

Scooting safely

Southwark road safety has put together a programme designed to be delivered in schools, which can be adapted for reception to year 6 aged pupils.

Scooting safely

We would recommend all pupils scooting to wear helmets, knee and elbow pads, and high visibility jackets.

There are numerous ways the training can be delivered depending on the age of the children receiving the training, for example

- part of the PE curriculum over three or four weeks
- an after school club over three or four weeks
- at breakfast club
- a stand alone session - part of walk to school week or road safety week

Reception to Year 2 Scooter control and pavement etiquette

Years 3-4 Scooter control, pavement etiquette and priorities at driveways

Years 5-6 Scooter control, pavement etiquette and priorities at driveways, with more practice on the pavement, side roads and driveways

Schools will need to send out letters informing parents/carers of the sessions and obtain permission for children to take part.

A risk assessment should be completed for the activity (see page 10)

Sessions will consist of

- a scooter check
- warm up
- an exercise
- warm down
- Homework/classroom activities (see page 11)

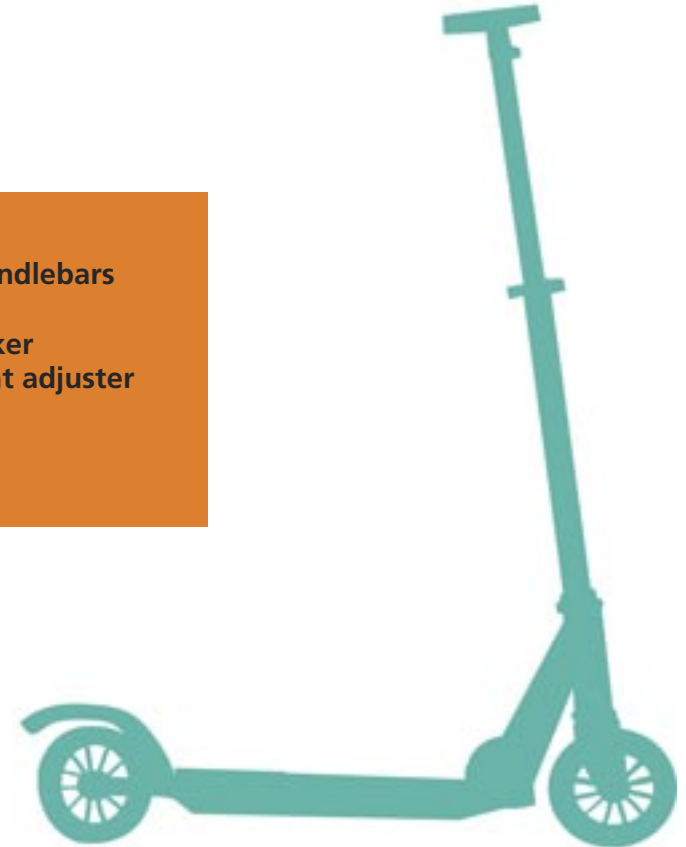
Certificates awarded upon completion of the course

Checking scooters

- Check all the quick releases are done up, explain what to do if they are loose; don't ride get a parent or adult to tighten them.
- How many have brakes?
- Discuss brake use and risk.
- Name the scooter parts: the deck, wheels, brake, handle and grips.
- Explain the feet position.

Checklist

Steering or handlebars
Bell
Reflective sticker
Steering height adjuster
Wheel
Deck
Brake



Warm up/warm down exercises

Stopping and starting

Learn about when you need to stop a scooter

- Whenever you cross from pavement to the road, crossing driveways, when there is something or someone on the pavement.
- Line up in a straight line, push off, and stop on command.

