

myjourney



**change
4 life**

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**Central
Bedfordshire**

Sustainable Transport

Scotability Training

Level 1

A scheme to encourage safe scootering to school for lower school pupils in Central Bedfordshire



myjourney ...to school



Introducing.....

Scootability Training *Level 1*

The aim of this programme is to use the scooters as a fun and active way to revise and reinforce basic pedestrian safety messages. The key safety messages are equally relevant to younger children and to older children who walk or scoot independently to school, to the local shops or around where they live.

Scootability is a progressive course and has been developed for school teachers to use as part of the curriculum, at lunchtime or after school clubs.

There are 3 Scootability levels for children to participate in:

Level 1 - Scooter control and pavement etiquette

Level 2 - Scooter control, pavement etiquette and priorities at driveways

Level 3 - Scooter control, pavement etiquette and priorities at driveways, with more practice on the pavement with side roads and driveways

It is advisable that the course leader/teacher assess the ability of the children as to their suitability for each of the Scootability levels prior to the start of each course level.



This course has been developed by Haddenham Cycle Training who have consented to this adaptation for use in Central Bedfordshire Schools. Further instruction and training sessions for this course can be arranged by contacting:
info@haddenhamcycletaining.org.uk

Scotability Training - *Level 1*

Resources needed:

- Cones (workshops 1 and 2)
- Pushchair or other props (workshop 3)
- A mobile phone and a First Aid Kit
- High-visibility vests for volunteers
- Extra scooters

Time: 45minutes/1 hour

Note for volunteers: The class will be divided into 3 groups and each group will visit 3 workshops. Please try to be aware of the other groups so they all finish at around the same time.

Lead Instructor will lead workshop 3; the most experienced volunteer will lead workshop 2, another one workshop 1.

Lead Instructor: gather whole class together and go through the following: (spend less than 5 min)

1. Why some scooter training

- How many of you use your scooter to come to school? How many of you scoot sometimes?
- The purpose of today is to go over basic road safety for pedestrians (walking people), but we are using scooters as a fun way of learning
- We know that all of you are pedestrians and walk sometimes (to school, shops, to play with friends etc) so this is important for everyone

2. Establish Ground rules

- One person talks at a time: put up your hand
- Don't scoot off, use your scooter only if you are asked to

3. What is going to happen today

We are going to divide into 3 groups and you will go to 3 workshops:

- one workshop is a discussion
- one workshop is all about how to behave on the pavement
- one workshop is about scooter control and will include some fun games

We will be outside for **45 min/1 hour** but you will not scoot during all this time. We will need to share scooters – is everyone happy with that?

4. Lead Instructor to ask them to go and get their scooters and explain about the Warm-up ride

- Scoot across the playground
- Same ride, but alternate pushing foot every three pushes (push three times with your left foot, three times with your right foot etc.)

Split into three groups

Workshop 1: Getting ready – Discussion and demonstration (15 min)

For all the following items, ask open questions and encourage children to come up with the key points. Have an interactive discussion.

1.1. Why ride a scooter?

Why do you think people want to ride scooters? Pair the children up and get them to talk to their partner about it for 2-3 min, and then ask for some feedback.

Possible answers:

- It's fun and faster than walking
- You can ride them on the relative safety of the pavement
- They are light and easily carried home or on to work by parents
- It is cheaper than a bike
- Your Mum might not let you cycle, but she might let you scooter etc

1.2. Getting ready

Does everyone know how to unfold and fold up a scooter? They may be slightly different?

Demonstrate the following by using one scooter and point to relevant parts:

Unfolding your scooter – be careful when unfolding your scooter.

Scooter maintenance – make sure all levers and clips are tight and correctly positioned before setting off. Make sure wheels are not wobbly and turn correctly on the axles.

Handlebar height – best at waist height. Not too low or you may go head over heels, not too high or you may hurt your face.

