

Independent Travel

TRAINER'S BOOK

# Introduction

This resource has been designed to support Independent Travel training for adults with learning disabilities. It includes:

- Discussion photographs
- Timetable booklets
- Suggested activities
- Worksheets
- Progress reporting forms
- Risk assessment forms
- Permission letter



# Contents

	Pages
Planning Outdoor Activities	3
Worksheets	4 - 10
Safer Places to Cross	11
Worksheets	12 - 25
Parked Cars	26 - 27
Worksheets	28 - 34
Answer Sheets	35 - 38
Useful Links	39
Suggested Travel Training Process	40
Suggested Practical Activities	41 - 43

## Additional Forms

Permission Form

Trainees' Initial Risk Assessment

Route Assessments

Progress Reports

Certificate



# Planning outdoor activities

As part of the Independent Travel project, the Road Safety Unit may be able to assist with planning and running practical outdoor activities.

## Health and Safety

Trainers may choose to take their trainees out into the local area as part of this project. The Road Safety Unit can advise on these activities.

- Trainers and trainees should wear high visibility clothing. You may wish to buy a set of waistcoats or sashes.
- If trainees are observing traffic, ensure they are standing well back from the kerb.
- Trainers should ensure that they are aware of any minimum supervision ratios and ensure that trainees are adequately supervised.



Name \_\_\_\_\_

# What is traffic?

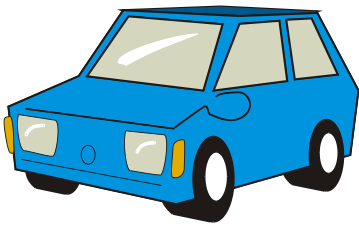
Draw a circle around the vehicles you might see travelling along the road.



Name \_\_\_\_\_

# What is traffic?

Write the name under the pictures of the vehicles you might see travelling along the road. Put a X through pictures of things that don't travel along the road.



\_\_\_\_\_



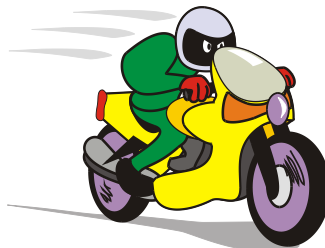
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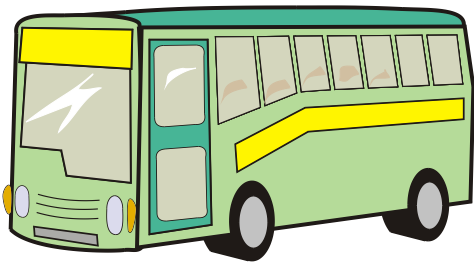
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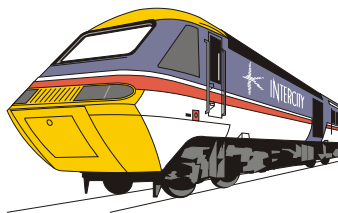
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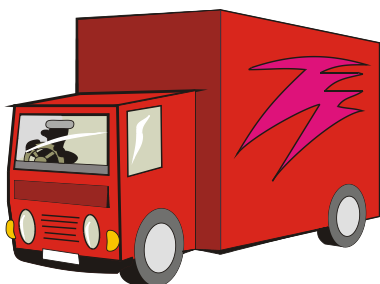
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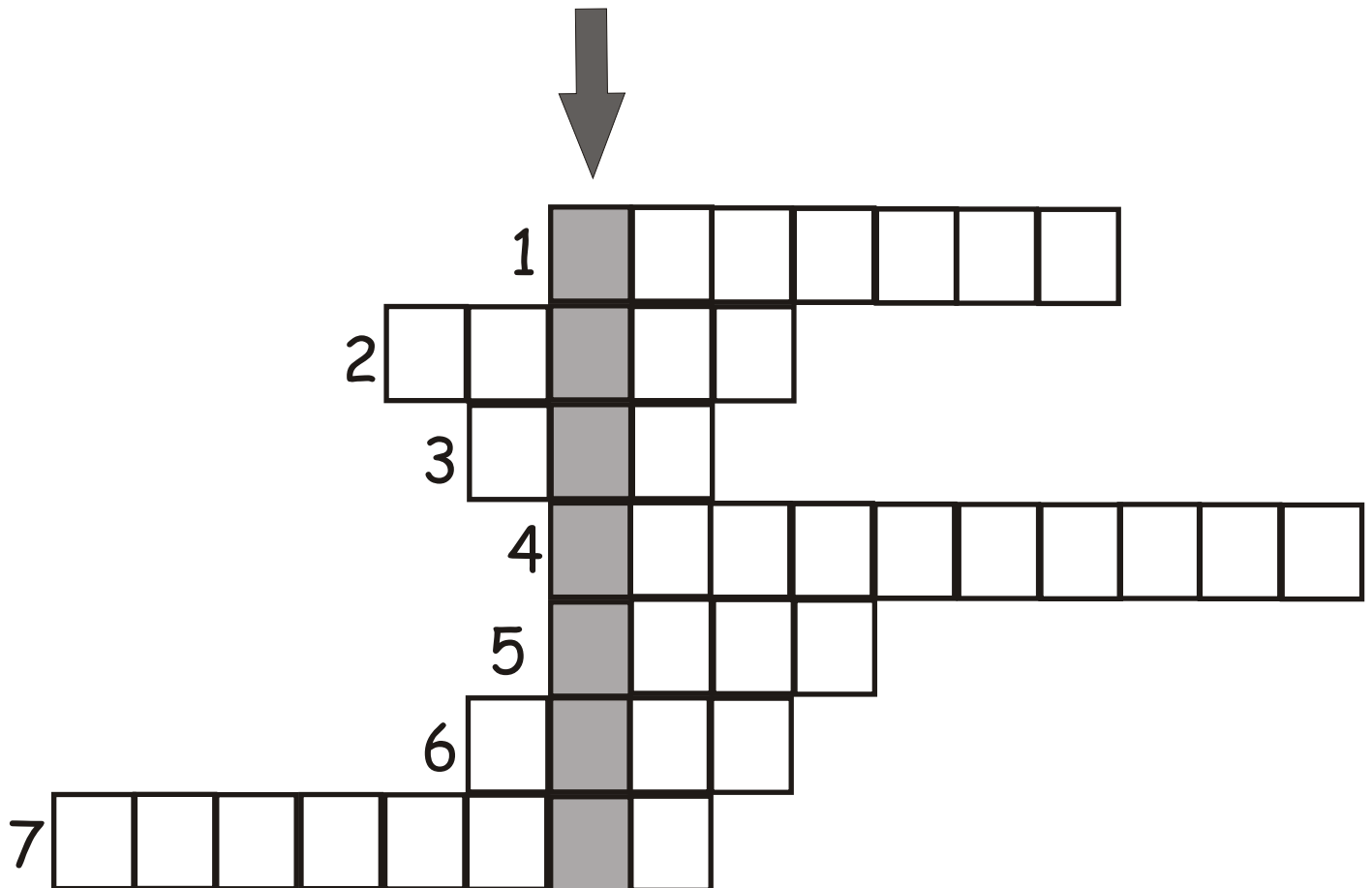
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Name \_\_\_\_\_

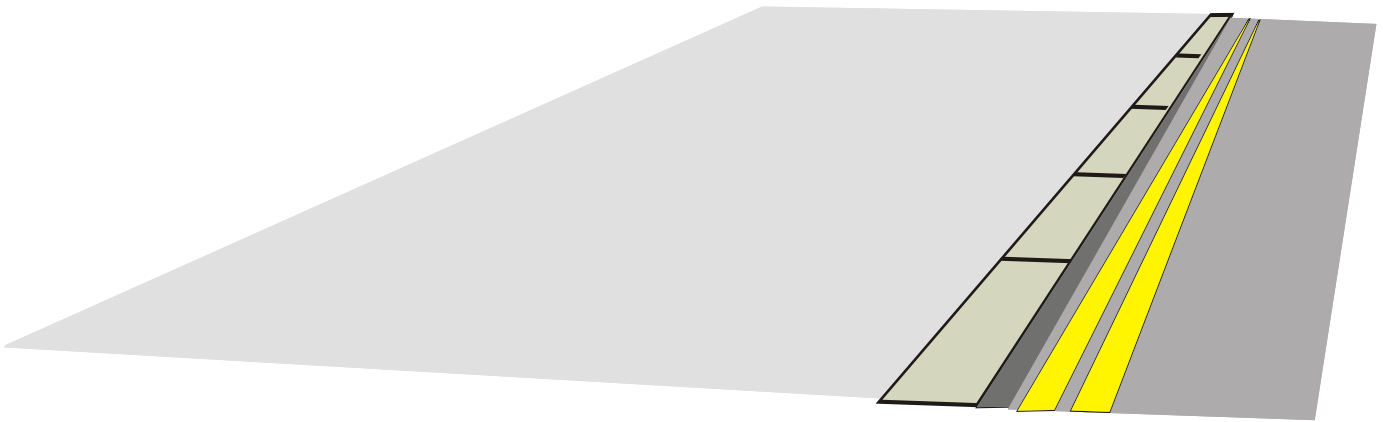
## Vehicle Crossword



1. Normally seen on a farm.
2. Carries things from place to place.
3. The most common vehicle on the roads.
4. This goes to put out fires.
5. Vehicles often travel very f \_ \_ \_ .
6. A vehicle with two wheels. (clue: travels very quietly!)
7. Takes us to hospital when we are ill.

Name \_\_\_\_\_

## On the Pavement

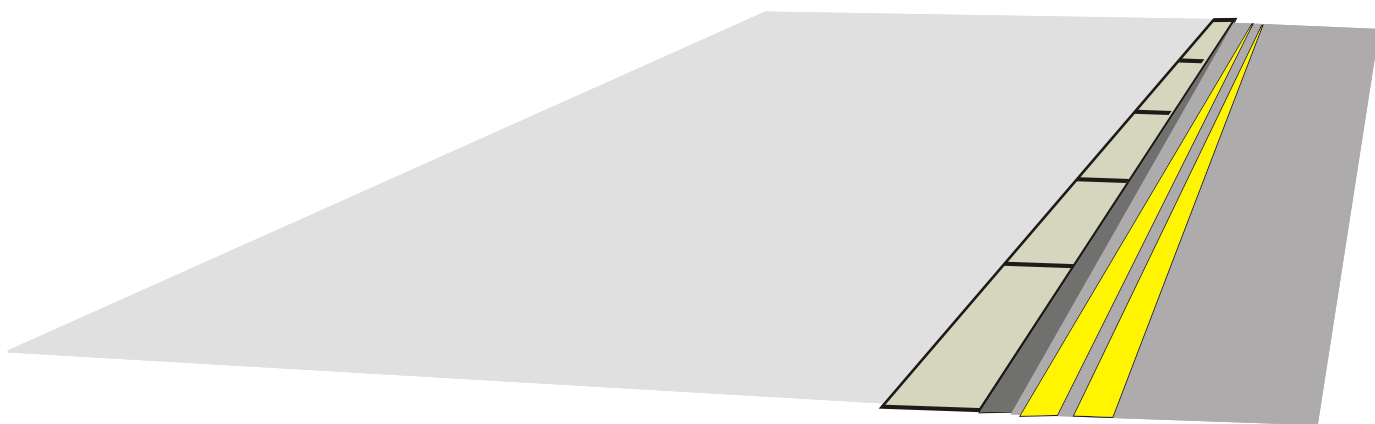


Draw yourself walking along the pavement  
in the safest place.