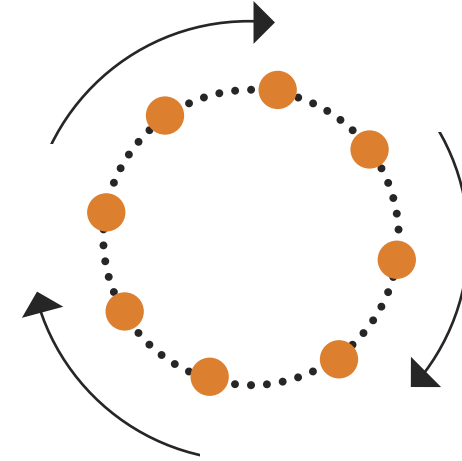


START



STOP

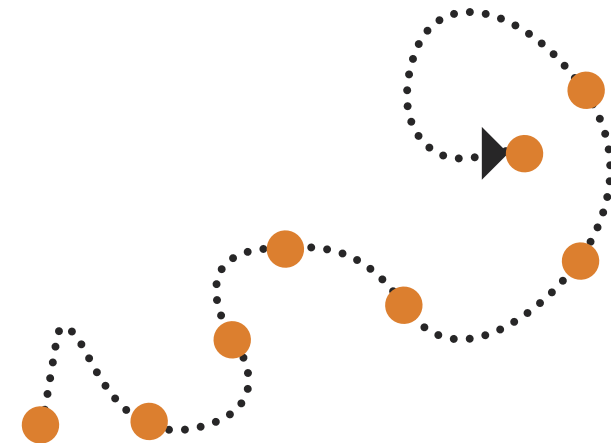
- Create a circle using markers, get pupils to scoot around the circle staying one behind the other. Not bumping or overtaking. This gives a good opportunity to assess the ability of the group.
- Introduce a whistle, when blown, pupils must stop scooting. Repeat until pupils are scooting around the circle freely and stopping safely.
- Reduce the size of the circle if there is time and you feel the group are competent.



Snake game

Pupils form a line one behind the other, the trainer should lead on the first go.

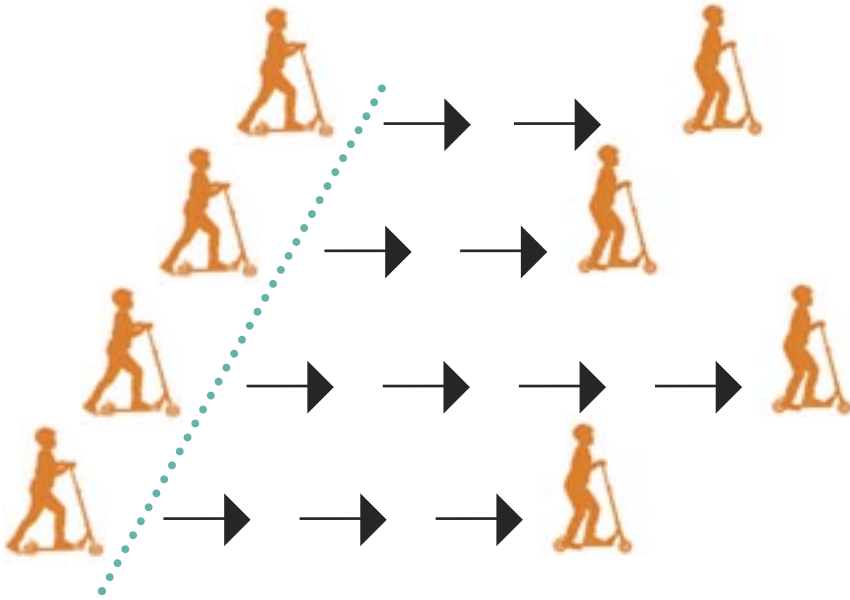
- Move around the playground 'snaking' and varying speed depending on the ability of the group.
- Slow down to stop.
- Let one or two of the members of the group lead, depending on time and ability.