At this point, send the pupils to scoot on the playground. Then ask them why they think you sent them on the playground and not on the road; this introduces the next message, where to scoot:

1.3. Where and When to Scoot

Where do you think would be good places to scoot? Where would be bad? Ask questions and guide the discussion so you cover the following topics:

Best places to scoot – smooth level surfaces such as parks or quiet pavements.
NEVER SCOOT ON A ROAD.

Slopes and Hills – ALWAYS check first with your parent if a slope is gentle enough to scoot on. **NEVER SCOOT DOWN STEEP HILLS.**

Ruts and bumps – look out for ruts and bumps in the pavements as these can catch your wheels and cause you to fall off

What to wear – remember to tie up your shoe laces. Anything else you need to think of? (hoods? baggy trousers?)

How to carry things on a scooter – always carry things in a rucksack. Discuss dangers of carrying things on the handlebar, in one hand, on the scooter, in front of your foot etc.

(if you have time - demonstrate with one scooter: ask children to weave around cones with a heavy weight in a carrier bag, (1) on the handlebar and (2) in a rucksack)

Wet conditions – avoid scooting in the rain or wet. Your brakes won't work and you're more likely to skid. The wet will also rust the bearings in your wheels.

Dusk and Dark – be careful when scooting in poor light – you won't be able to see ruts and bumps in the pavement.

1.4. You're off!.....

Speed – scooting is fun, but not too fast! Get the pupils to walk fast (about 4mph) between 2 points with the instructor as a long line – with instructor setting the pace. Ask who normally scoots faster than that? The Highway Code tells us to scoot at 4mph, but if the pavement is clear you can go faster.

If the children were scooting to school – would it be sociable to scoot on a very crowded pavement? No, they should push their scooter. Be aware of pedestrians and either scoot at walking pace or push your scooter where necessary.

Crossing a road or a driveway Remember your 'Stepping Out Safely' road safety training:

1. Find a safe place to cross: not from between parked cars (unless there is no other alternative)
2. Stop: by the kerb – be careful when you have to stop at a sloping kerb, stop before the pavement slopes down
3. Look: everywhere
4. Listen: noise gives an indication of the size and speed of vehicles
5. Life saver check and cross.

Identify people who you trust and who can help you cross the road.

Practice as a line: stop/look/listen before setting off across an area. Discuss the fact that there is sometimes a slope down to the road on a pavement – which they need to be aware of – so stand back slightly at the kerb.

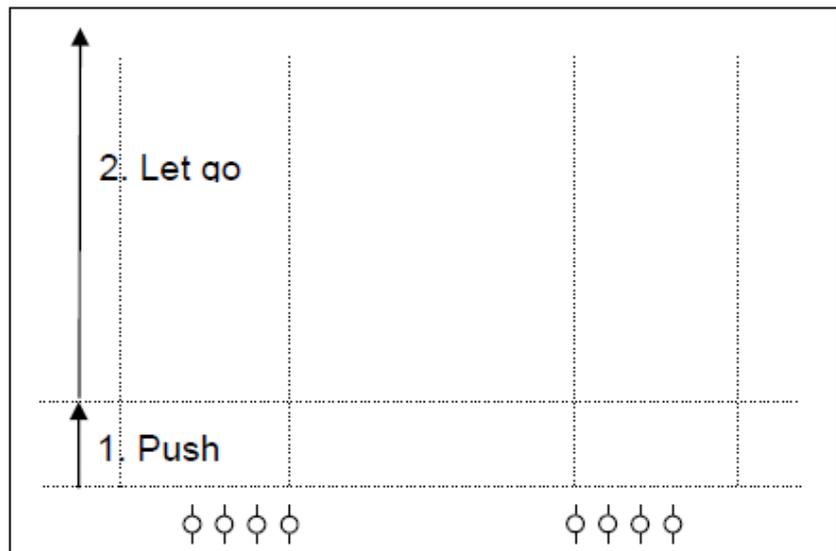
Workshop 2: Scooter control and games (15 min)

2.1. Scoot on a straight line

Define two lines on the playground.