Name \_\_\_\_\_

## On the Pavement



Draw yourself walking along the pavement in the safest place.

Why is this the safest place to walk on the pavement?

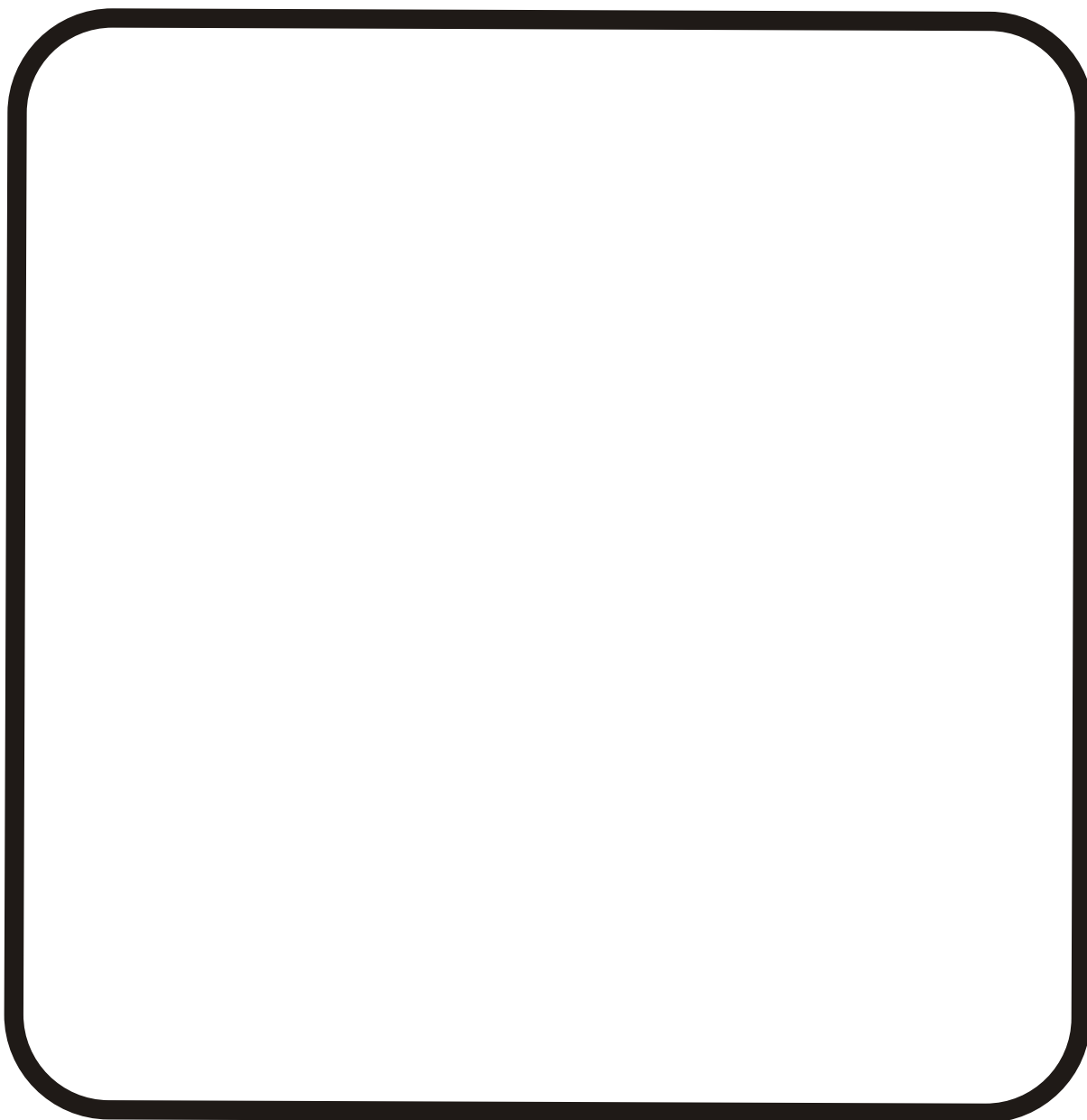
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Name \_\_\_\_\_

## My Road

Draw a picture of a road you live near to.  
Is it a busy or quiet road?

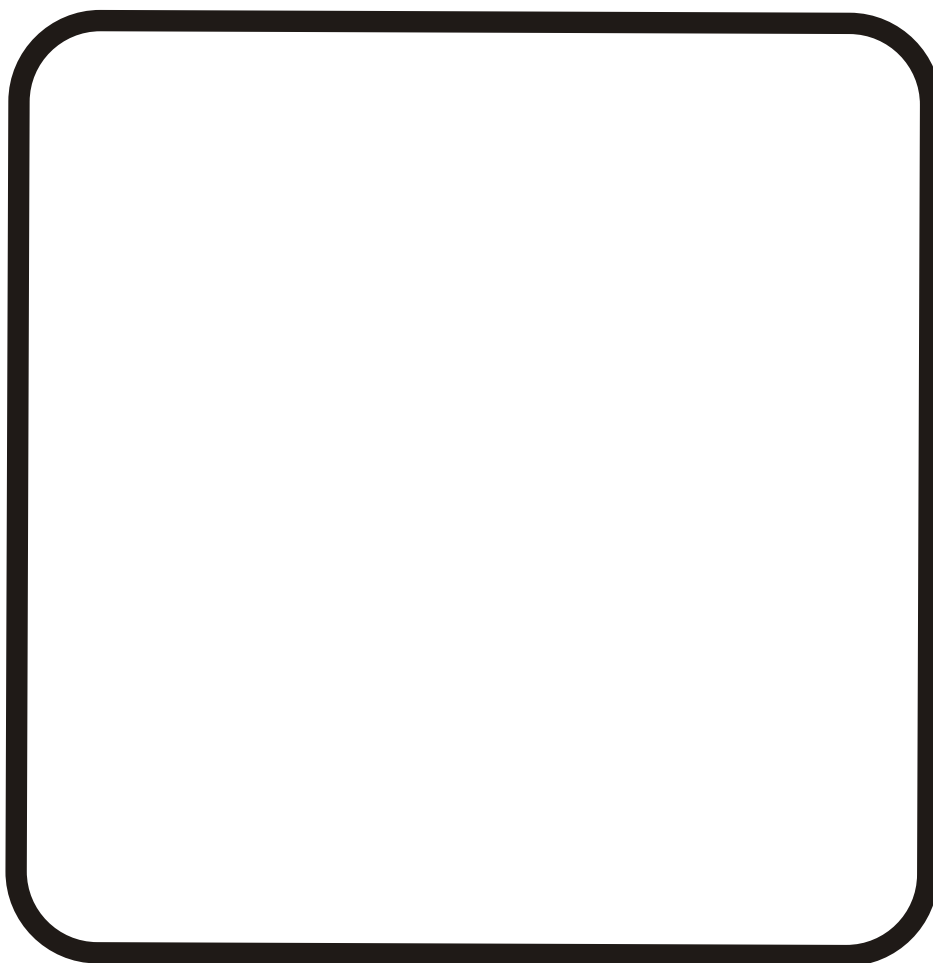


Can you label the road, traffic, pavement and kerb?

Name \_\_\_\_\_

## My Road

Draw a picture of a road you live near to.  
Is it a busy or quiet road?



Write a list of words to describe what your road is like.

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# Safer Places to Cross

This section covers all of the different types of "Safer Places". There are 3 main light-controlled crossings:

Pelican (Pedestrian Light Controlled) crossing. This is still the most common light-controlled crossing operated by pressing a button.

Puffin (Pedestrian User Friendly Intelligent) crossing. This is similar to a Pelican Crossing, except that the pedestrian signals are next to the operating button. Detectors vary the length of time pedestrians have to cross and there is no flashing amber light for motorists or flashing green man for pedestrians.

Toucan (two can cross) crossings are found where a cycle lane meets a road. This is the only crossing at which cyclists can ride across. These crossings sometimes have a flashing phase, but not always.

At all of the light-controlled crossings, it is vital that trainees realise they must check that traffic has stopped before they cross, even if the green man is lit.

The other type of controlled crossing is a zebra crossing. Trainees need to understand that they must make sure the traffic has stopped in both directions before they cross.

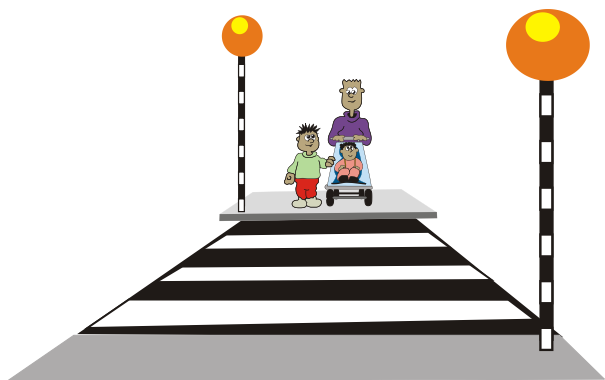
At all of the crossings, it should be emphasised that you should cross on the stripes or between the studs, not on the zig zags either side of the crossing.

A pedestrian island is another a safer place to cross. It splits the road into two halves and provides a safe refuge in the middle of the road. Each half of the road should be treated as a separate crossing.



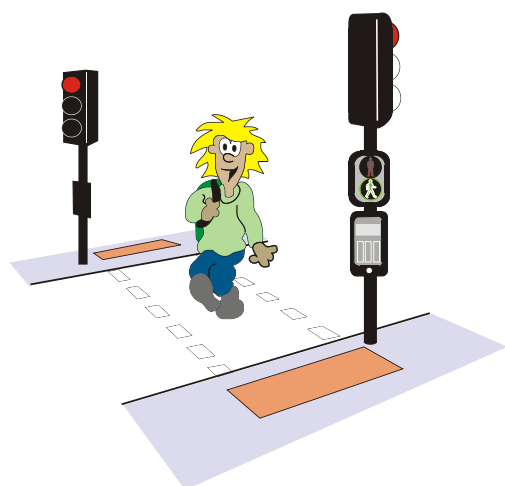
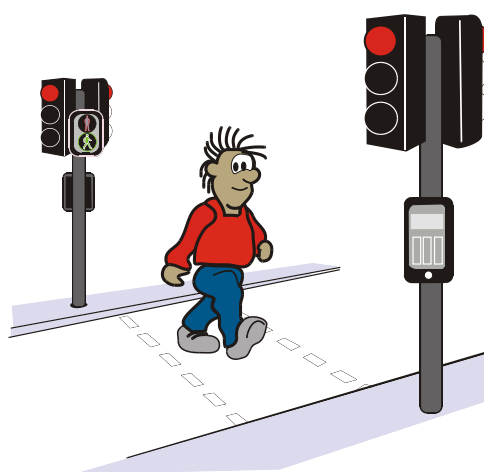
Name \_\_\_\_\_

# Safer Places to Cross

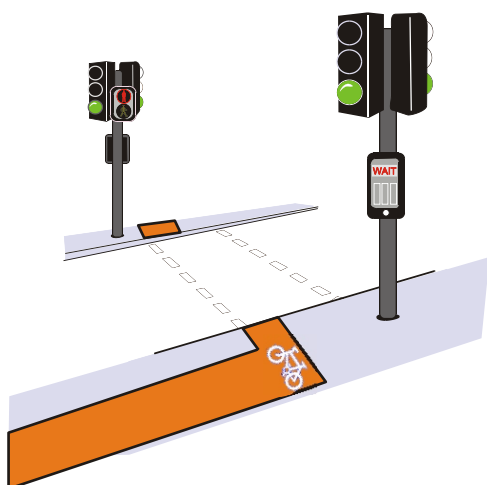
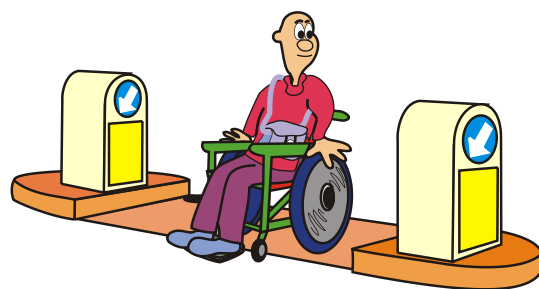


Write the name under each of the pictures of the safer places.

