



# Barney Lodge Day Nursery

## TRAVEL PLAN

At Barney Lodge we aim to promote a healthy lifestyle which includes how we travel to and from nursery.

Our main priorities are:-

- \* to encourage families to choose safer, more active and sustainable travel options as an alternative to driving;
- \* to reduce road traffic, ease congestion and reduce carbon emissions;
- \* to contribute towards the immediate and long-term health and well-being of children.

The work we all achieve through our Travel Plan will benefit the nursery, it's neighbours and the community.

We support the National Walk to School and Road Safety Weeks.

Our aim is always to get more families to leave their car at home, which is why we promote these events.

**Walking** with your child to nursery is a great way to help you and your child achieve your recommended daily activity levels. It can also be a great way to start and finish the day, allowing you to spend some quality time with your child. On the journey you can talk about the things you see, and on the journey home you can talk about what your child enjoyed doing that day.

Walking is also a good time to educate your child, from a very young age, in road safety skills. They will go on to develop these skills through primary school, and will be more ready to walk safely and independently to secondary school, when the time comes.

If you don't already walk to Barney Lodge, why not consider trying this out, or at least walking part of the way? If you need to drive, why not park your car 5 minutes away and walk in the rest of the way?

Teach your child road safety skills and awareness. So often the children are tempted to run straight out of the front door, into the car park. If they are used to walking, they will learn to hold your hand, and to use our designated walk way.



Me and Mummy walking  
to Barney Lodge

**Scooting** is a fun, healthy and active way to get to nursery. Young children are often able to scoot much longer distances than they would be happy to walk. Scooting also helps children develop road safety awareness, as well as skills which are essential for cycling, such as balancing, steering and stopping. Teach your child the "Scooter Golden Rules":-

- \* Always scoot with an adult;
- \* Stop at kerbs and driveways;
- \* Get off your scooter and push when crossing roads;
- \* Don't scoot down steep hills.

Make sure your child is wearing suitable clothing and footwear and a well-fitting helmet.

Teach your child to be considerate of other people on the pavement, and to get off their scooter and push it if it is busy.



I like to ride my scooter  
to Barney Lodge

**Driving** - If you need to drive your child to Barney Lodge, for the safety of your child, their friends and the local community, you have a responsibility to park safely and considerately. This means parking within our parking spaces on the drive way, or in the designated drop off spaces outside on the main road. Please, NEVER, park on the yellow lines outside our neighbouring properties.

Instead of driving directly to nursery, why not “park and stride” (parking away from nursery and walking a little way)?

Try car sharing - if you have to drive, try and get together with other parents who also need to go by car and take it in turns to drive. If driving, please take note of the seatbelt laws.

|   | FRONT SEAT                           | REAR SEAT   | Who is responsible? |
|---|--------------------------------------|---|---------------------|
| Driver  | Seat belt MUST be worn if available  |   | Driver              |
| Children under 3 years old  | Correct child restraint MUST be used | Correct child restraint MUST be used. If one is not available in a taxi, then the child may travel unrestrained in the car.   | Driver              |
| Children aged 3 and above, until they reach EITHER their 12th birthday OR 135cm In height | Correct child restraint MUST be used | Where seat belts fitted, correct child restraint MUST be used. MUST use adult belt if the correct child restraint is not available in three scenarios:-<br>- in a licensed taxi or private hire vehicle;<br>- for a short distance for reason of unexpected necessity;<br>- two occupied child restraints prevent fitment of a third.<br><br>In addition, a child 3 years and over may travel unrestrained in the rear seat of a vehicle if seat belts are not available. | Driver              |
| Child over 1.35 Meters, or 12 to 13 years   | Seat belt MUST be worn if available  | Seat belt MUST be worn if available.  | Driver              |
| Adult passengers (ie. 14 years and over)  | Seat belt MUST be worn if available  | Seat belt MUST be worn if available.  | Passenger           |

**Teach road safety skills and awareness.** Children can be safe on the streets if we show them how.

Set a good example - don't take risks, and don't use your mobile phone when crossing roads. Hold hands near traffic, or ask your child to hold on to the buggy. Make sure your child walks on the side of the pavement furthest away from the traffic.

Wear bright and reflective clothing as this will help other road users to see you.

Use safe places to cross, ideally at a crossing or away from parked cars. Stop, look and listen, and when it's clear walk straight across.

You could talk about the traffic you see and the best places to cross. You could also ask questions about the speed and size of different vehicles.