The children start from behind the first line, push hard until they reach the second line and let go on a straight line until they stop.

They stay there until everyone has done the exercise.



Who went the further out?

See how far you can go before stopping; if anything happens you need to actively stop.

2.2. Emergency stop

How can you stop? (1) Use the brake, (2) jump off your scooter. If you jump off, keep your scooter close so you don't hit someone's ankle.

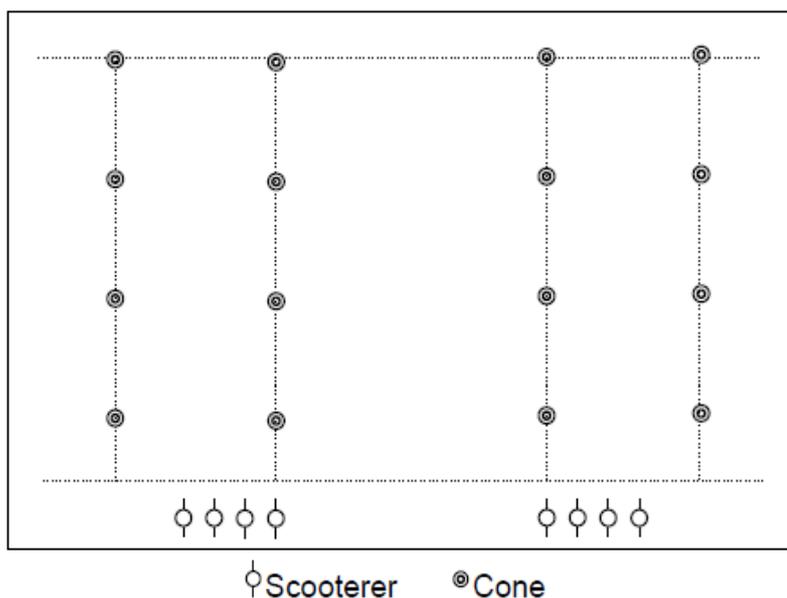
Don't use your toes or the sole of your shoe to stop.

Practice emergency stop: scoot along a straight line, stop (1) using the brake or (2) jumping off the scooter; check the distance you need to stop – jumping off is quicker.

Ask the pupils to push three times and stop.

2.3. Scoot around obstacles

Organise an obstacle course, using a set of plastic cones. Send the pupils one after the other one keeping a good distance between them. Ask the pupils to keep at least a scooter length between them and not to go over the cones: they break!



Slalom: weave in and out of cones, back and forth along two straight lines

1. Push
2. Let go

Funnel: scoot through a narrow gap – scoot slowly between several successive sets of two cones without touching them

Turns: left and right hand turns around cones – turn sharply just after a cone at the end of a straight line

Control: scoot along a marked **line**, keeping both wheels on the line

Workshop 3: Pavement practice (15 min) (Teacher to help)

***Pavement etiquette* – PEDESTRIANS HAVE PRIORITY ON PAVEMENTS.**

Remember to slow down and even come off your scooter if you need to pass or overtake a pedestrian. Look out for small children.

REMINDER: Push your scooter or scoot at walking pace on crowded pavements.

Set up: Organise a course along a 'pavement' with a 'driveway', dustbins, pedestrians, pushchair, a crowded section where the scooter must be pushed etc.

Discussion: Instructor to lead a discussion on **manners** – what words could you use to pedestrians? Excuse me.....thank you.....sorry. Remember to check your speed and to look behind you before overtaking.

Practice: Divide the pupils into two groups, one group acts as pedestrians and the other group scoots, then swap over. The pedestrians, accompanied by the Class Teacher, are placed on the pavement (1) in groups of two standing persons chatting or (2) walking along the pavement, one can push a pushchair. The Class Teacher walks along the pavement and helps to keep them focussed.

REMINDER: Push your scooter or scoot at walking pace on crowded pavements.

If you have time, organise a relay race

Lead Instructor to gather the whole class

Short discussion with whole class: What have you learned today?

