PRACTICAL ACTIONS

FOR PARENTS AND CAREGIVERS

1 **FOLLOW THE RULES OF THE ROAD:** knowing and respecting the rules of the road helps you to keep yourself, your children and other road users safe

2 **SLOW DOWN:** pedestrians have a 90% chance of survival after being hit by a car travelling at 30km/h, but less than 50% at 45km/h[12]

3 **FASTEN YOUR SEAT BELT** and make sure your children always wear seat belts

4 **DON'T USE YOUR PHONE WHILE DRIVING, CYCLING OR WALKING** – stop somewhere safe to use it if necessary and never watch a match while on the road

5 **DON'T DRIVE IF YOU'RE TIRED OR HAVE BEEN DRINKING ALCOHOL** – if you're going to watch a match in the evening, stay overnight, use public transport, book a taxi or make sure your group has a designated driver instead of risking a crash

6 **INVEST IN GOOD EQUIPMENT** for your children, like high-quality cycle helmets and car seats

7 **SET A GOOD EXAMPLE** by behaving responsibly and respectfully, obeying the rules of the road and wearing your own seat belt or helmet

8 **ENCOURAGE YOUR CHILDREN TO WALK OR CYCLE TO TRAINING** if it's safe to do so, and teach them that the highway code applies all road users

9 **KEEP CAR RIDES SAFE AND POSITIVE:** before and after training sessions and matches, emotions can run high-excitement, stress, happiness or disappointment. Use the ride to listen to your children and encourage them to relax

PRACTICAL ACTIONS

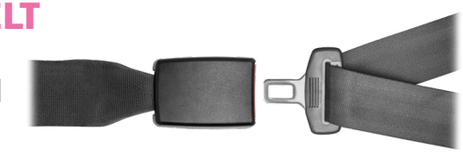
take care
Road Safety

FOR COACHES AND STAFF

1 **FOLLOW THE RULES OF THE ROAD:** knowing and respecting rules of the road helps you to keep yourself, your team members and other road users safe

2 **SLOW DOWN:** pedestrians have a 90% chance of survival after being hit by a car travelling at 30km/h, but less than 50% at 45km/h[12]

3 **FASTEN YOUR SEAT BELT** and, if driving team members to a match, make sure they all wear their seat belts too



4 **DON'T USE YOUR PHONE WHILE DRIVING, CYCLING OR WALKING** – stop somewhere safe to use it if necessary and never watch a match while on the road

5 **DON'T DRIVE IF YOU'RE TIRED OR HAVE BEEN DRINKING ALCOHOL** – if you're going to play or watch a match in the evening, stay overnight, use public transport, book a taxi or make sure your group has a designated driver instead of risking a crash

5 **SET A GOOD EXAMPLE** by behaving responsibly and respectfully, obeying the rules of the road and wearing a seat belt or helmets

6 **ENCOURAGE YOUR TEAM MEMBERS TO WALK OR CYCLE** if it's safe to do so, and teach them that the highway code applies to all road users

7 **KEEP CAR RIDES SAFE AND POSITIVE:** before and after training sessions and matches, emotions can run high-excitement, stress, happiness or disappointment. If you're driving players, use the ride to create a calm and supportive atmosphere

PRACTICAL ACTIONS

FOR CHILDREN AND YOUNG PEOPLE

1 FOLLOW THE RULES OF THE ROAD: knowing and respecting rules of the road helps you to keep yourself and others safe

2 STAY ALERT: cars need time to stop so don't run out onto the road – only cross when it is safe to do so

3 ALWAYS FASTEN YOUR SEAT BELT, even when you're sitting in the back seat of a car

4 DON'T USE YOUR PHONE WHILE DRIVING, CYCLING OR WALKING – stop somewhere safe to use it if needed and never watch a match while on the road or walking near a road

5 DON'T DRIVE IF YOU'RE TIRED OR HAVE BEEN DRINKING ALCOHOL – if you're going to play or watch a match in the evening, stay overnight, use public transport, book a taxi or make sure your group has a designated driver instead of risking a crash

6 WEAR SAFETY EQUIPMENT, like a high-quality cycle helmet

7 WALK OR CYCLE to your football training and matches if possible