

# Safeguarding: Safe Places

We have nearly reached the end of this academic year, and we want to take this time to remind you of 'Safe' places to play over the holiday. Remember, you have the right to be safe, but also the responsibility to help keep yourself safe.

### **Road Safety**

- Find the safest place to cross and then STOP.
- Stand on the pavement near the kerb.
- Look all around for traffic and listen.
- If traffic is coming, let it pass.
- When it's safe, walk straight across the road. (DON'T RUN)
- Keep looking and listening until you safely reach the other side.

### Water Safety

- On a hot day, it might seem like a great idea to cool down in open water. However, swimming is prohibited in our canals and rivers. There are too many risks that you can't see hidden below the surface, and lots of other ways you can cool down with two feet on the towpath.
- It's really tempting to dip more than your toes in the sparkling waters but be warned. Canal, river and reservoir water will still be really cold, even in the summer. It can take your breath away making it difficult to swim. Sadly, of the 400 people who drown in the UK every year, more than half of these happen at inland waters such as canals, rivers, lakes, quarries and reservoirs.



## **Rail Safety**

- Only cross railroad tracks at a designated crossing. Designated crossings are marked by a sign, lights or a gate.
- Look both ways before crossing railroad tracks. Remember, trains can come from either direction at any time.
- If lights are flashing, alarm is sounding or the gate is down at a railroad crossing, wait for the train to pass completely, the gates to lift and the lights to stop flashing/alarm sounding before crossing. It is never okay to rush across and try to beat the train. Trains may be closer and faster than you think.
- If you are using a mobile phone, headphones or playing a game on a device, remember Heads Up, Devices Down when you cross the tracks. Once a train starts to brake, it can take a mile for the train to stop. So, when you see a train, it's already too late for it to stop for you. Headphones should be removed, so you can hear an approaching train.
- Don't be tempted to walk along the railroad track. It might be a shortcut, but it is dangerous and not worth the risk. It is also against the law to walk on the track and the land around it because it is private property.

Enjoy your break, have fun and stay safe.

.....



Rec - 6

Year 1 - 7

Year 2 - 5

Year 3 - 4

Year 4 - 4

Year 5 - 4

Year 6 - 6J

maintenance.

appreciated.



