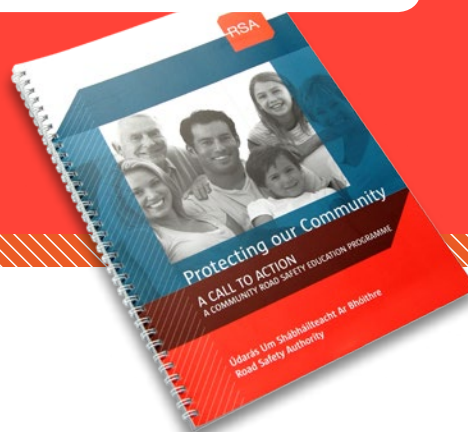
- Speed and speeding
- Road user impairment
- Unsafe behaviour towards or by vulnerable road users such as children, older adults, motorcyclists and cyclists
- Safety belts, child restraints and safety on buses
- Emergency services.

Topics are presented as thirty-minute 'session plans', ideal for community groups. They are highly interactive and include lots of activities.

We run free 'train the trainer' sessions on how to deliver this programme. These are aimed at people who work with community groups such as An Gardaí, youth workers and community leaders. You should have experience working with groups and have identified a group for this training. You will receive a training pack, DVD and certificate.



If you would like to deliver this training programme, email education@rsa.ie.



Community resources

Play it Safe

Road Safety Guidelines for Sporting Organisations

For all ages

We developed Play it Safe in association with the FAI, IRFU, GAA and Cycling Ireland. The programme gives information on organising sporting events with road safety in mind.

It encourages the use of high-visibility clothing, safe driving practices when travelling to and from sporting events and other guidelines relating to road safety.

The Road Safety Promotion Officer in your area would be delighted to give you more information on developing road safety guidelines for your sporting organisation.

If you would like to receive a pack, email education@rsa.ie or you can download it from www.rsa.ie



Mobility Matters

For older adults

Mobility Matters is a road safety awareness programme for older people. It consists of a resource pack and DVD.

The programme covers topics such as buying a car, keeping your car in good condition, driving safely, knowing what is happening around you, bus safety, pedestrian safety, cycle safety, safety belts, child restraints and medical conditions. It also covers what the law says you must do to protect yourself and other road users.

We run a free 'train the trainer' session for trainers involved in groups for older people such as Active Retirement Ireland. You will receive a training pack, DVD and certificate.



If you would like to deliver this training programme, please contact the Road Safety Promotion Officer by email on education@rsa.ie.



Out and about



RSA CEO Ms Moyagh Murdock and Minister for Transport, Tourism and Sport, Paschal Donohoe TD at the launch of the new campaign to raise awareness of the new speed limit signs for minor local roads.

01 Pictured at Train the Trainer for Simon and Friends were teachers from Our Lady of Good Counsel NS, Cabinteely, Dublin. **02** Winners of the Education (Primary) award at the Leading Lights Award 2014 was Our Lady Queen of Peace who developed a road safety initiative in order to address safety concerns caused by double parking at their school gate. **03** Catherine Flaherty, RSA Road Safety Promotion Officer, with Chief Superintendent Aidan Reid and Inspector Oliver Woods at Scoil an Duinnínigh, Swords, Co. Dublin. **04** Sarah O'Connell and Justine Trautt, RSA Road Safety Promotion Officers presenting the Road Safety Award to Cian Roche on behalf of Eoin Sheehan and Sean Defoe. **05** St Patricks Day Parade in Oldcastle, Co. Meath. The Foróige Youth Club won the prize for the "Best local Float". **06** Children with Santa at the launch of National High Vis Day at Farmleigh House, Dublin in December 2014. **07** Ms Liz O'Donnell, RSA Chairperson and Ms Moyagh Murdock, RSA CEO with children on the Road Safety Authority's StreetSmart StreetScape mat.



01



02



03



04



Children of St. Mary's NS, Belmont practicing safe road safety behavior during their road safety day



05



06



Winners of Hi Glo Silver Competition at Award Ceremony in Dublin Castle in March 2015. Also in the photo is a Garda Mounted Unit.



07




Road Safety

Roadshows



For children aged 4-12



'StreetSmart' aims to bring road safety to life in a fun way for young school children. It uses a 'Streetscape' mat which has a typical street scene. 'StreetSmart' is designed for children aged between 4 and 12 years.

The Streetscape mat can be set up in your school hall. Our staff will work with teachers beforehand to decide suitable road safety lessons for your students. Children can also take part in a range of activities such as storytelling, road safety games and an interactive road safety question and answer session. Teachers and RSA staff facilitate activities. It is great fun.

StreetSmart is available free of charge.

For further information on 'StreetSmart' or to request a booking form, e-mail streetsmart@rsa.ie or refer to www.rsa.ie

The 'Check it Fits' Service is a free expert child car seat checking service. It aims to reassure parents, grandparents and guardians that their children are travelling safely in their child car seat and that the seat itself is securely fitted in the car. The service is available nationwide.

It was introduced in response to the frightening statistic that showed that as many as 4 out of 5 child car seats are incorrectly fitted. This can result in serious or fatal injury to a child in the event of a collision. The service is quick, easy, and it travels all around Ireland. Our experts will be happy to help you with any problem you have in installing your child seat. They will also show you how to fit the restraint correctly and answer any queries you may have.

This service is free of charge.

Log on to **www.rsa.ie/checkitfits** to view our calendar of events and locations.