\_\_\_\_\_



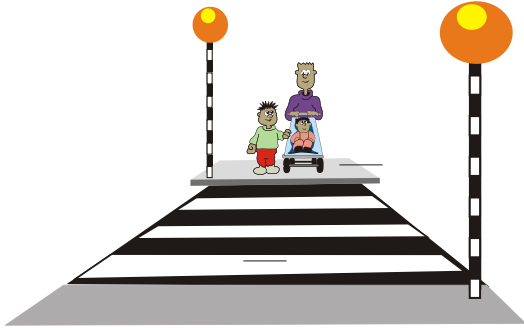
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**REMEMBER!**  
The red and green men on a puffin crossing are next to the button you press to make the crossing work.

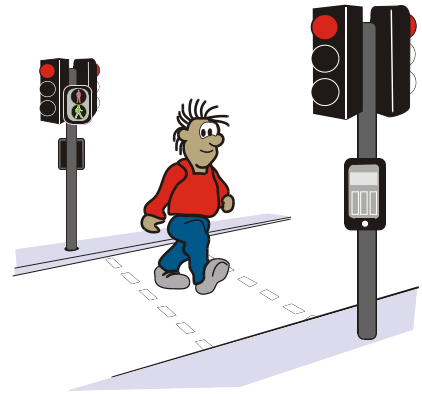
Name \_\_\_\_\_

# Safer Places to Cross

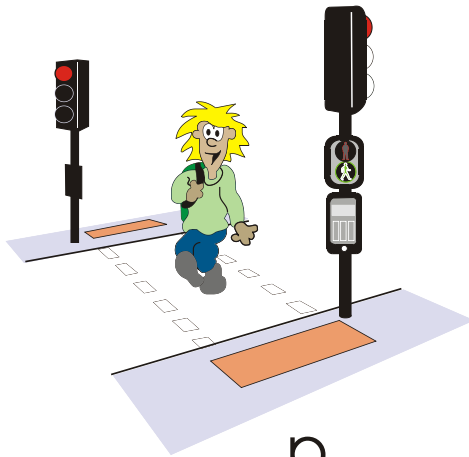


Write the name under each of the pictures of the safer places.

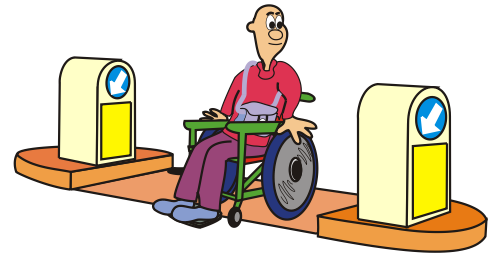
z \_\_\_\_\_ c \_\_\_\_\_



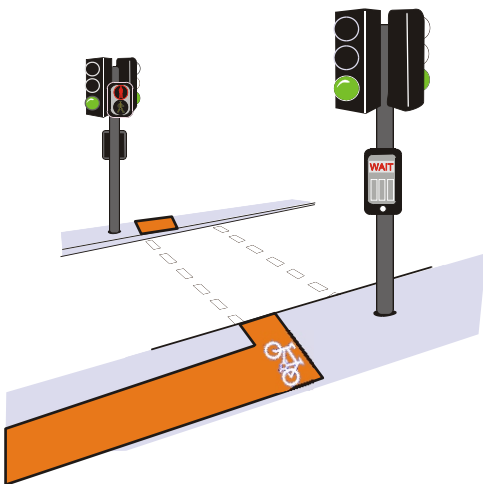
p \_\_\_\_\_  
c \_\_\_\_\_



p \_\_\_\_\_  
c \_\_\_\_\_



p \_\_\_\_\_  
i \_\_\_\_\_



t \_\_\_\_\_  
c \_\_\_\_\_

**REMEMBER!**

The red and green men on a puffin crossing are next to the button you press to make the crossing work.

Name \_\_\_\_\_

## Red and Green Man

Colour this man **red**.

What should you do when you see  
the red man?

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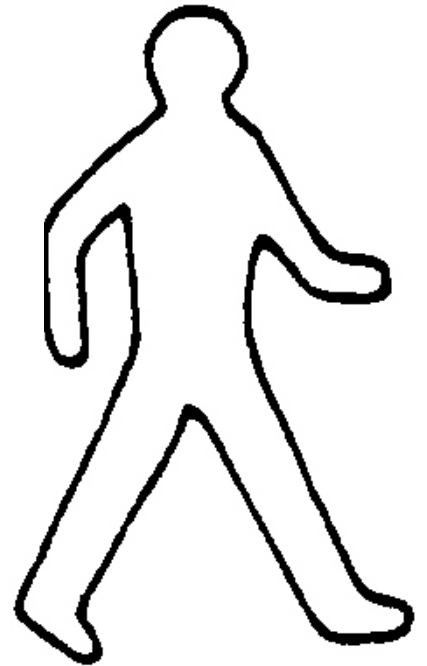


Colour this man **green**.

What should you do when you see  
the green man?

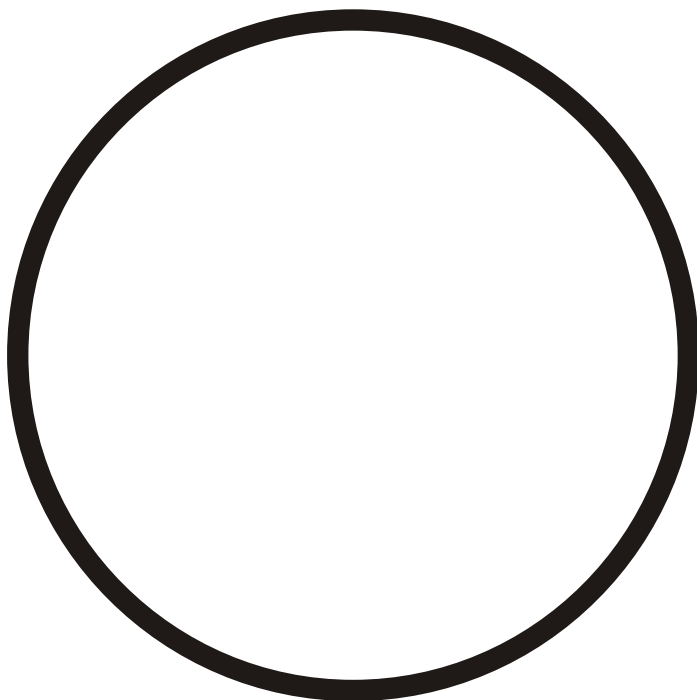
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Name \_\_\_\_\_

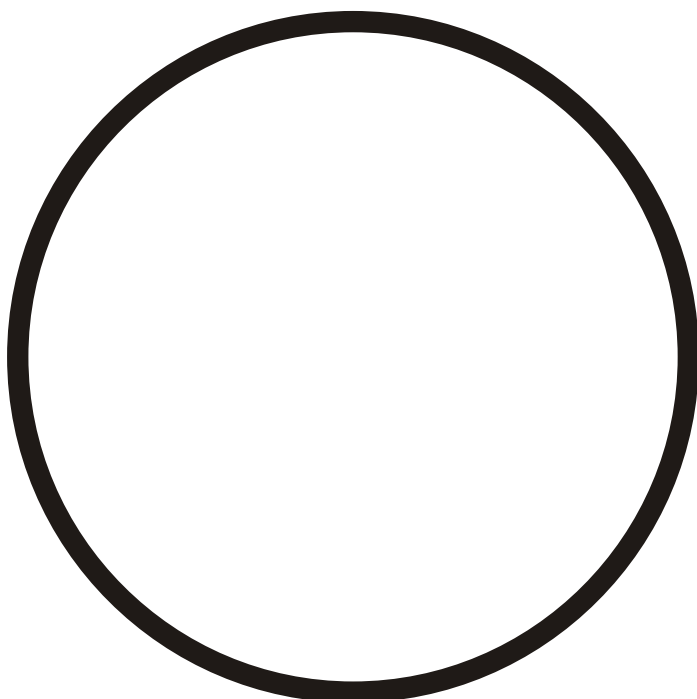
## Pelican Crossing



The red man means

**STOP.**

Draw the red man in the signal.



The green man means

**CROSS WHEN IT IS SAFE.**

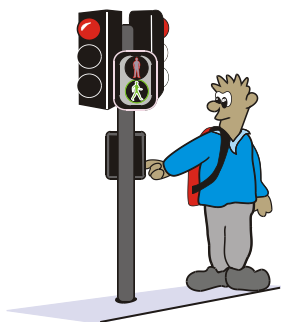
Draw the green man in the signal.