Push and glide

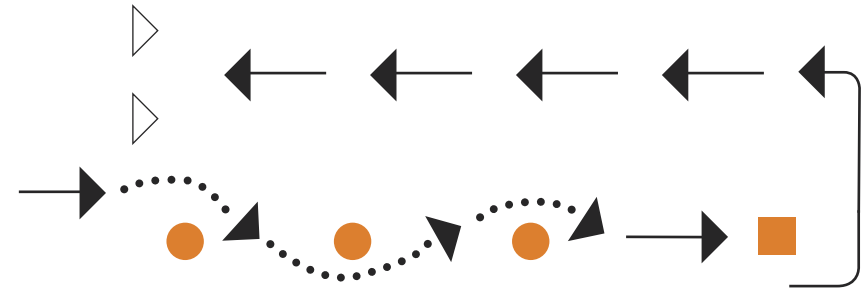
How far can a single push take you?

What's the difference between up and down a slope, or into the wind, (even a slight slope will make a difference).



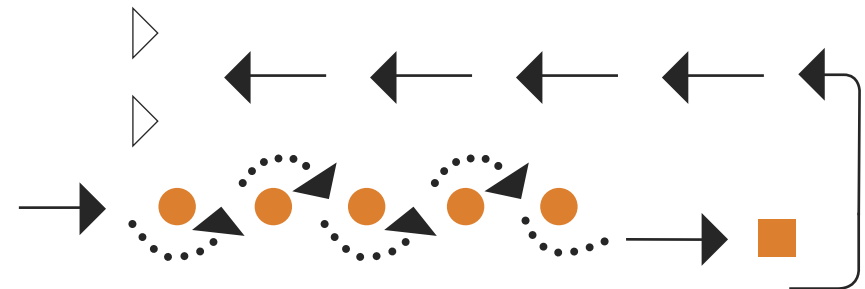
- Line everyone up on the start line.
- One at a time push off and see how far you can role on one push.
- Start one at a time, then all together. Who can roll the furthest?
- Try pushing with the other leg. What technique can help you go further, such as ducking down to reduce wind resistance, as wind resistance slows you down.

Exercise 1



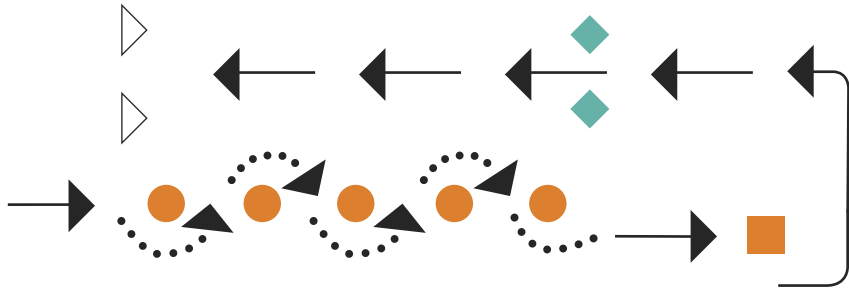
Pupils will zigzag through the three round markers, scoot to and around the square marker and scoot straight up to and stop between the triangle markers.

Exercise 2



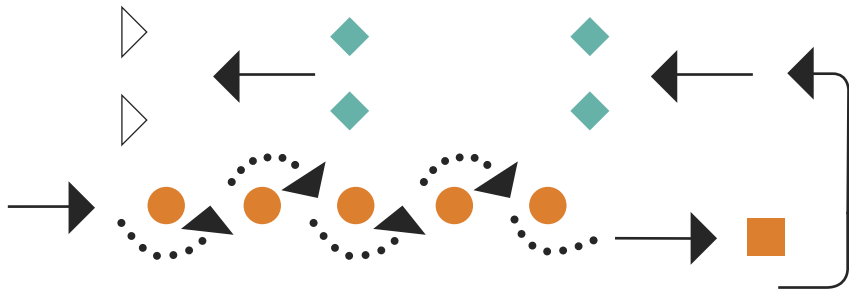
Add two further cones and make gaps between cones smaller. Pupils to zigzag through round markers, scoot to and around square marker and straight up to and stop between triangle markers.