**Road
Safety**

Roadshows

(continued)

Road Safety Interactive Shuttle

For all ages

Our road safety "Shuttle" continues to be a popular road safety attraction at schools, festivals, companies, college campuses and so on. It has been in 78 locations in 2014 with about 90,000 visitors improving their road safety knowledge.

The "Shuttle" is a fully interactive, educational road safety experience, which includes a presentation area, motorbike, car and bicycle simulators and concentration games. It also has six computers equipped with mock driving theory tests, interactive games and road safety videos.

If you require information about booking the Shuttle or if you have any questions, please email shuttlebus@rsa.ie.

Roll Over Simulator

Having attended 107 events in 2014 with over 30,000 experiencing the "Roll Over", this simulator continues to be highly effective in encouraging people to use safety belts.

The simulator is a car fitted to a hydraulic platform. You can sit into the simulator and simulate a half or a full rotation (turn). The 'simulation' demonstrates how it would feel if you were in a car which turned over in a collision.

The Roll Over Simulator generally appears at events which also host the "Shuttle" but you can book it separately, free of charge, for smaller events subject to availability.

If you require information about booking the Roll Over or if you have any questions, please email shuttlebus@rsa.ie.

Campaign

NO SEATBELT NO EXCUSE

It's EU Law:

Children under 150cms in height and under 36kgs in weight must use the correct child seat, booster seat or booster cushion when travelling in cars.



Road Safety Awards

BT Young Scientist Award 2015



Pictured receiving the RSA sponsored "Road Safety Authority Award" at the BT Young Scientist Exhibition 2015 from Mr. Michael Rowland, Director of Road Safety, Research and Driver Education, are students Jessica Sheehan and Max Shanahan from Kinsale Community School, Cork. They won their award for their project 'A statistical study on the effect of change blindness and its impact on road safety'.

Category: Social and Behavioural Sciences - Intermediate - Group

The RSA's "Road Safety Award" is for projects that cover a road safety or related topic.

The award winners this year demonstrated that:

- they have researched their project thoroughly,
- their invention or research idea can make a difference, and
- their project could have the potential to reduce road fatalities on Irish roads.

For further information, please see www.btyoungscientist.ie or www.rsa.ie

Ms Liz O'Donnell pictured presenting the 'Emergency Services Award' to Garda Ashling O'Connor (jointly awarded with Ratoath Senior National School, Co. Meath) for their cycling initiative.



Leading Lights

Awards 2014



These awards celebrate the outstanding efforts of people across Ireland to make our roads safer for everyone.

They provide a special opportunity for members of the public to honour the contribution of exceptional people who promote road safety in their communities.

Anybody can nominate a 'Leading Light'.

For further information on the 2014 award winners see www.rsa.ie/leadinglights



Ms Liz O'Donnell pictured presenting the 'Special Recognition' Award to Gemma Farrell who has campaigned for amendment to the Road Traffic Act 2014 in relation to "hit and run" offences where a fatality occurred.



Leading Lights

Awards 2015

"Call for entries" for nominations are now open.

For further information and to download an entry form, please see www.rsa.ie. The award ceremony will take place in Farmleigh House, Dublin, in December.



Road Safety Authority Promotional Materials

You can order free road safety material such as:

- leaflets
- booklets
- posters
- high visibility materials
- educational resources

from our website

www.rsa.ie/roadsafety/orderonline

Useful links

www.rsa.ie

www.seatbeltsheriff.ie

www.rulesoftheroad.ie

www.theorytest.ie

www.ndls.ie

www.rollercoaster.ie

www.eumom.ie

www.facebook.com/RSAIreland

www.twitter.com/RSAIreland

www.youtube.com/RSAIreland



Scan here.



Getting children to school safely

Research shows that children under 12 do not have the skills and experience required to be safe in traffic on their own and should be taken to school by an adult or responsible person.

Safer Parking at the School Gate

Children are the most vulnerable members of our society and we do not want to put a child's life in danger. If you drive your children to school, it is very important that they arrive safely. Thoughtless parking can confuse parents and their children and it can also force children onto the road to get around your vehicle.



You can do your bit to make it safer outside school by:

- Driving safely, within the school area, obeying the speed limits and driving in accordance with the Rules of the Road
- Parking so that your child is able to leave the vehicle on the footpath side away from any conflict with traffic
- Paying particular attention to other children at the side and rear of the vehicle when parking, dropping off or setting off
- Avoiding double parking, so as not to harmfully affect the flow of traffic or access for emergency vehicles

Don't:

- Stop or park where there are yellow zig-zag lines along the edge of the roadway enclosing the words 'SCHOOL KEEP CLEAR'
- Park on any double yellow lines
- Park on a footpath or a cycle track. To do so is an offence
- Park in a way that would block or cause an obstruction to the school entrance/exit, residents' driveways and / or junctions
- Park on bus stops or any designated disabled/private parking bays
- Park 15 metres before or 5 metres after a pedestrian crossing or traffic lights

Think about:

- The health benefits of walking or cycling to school
- Encouraging walking or cycling to school. It is a very effective way of increasing physical fitness. Parents and carers also have an opportunity to be more physically active
- Car pooling/taking public transport
- Parking nearby and walking the rest of the way

Please refer to the RSA's "Going to School" leaflet for more information on getting children to school safely. For more information on road safety education for children, please visit rsa.ie, email education@rsa.ie or contact us on 1890 50 60 80.

RSA

September 2015



Údarás Um Shábháilteacht Ar Bhóithre Road Safety Authority

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email: education@rsa.ie website: www.rsa.ie