Name \_\_\_\_\_

## Pelican Crossing

Finish the sentences



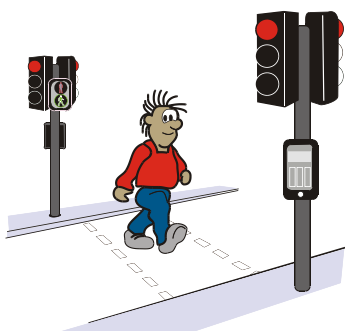
Stop at the  
Press the



The red man tells us



The green man tells us



Look before

Walk straight

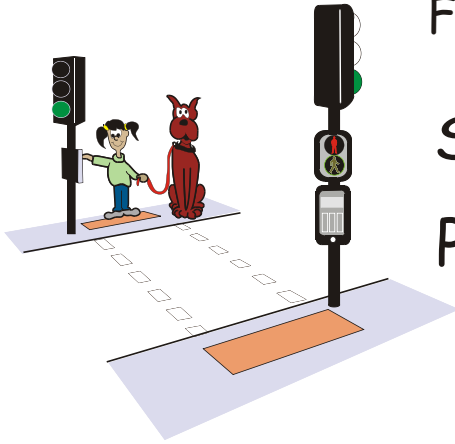


The flashing green man tells us

Name \_\_\_\_\_

# Puffin Crossing

Finish the sentences



Stop at the  
Press the



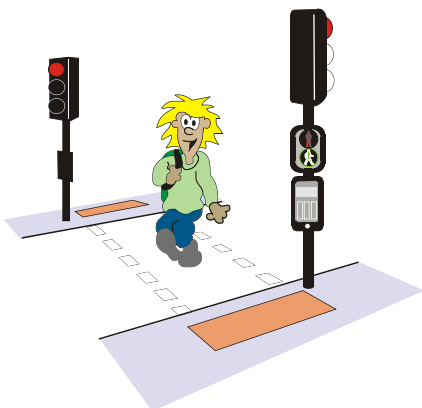
The red man tells us



The green man tells us



Look for

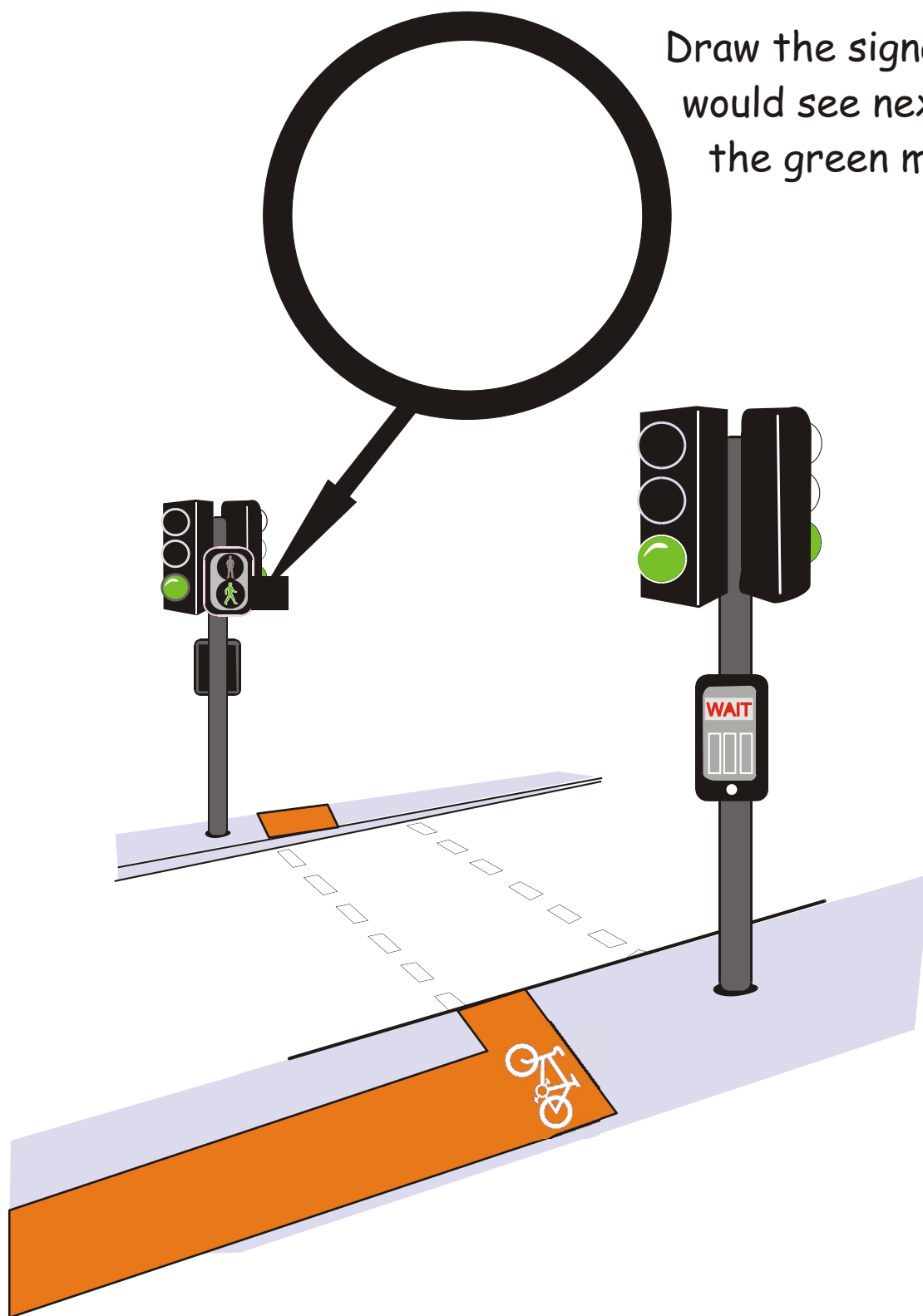


Walk straight

Name \_\_\_\_\_

# Toucan Crossing

Draw the signal you would see next to the green man.

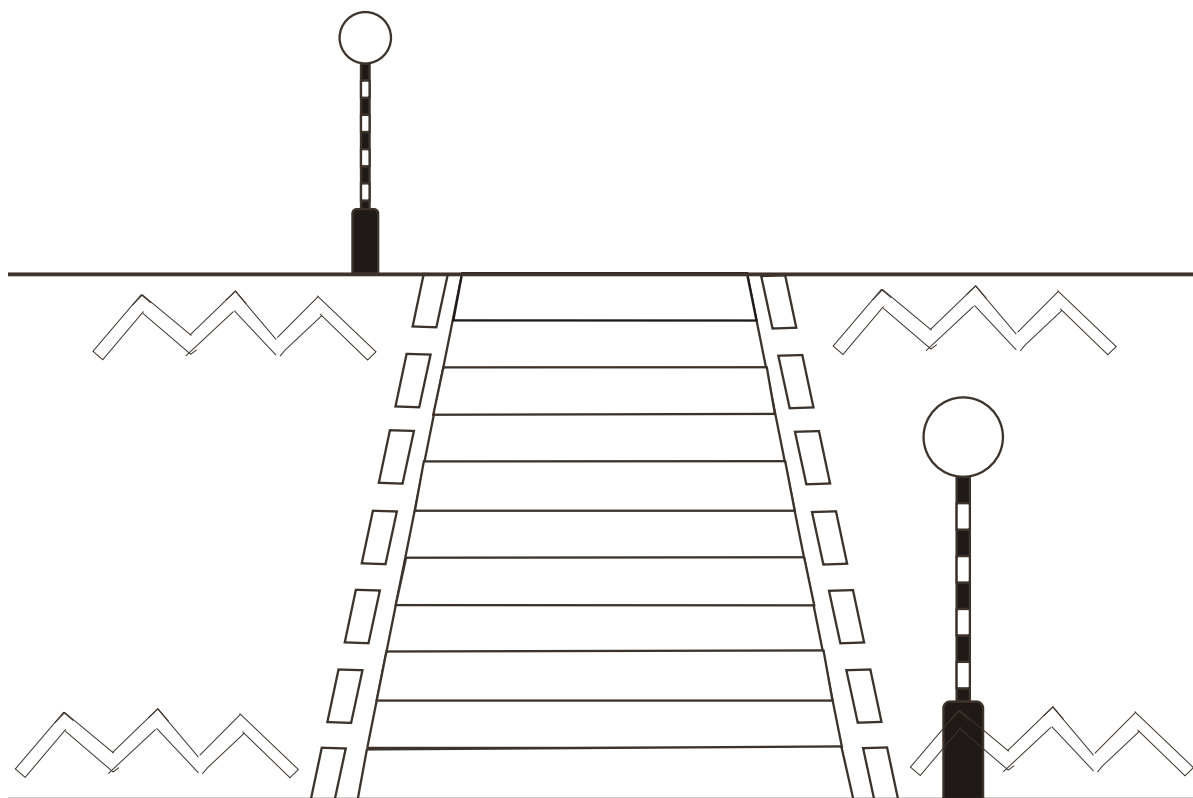


Draw a pedestrian and a cyclist waiting in the correct places near the kerb.

Name \_\_\_\_\_

# Zebra Crossing

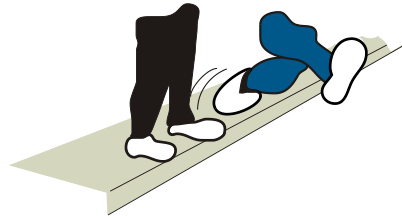
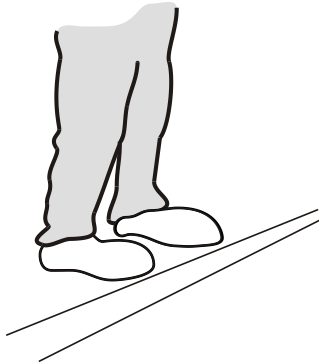
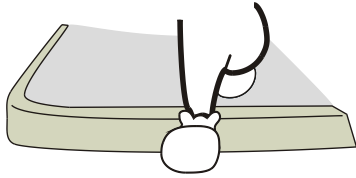
Colour the picture to give the zebra crossing black and white stripes and orange belisha beacons.



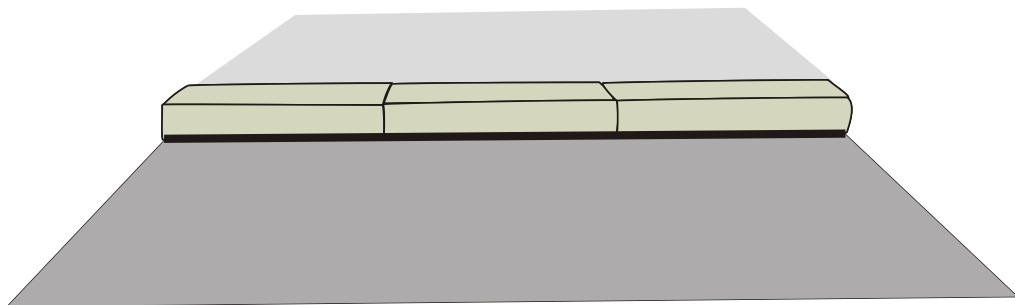
Name \_\_\_\_\_

# Stop

Colour the feet that have stopped safely at the kerb.



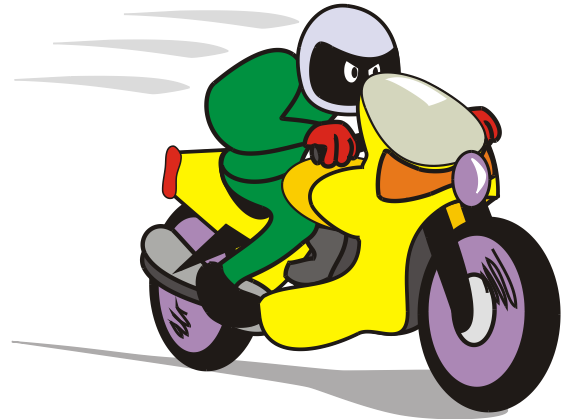
Draw some feet standing in the correct place near the kerb.