Exercise 3



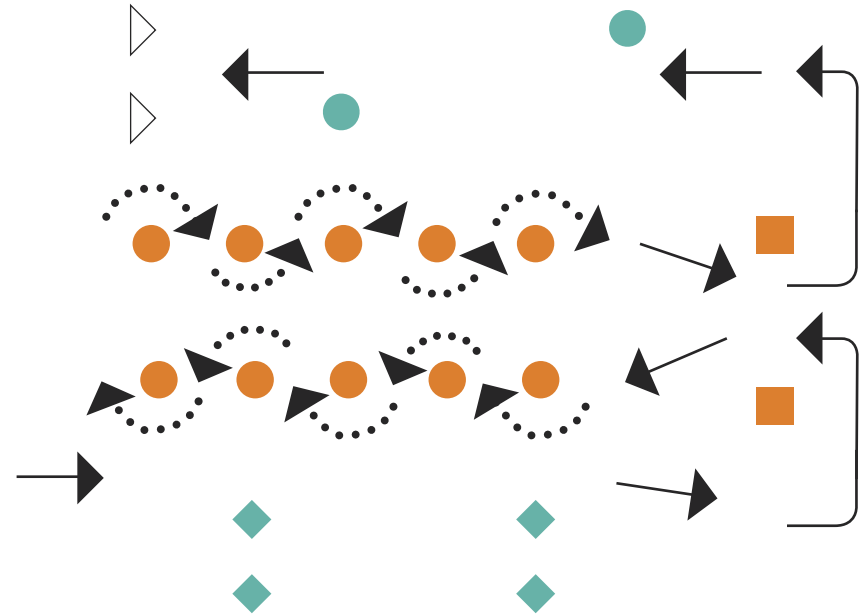
Add two additional cones just wider than a scooter. Pupils to zigzag through round markers, scoot to and around square marker and straight up to and through diamond markers remembering to stop between triangle markers.

Exercise 4



Add two more cones, a scooter width apart to make a short corridor. Pupils to zigzag through round markers, scoot to and around square markers. On reaching first diamond marker, pupils to push and raise one leg until passing through second marker. Scoot on, remembering to stop between triangle markers. Replace diamond markers with Belisha Beacons. Tell children to dismount here, look left and right and then walk across.

Super Looper



Get groups to line up together, they begin at the end of one course moving through the whole course and finishing at the end of the second course.

Risk assessment

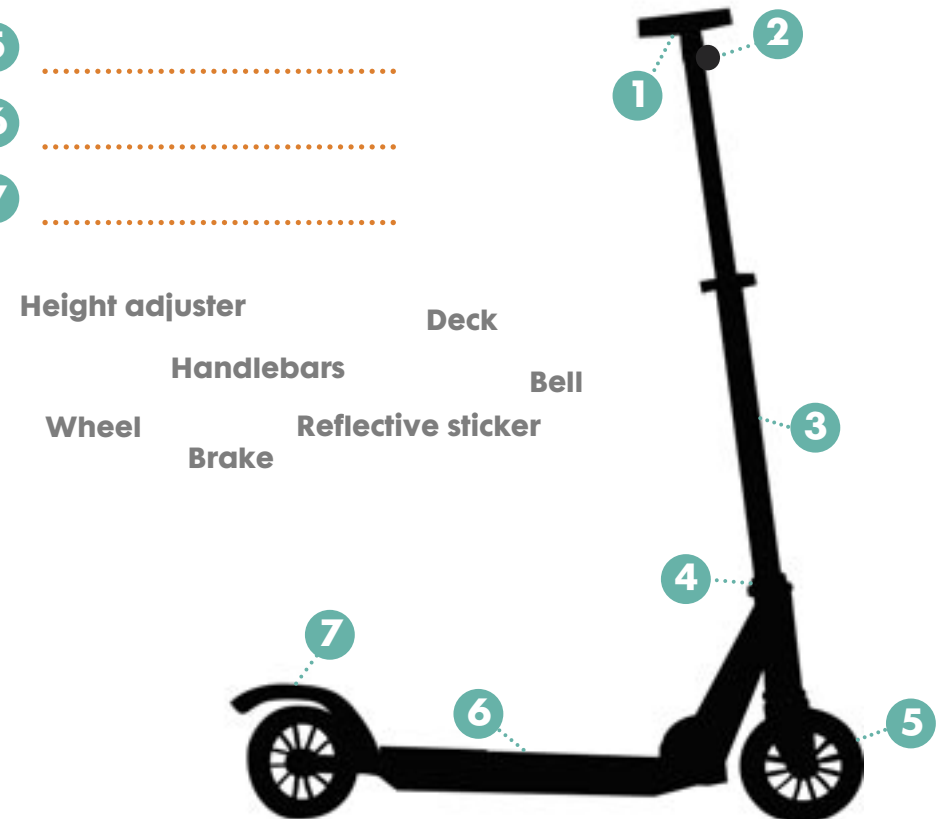
Name of assessor	
Position	
Group taking part	
Site to be assessed for scooter training	
Date	
Max no of people	
Advisory min no of helpers	
Next review required date	
Changes required (Yes/No)	
Assessor signature and date	