Name \_\_\_\_\_

# Listen

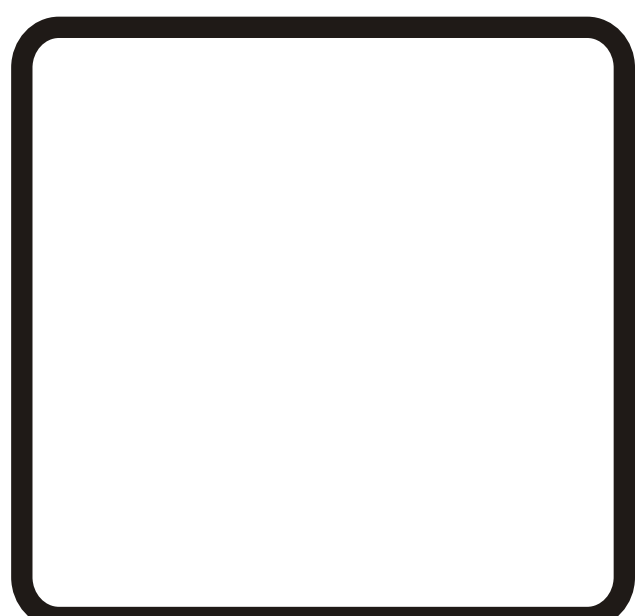
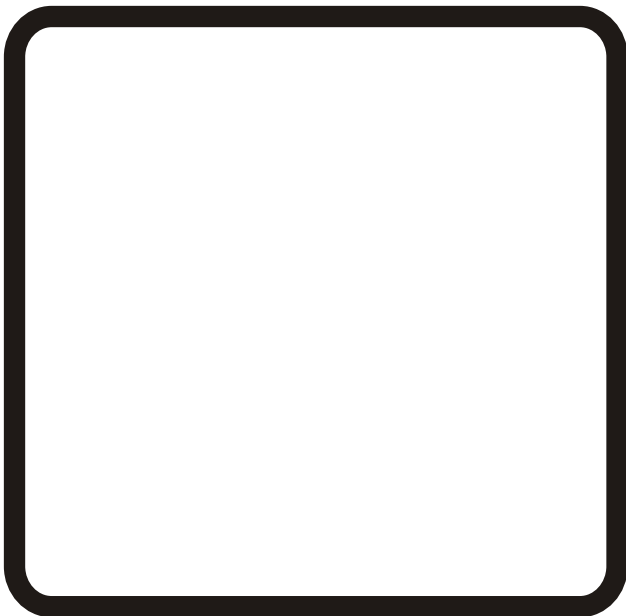
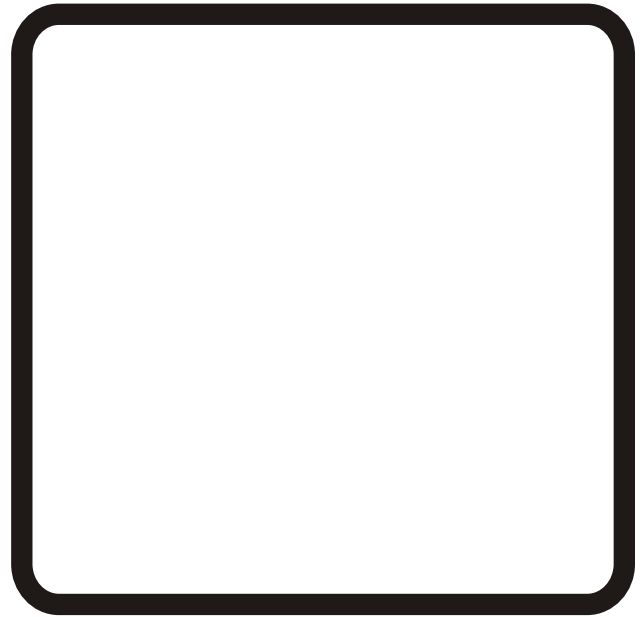
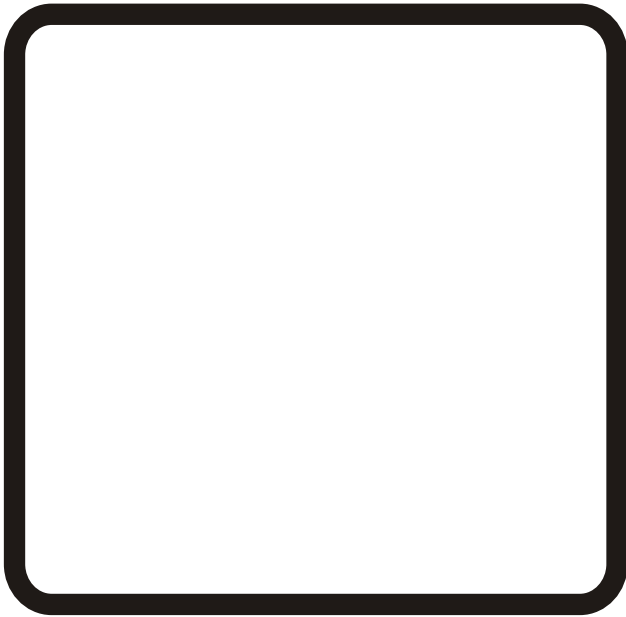
Draw a circle round the vehicle that will be difficult to hear.  
 Draw another vehicle that would be difficult to hear.



Name \_\_\_\_\_

# Listen

Outside I heard -

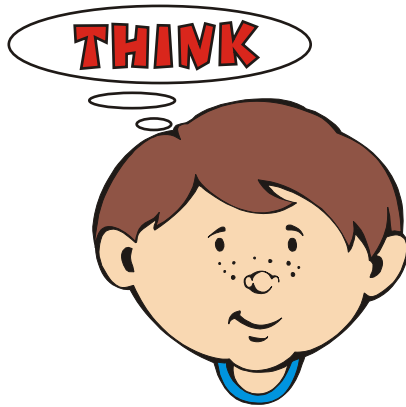


Name \_\_\_\_\_

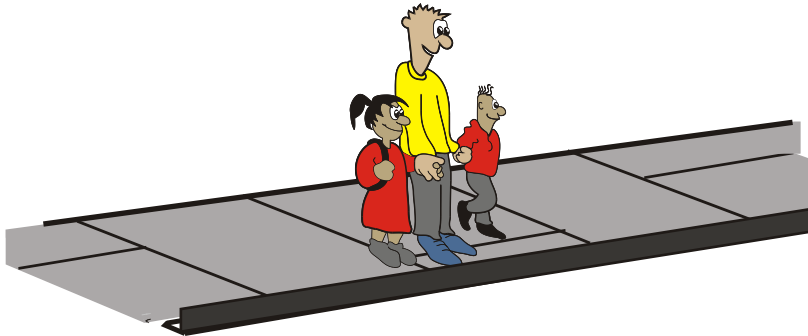
## The Green Cross Code

Fill in the missing parts of the Green Cross Code. Some parts need words adding, some need pictures. Number 1 has been done for you.

1. Think first. Find a safe place to cross then stop.



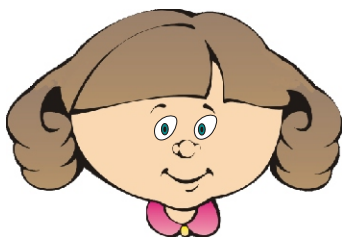
2. \_\_\_\_\_



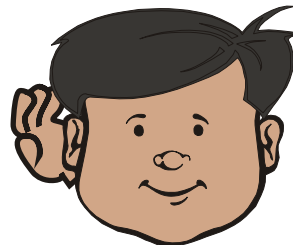
3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



And



23

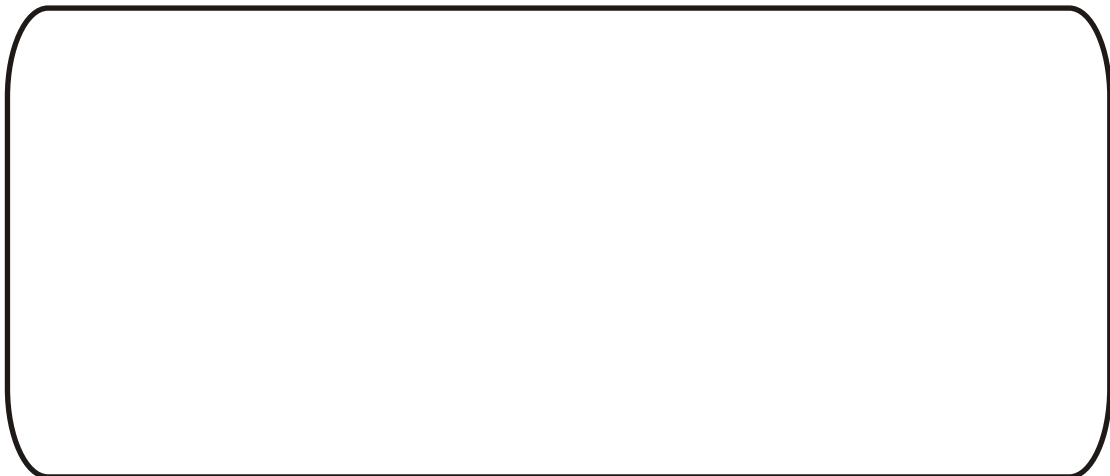


## The Green Cross Code (continued)

4. Wait until it is safe to cross the road. If traffic is coming let it pass and look all around again.



5. Look and listen again. When there's no traffic near, walk straight across the road.



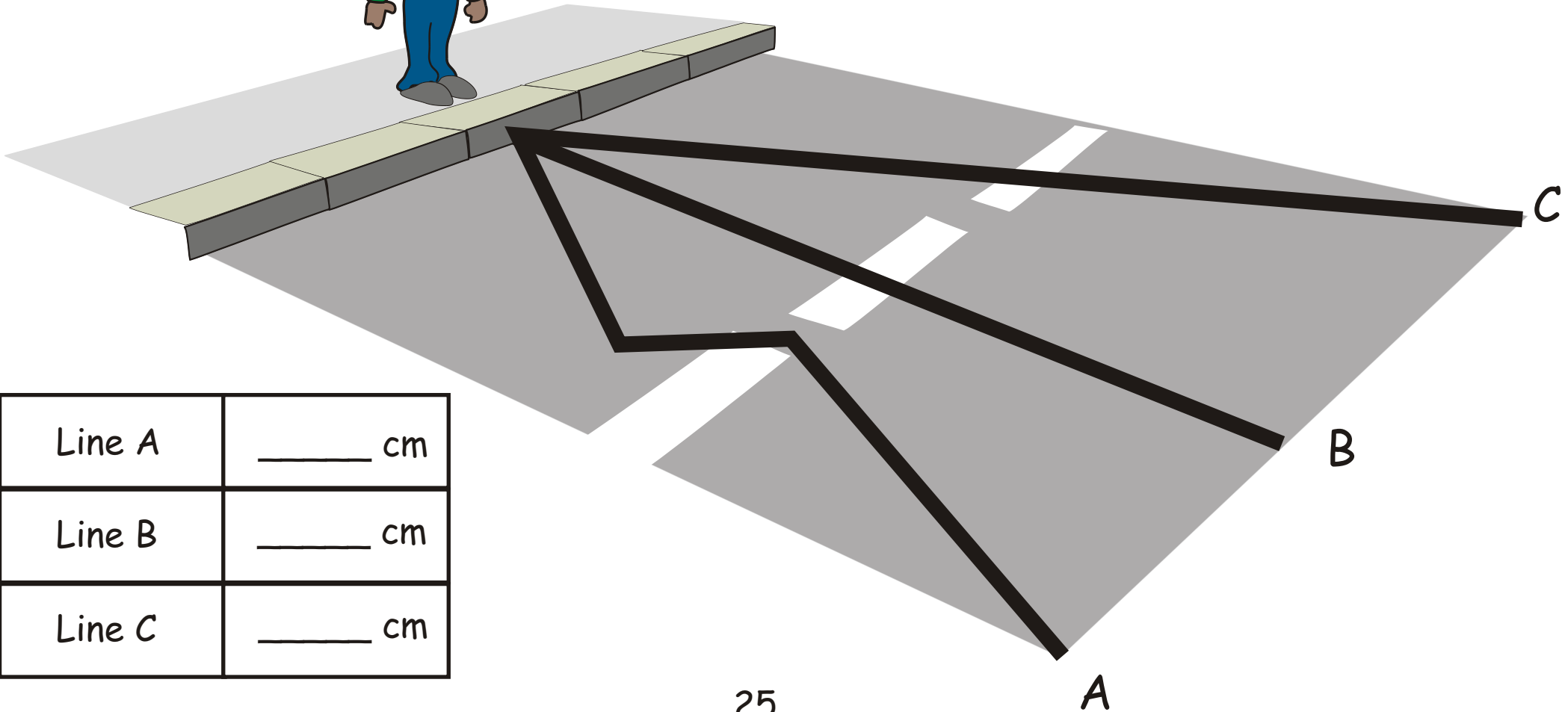
6. Arrive Alive



Name \_\_\_\_\_

# Helping Max

Max wants to cross over the road.  
Which route should he take? Use your ruler to measure the length of the lines. Have you chosen the shortest route for Max?



Line A	_____ cm
Line B	_____ cm
Line C	_____ cm

# Parked Cars

Crossing by parked cars should generally be discouraged. It is usually safer to cross away from parked cars. When they are standing near parked cars, people can be hidden from the driver's view and do not have a clear view of roads and traffic. However, many streets are full of parked cars and it is sometimes very difficult to find a place to cross the road away from parked cars.

Trainees need to be able to identify gaps between cars that are of a suitable size. If the gap is large, another car could pull in while the trainee is standing there. There also needs to be a space on the opposite side of the road for the trainee to cross to.

Trainees also need to check that the parked cars they are standing by are not going to move. They can listen for engine noise and look for people sitting in the car, lights and exhaust fumes.

Once trainees have identified a suitable space between parked cars to cross in and checked that the cars near them are not about to move, they need to adopt the following method of crossing:

- Stop near the kerb, between the two parked cars.
- Look "right, left, right" to see if there is any traffic approaching and listen. Trainees may not be able to see approaching traffic but may be able to hear it. If traffic is approaching, wait and let it pass.
- When no traffic is approaching, walk to the outside edge of the car on the left and stop. Trainees should be encouraged to stand by the left-hand car because traffic approaching closest to them from the right will have a clearer view of them.
- When standing at the outside edge of the left-hand car, look "right, left, right" and if there is no traffic approaching, cross straight over the road at a brisk pace.
- If any traffic does appear when trainees are standing at the outside edge of the left-hand car then they should step back onto the pavement and wait for the traffic to pass. The crossing procedure should then be repeated.
- This method of crossing the road near parked cars enables trainees to safely put themselves in a position where they can see oncoming traffic and drivers can see them.



Name \_\_\_\_\_

# Is the car going to move?

Write a list of things that tell you the car might be about to move.

**REMEMBER!**

Think about things you can SEE and HEAR!



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

Name \_\_\_\_\_

## Is the car going to move?

Circle the places on the car that you could look at to check to see if the car is about to move. Can you label the places? (Use the words below)

**REMEMBER!**

Think about things you can SEE and HEAR!



What might you hear?

exhaust

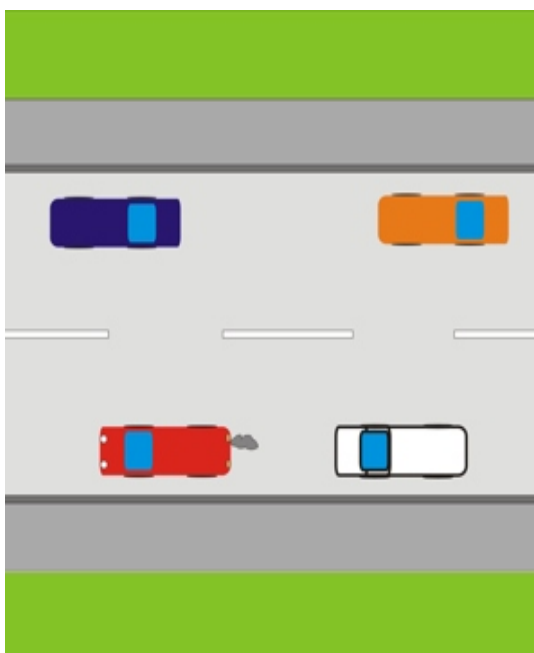
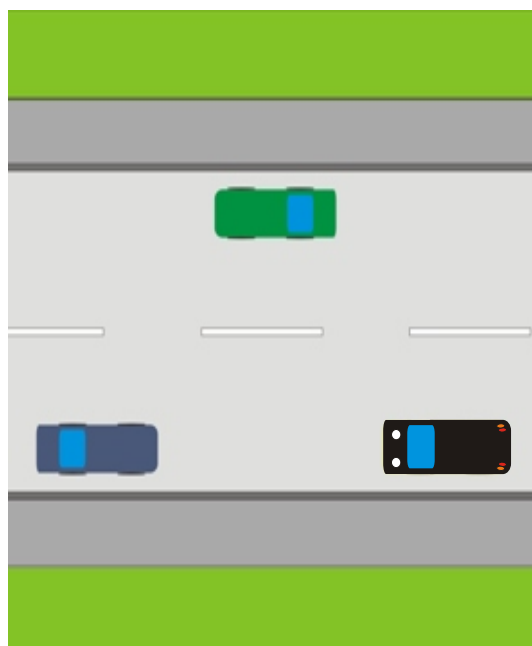
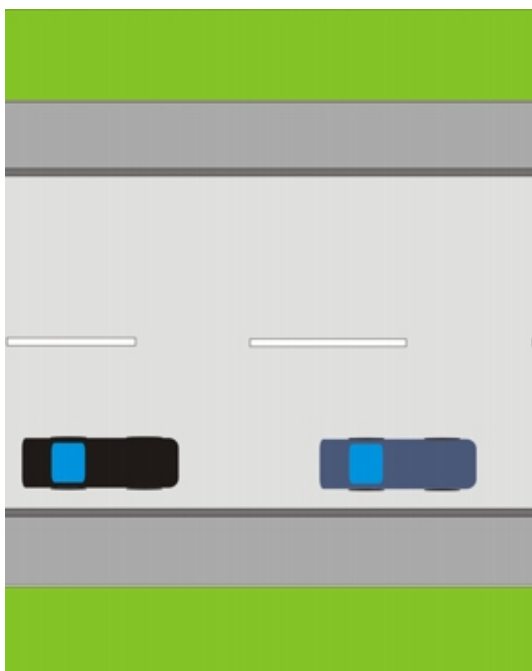
driver

lights

Name \_\_\_\_\_

## Spaces between Parked Cars

Put a tick a in the spaces between parked cars that you would cross in. Put a x in the spaces that you would not cross in.



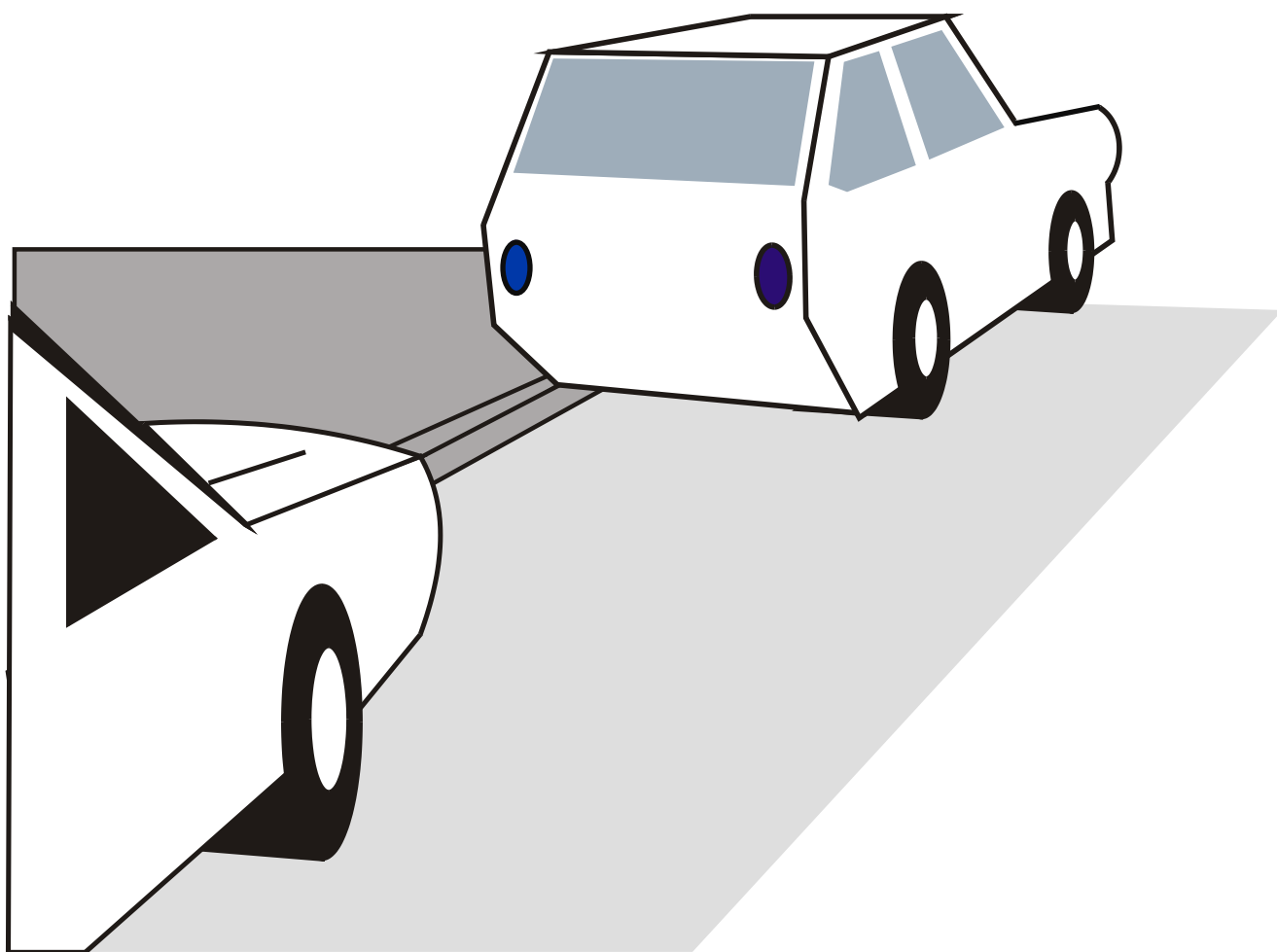
Name \_\_\_\_\_

## Crossing Safely by Parked Cars

Put a **X** to show where you should stand on the pavement before you cross between the two parked cars.

Put a **●** to show where you must stop by the parked cars.