RISKS	Resultant effect(s)	RISK LEVEL			Action if required and timescale
		Low	Med	High	
Example:					
<i>Hazard on training site: Inappropriate gradient</i>	<i>Loss of control of scooter and pupil falls</i>				<i>Assess gradient and layout training area as necessary to identify training area boundary</i>

Name the parts

Can you match the following scooter parts to the numbers on the drawing? Write the names alongside the numbers on the left.

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



Missing words

Before you go on your scooter, there are some things you should check to make sure it is safe to ride. Fill in the missing words to finish your scooter safety checklist, and draw some pictures to show how to make these checks.

<p>Spin the 1</p> <p>.....</p> <p>to check they go round easily, and do not stick</p>	<p>Check that the wheels don't 2</p> <p>.....</p> <p>from side to side</p>	<p>Push the scooter's brakes. The wheels should stop going 3</p> <p>.....</p>

Missing words

wobble
round
wheels

Wordsearch

Can you find the words below hidden in the grid?

g	r	n	i	d	b	u	n
n	e	b	e	e	d	b	h
i	t	s	l	e	e	h	w
r	o	l	b	s	c	a	g
e	o	u	b	t	k	n	r
e	c	l	o	o	n	d	i
t	s	e	w	p	o	l	p
s	b	r	a	k	e	e	s

Words to find

bell, brake, deck, grips, handle, scooter, steering, stop, wheels, wobble

Scooter safety rules

- 1 Never scoot on the road**
- 2 Watch out for driveways**
- 3 Stop at kerbs**
- 4 No scooting down a steep hill**
- 5 Always scoot with an adult**
- 6 Don't scoot in shops**

Pupils should be reminded of these rules at each session. They could design signs to illustrate the rules.

More playground practice

Practice on a made up pavement with pedestrians, bins, driveways...

Role play: some children can be pedestrians using props (buggy, walking stick...) when others scoot past them carefully. Encourage them to say "excuse me", slow down or stop and push scooter if necessary.

Scooter safety sheet

Please mark with a tick

Which of these places is not safe for us to scoot our scooter?

- In the park with an adult In the shops

Which of these places is safe for us to scoot our scooter?

- With an adult Down a big slope In a car park

Which of these objects must we stop for?

- A puddle Driveways A muddy path

Which of these items of clothing is not an item of safety ?

- Helmet Knee and elbow pads Jumper

How do we stop our scooter?

- With our feet Crashing into something With the brake

Which of these items is not a scooter safety item?

- Reflective Sticker Bell Flag