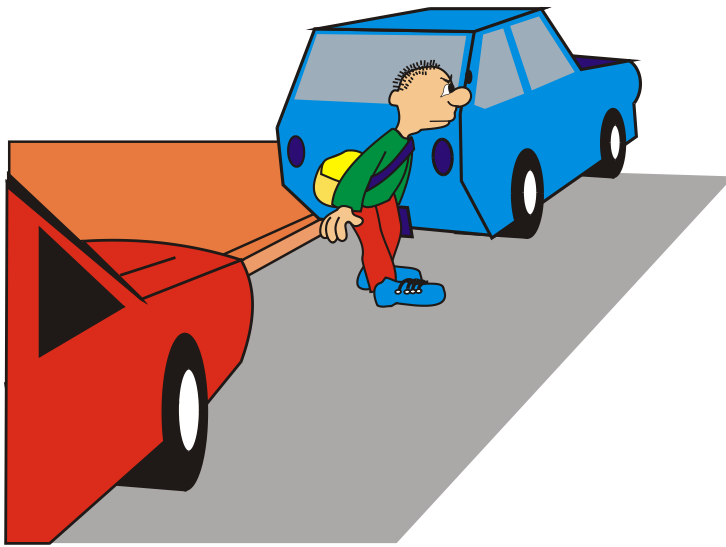
Colour in the car you should stand closest to.





Name \_\_\_\_\_

## Crossing Safely by Parked Cars



These words will help you!

edge left listen cars

look move walk kerb

Finish the set of instructions for this boy crossing between parked cars.

1. First stop near the \_\_\_\_\_ .
2. Check the \_\_\_\_\_ aren't about to \_\_\_\_\_.
3. \_\_\_\_\_ and listen carefully for any traffic approaching.
4. Stop at the \_\_\_\_\_ of the car on the \_\_\_\_\_ hand side.
5. Look and \_\_\_\_\_ carefully for any traffic approaching again.
6. If there is no traffic approaching \_\_\_\_\_ straight across the road looking and listening all the time.

Name \_\_\_\_\_

## How Much Do You Know?

1. The safest place to walk on the pavement is next to the kerb.



True  
False

2. You need to press a button to make a Zebra Crossing work.



True  
False

3. The Green Cross Code is a set of rules that helps us to stay safe when we cross the road.

True  
False

4. At Pelican Crossings the flashing green man means "do not start crossing".



True  
False

## How Much Do You Know?

5. It is safe to stand by a car if you can hear the engine running.

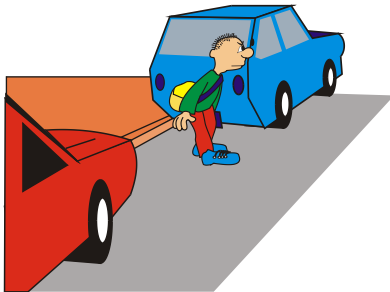
True

False

6. To cross safely between parked cars, you should stop at the kerb and at the outside edge of the cars.

True

False

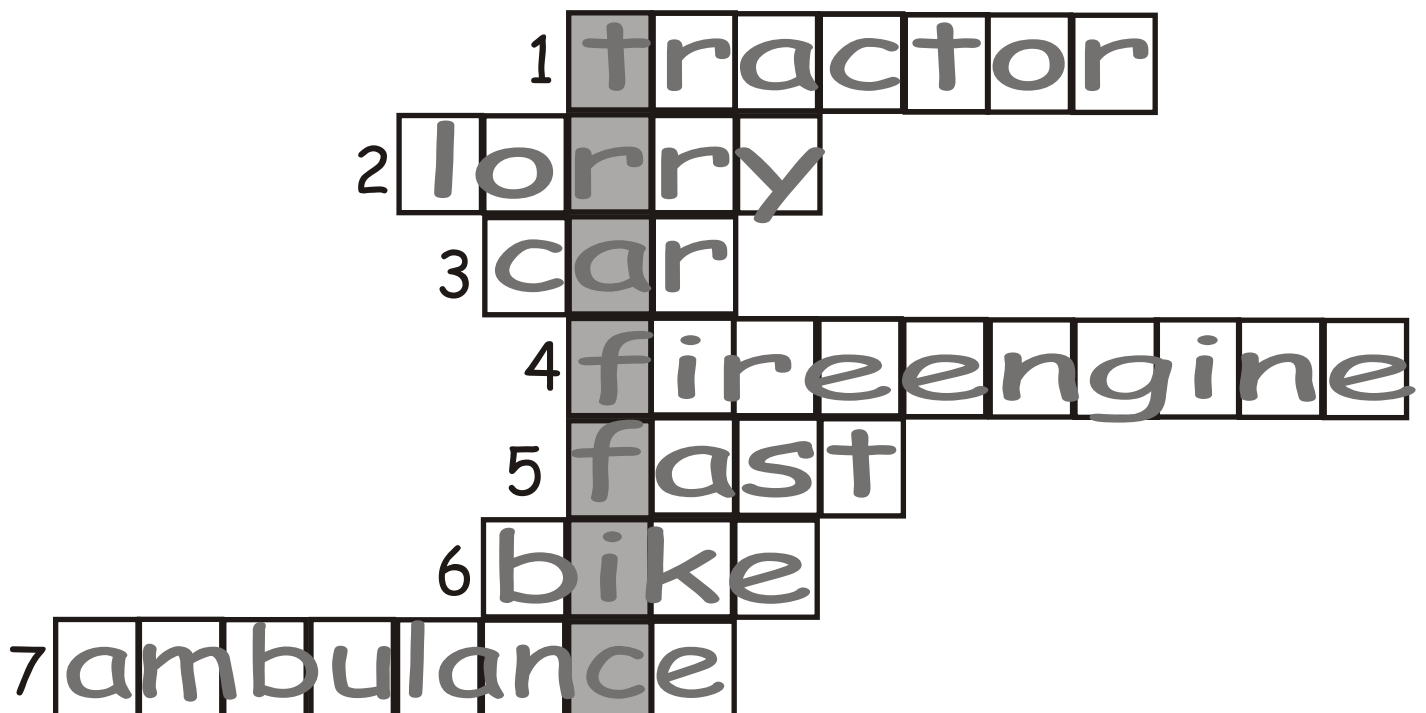


7. The best way to cross the road at a junction is diagonally across the middle of the junction.

True

False

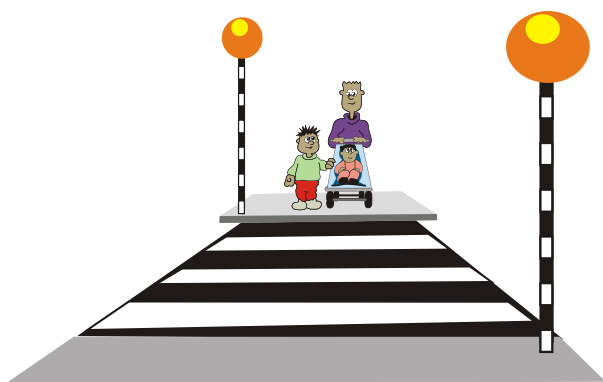
## Vehicle Crossword



1. Normally seen on a farm.
2. Carries things from place to place.
3. The most common vehicle on the roads.
4. This goes to put out fires.
5. Vehicles often travel very f \_ \_ \_ .
6. A vehicle with two wheels. (clue: travels very quietly!)
7. Takes us to hospital when we are ill.

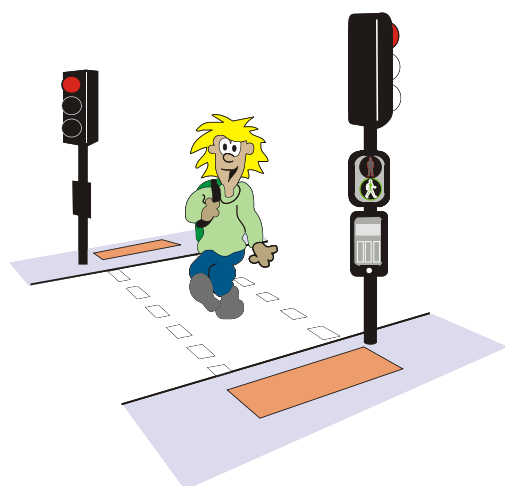
Answer sheet

# Safer Places to Cross

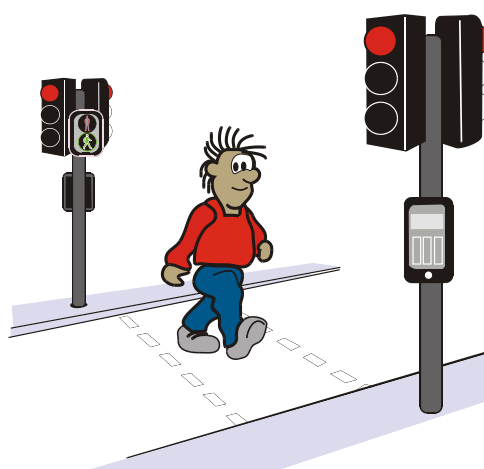


zebra crossing

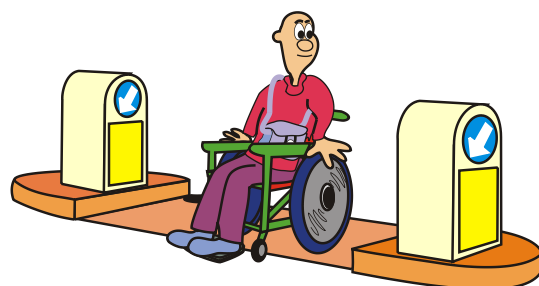
Write the name under each of the pictures of the safer places.



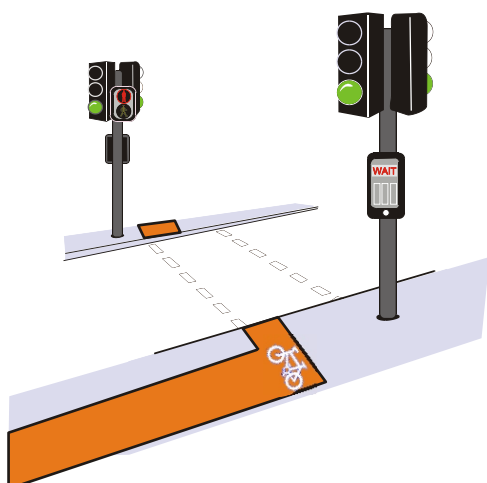
puffin crossing



pelican crossing



pedestrian island



toucan crossing

**REMEMBER!**  
The red and green men on a puffin crossing are next to the button you press to make the crossing work.

# How Much Do You Know?

1. The safest place to walk on the pavement is next to the kerb.



True  
False

2. You need to press a button to make a Zebra Crossing work.



True  
False

3. The Green Cross Code is a set of rules that helps us to stay safe when we cross the road.

True  
False

4. At Pelican Crossings the flashing green man means "do not start crossing" .



True  
False

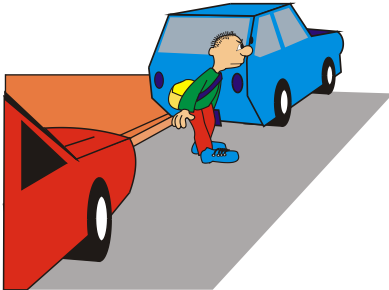
## How Much Do You Know?

5. It is safe to stand by a car if you can hear the engine running.

True

False

6. To cross safely between parked cars, you should stop at the kerb and at the outside edge of the cars.



True

False

7. The best way to cross the road at a junction is diagonally across the middle of the junction.

True

False

# Useful Websites

The following websites provide information and resources for travel training. They also provide links to other websites that may be useful.

[www.staffordshire.gov.uk/titan](http://www.staffordshire.gov.uk/titan)

[www.dft.gov.uk/pgr/inclusion/tts](http://www.dft.gov.uk/pgr/inclusion/tts)

[www.gmpte.com/upload/library/training\\_guide.pdf](http://www.gmpte.com/upload/library/training_guide.pdf)

[www.coolmove.org.uk](http://www.coolmove.org.uk)

[www.valuingpeople.gov.uk/dynamic/valuingpeople98.jsp](http://www.valuingpeople.gov.uk/dynamic/valuingpeople98.jsp)

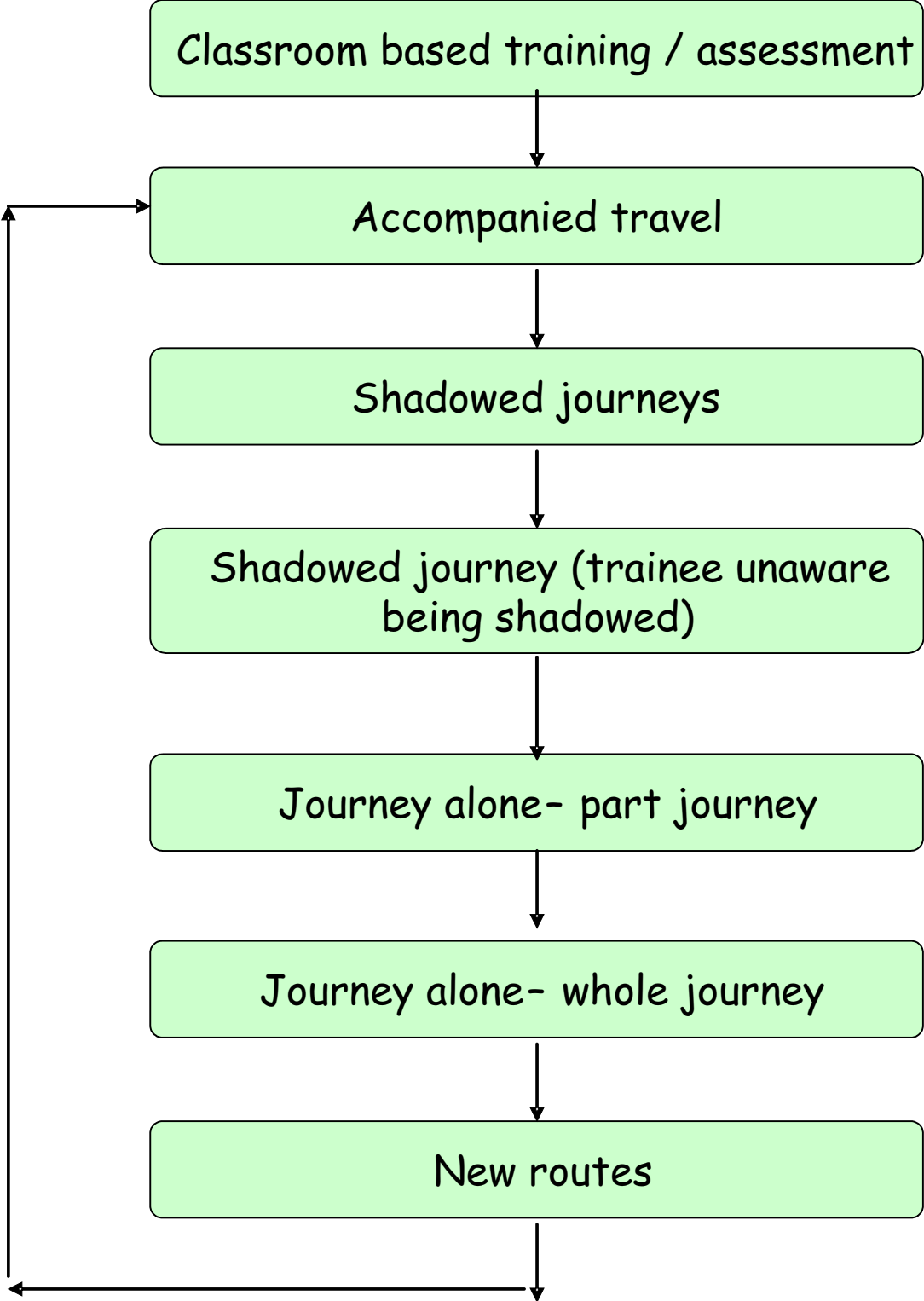
[www.cts.ucl.ac.uk/arg/Research/Projects/Trumpet/](http://www.cts.ucl.ac.uk/arg/Research/Projects/Trumpet/)

[www2.halton.gov.uk/publictransport/content/traveltraining/?a=5441](http://www2.halton.gov.uk/publictransport/content/traveltraining/?a=5441)

[www.direct.gov.uk/en/TravelAndTransport/Highwaycode](http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode)



# Independent Travel Training



# SAFER JOURNEYS

## Learning Objectives

- To identify safe places to cross the road.
- To identify hazards in the local environment.
- To plan a safer route for regular journeys.

## Resources Required

Camera.

Coloured pens/pencils/crayons.

Paper, card or book for displaying photos.

## Activity

- Identify a journey that the trainee makes regularly e.g. to the shop or bus stop.
- Walk the route with the trainee taking photos of the journey (include return journey as well). Make sure that you include photos of crossing points and danger spots. Discuss ways of coping with the danger spots.
- Produce photos.
- Put the photos in order and discuss the journey with the trainee.
- Stick the photos in order on a sheet of card/paper, a wall display or in a book. Alternatively put the photos in order, punch a hole in the corner and tie together with string or similar.
- Trainees could put a red border around the photos of danger spots to remind them to take extra care at these places.



# SAFE CROSSING PLACES

## Learning Objectives

- To identify safe places to cross the road.
- To identify safe crossing places in the local area.

## Resources Required

- Photocards
- Safe crossing places worksheet

## Activity

- Go through a selection of photos with the trainees identifying which show safe places to cross e.g. footbridge, subway and pelican crossing. Include some pictures of unsafe places and discuss why these are unsafe with the trainees.
- Go out for a walk and see which safe crossing places are in the local area. Tick these on the worksheet.



# Safe Crossing Places Photo Sheet

Put a tick in the boxes next to the safe crossing places you see on your walk



toucan crossing



footbridge



zebra crossing



raised crossing



puffin crossing



pelican crossing



subway



pedestrian refuge

**Permission Form**

**Dear parent or carer**

..... has been referred to our travel trainer.  
Travel training involves taking the trainee out on public transport and/or  
practising journeys to and from  
.....

If you agree to this, please sign and return the slip below to .....  
Please could you also provide any information that may be relevant to the  
training.

If you would like to discuss the travel training, please  
contact..... on .....

Yours faithfully

-----  
Travel training

I agree to ..... going out of school / college /  
other to practise using public transport as part of their travel training.

I agree to ..... carrying a photograph ID card  
while travel training, in case of emergencies.

Please give details of any medical or other relevant information

.....  
.....  
.....  
.....

Your full name .....

Your address .....

.....

Your daytime contact phone numbers .....

Your evening contact phone numbers .....

Your signature ..... Date .....



# Trainee's Initial Risk Assessment

<b>Trainee's name</b>			
<b>Date</b>			
<b>Trainer's name</b>			
<b>Skills</b>	<b>Yes</b>	<b>No</b>	<b>Comments</b>
Able to recognise numbers			
Able to understand instructions and directions			
Can adapt to change and solve problems			
Demonstrates awareness and understanding of consequences			
Is aware of dangers and personal safety			
Has awareness of time			
Able to remember			
Has road awareness			
Has communication skills			
Able to interact with people			
Able to queue			
Has coping strategies			
Able to identify appropriate people for help			
<b>Physical abilities / potential difficulties identified</b>	<b>Yes</b>	<b>No</b>	<b>Comment</b>
Sight			
Mobility			
Hearing			
General Health			
<b>Identified Risks</b> Please list with actions / training needed to reduce risks			

# Pedestrian Skills Progress Report

<b>Trainee's name</b>			
<b>Date / time of journey</b>			
<b>Route</b>			
<b>Trainer's name</b>			
<b>Task</b>	<b>Yes</b>	<b>No - needs further work</b>	<b>Comment</b>
<b>Pavement skills</b>			
Walks away from kerb			
Behaves appropriately			
<b>Crossing skills - general</b>			
Finds a safe place to cross			
Stops at the kerbside			
Waits for no traffic in both directions			
Crosses quickly without running			
Continues checking whilst crossing			
Uses refuge or island correctly (if available)			
<b>Crossing skills - zebra crossing</b>			
Waits for traffic to stop in both Directions			
Crosses quickly without running			
Continues checking whilst crossing			
<b>Crossing skills - Puffin, pelican etc</b>			
Stops at the kerbside			
Presses the button			
Waits for the green-man signal			
When green-man appears, checks traffic has stopped			
Crosses quickly without running			
Continues checking while crossing			
No crossing facility			

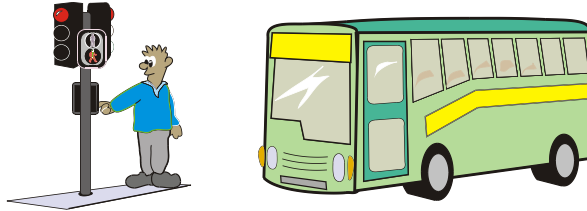


# Bus Journey Progress Report

Trainee's name			
Date / time of journey			
Route			
Trainer's name			
<b>Task</b>	<b>Yes</b>	<b>No-needs further work</b>	<b>Comment</b>
Can find the correct bus stop			
Identifies the right direction of travel			
Can identify the right bus			
Can signal they want the bus to stop			
Gets on the bus safely			
Can ask the driver if it is the right bus			
Can use their pass or ask for ticket correctly			
Finds a suitable seat			
Behaves appropriately on the bus			
Knows how to stay seated or stand appropriately on the bus			
Can recognise where they need to get off the bus			
Knows how to let the driver know they want to get off the bus			
Press the bell correctly			
Waits for the bus to stop before getting off			
Gets off the bus safely and sensibly			
Waits for the bus to leave before crossing the road			

# Train/Tram Journey Progress Report

Trainee's name			
Date / time of journey			
Route			
Trainer's name			
		No needs further work	
<b>Task</b>	<b>Yes</b>		<b>Comment</b>
Can ask the ticket office for time of train			
Can purchase a ticket if needed			
Can find correct platform			
Can use the station lift, escalators and stairs safely			
Can wait on platform, standing well back from the line			
Can identify the correct train			
Can open the train doors and get on safely			
Can ask a member of staff if it is the correct train or for help if needed			
Can ask the conductor for a ticket if needed or show pass			
Can stay seated and behave appropriately on the train			
Can recognise the station and where to get off			
Can use the train door safely to get off			
Can get off the station safely and be aware of any gap between the platform and their train			
Can use the ticket barrier or show their ticket to leave the station			



Independent Travel

# Certificate of Achievement

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Has participated in the Independent Travel training scheme

Signed \_\_\_\_\_

Date \_\_\_\_\_