

RULES OF THE ROAD

BEING A GOOD PEDESTRIAN AND SAFE CYCLIST



READ THE WORDS

- pedestrian – пешеход
- road sign – дорожный знак
- pavement – тротуар
- path, pathway – тропинка, дорожка
- to cross – переходить
- subway – подземный переход
- footbridge – пешеходный мостик
- kerb – край тротуара
- shoulder – обочина
- strip – лента, полоса
- to overtake – обогнать
- file – ряд, колонна
- traffic lights – светофор
- to brake – тормозить
- to release – освободить, отпустить
- railway crossing without bar – железнодорожный переезд без шлагбаума

BEING A GOOD PEDESTRIAN

- There are many things you can do to be a safe pedestrian and stay safe on the street. Here are some rules for pedestrians:
- **Find a safe place to cross the road** – if there is a subway, footbridge or crossing – use it!
- **Look and listen carefully for traffic** - cars could be coming from any direction.

BEING A GOOD PEDESTRIAN

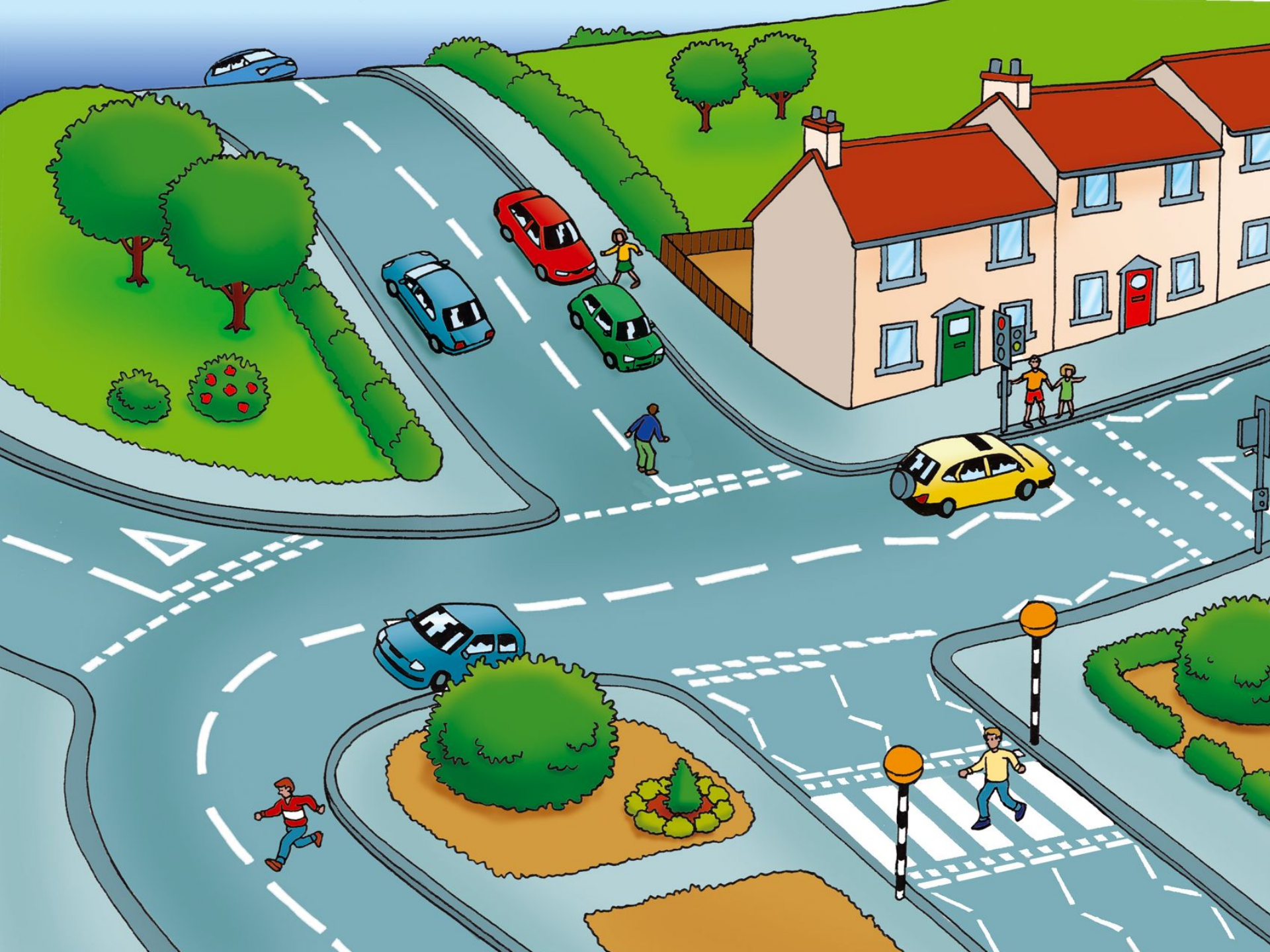
- **If traffic is coming, let it go past** - do not cross until there is a safe gap and you have plenty of time to cross safely.
- **When it is safe, go straight across the road** - do not run and keep looking and listening carefully as you cross the road.
- **Stop just before you get to the kerb** - make sure you can see clearly, but don't get too close to the road.

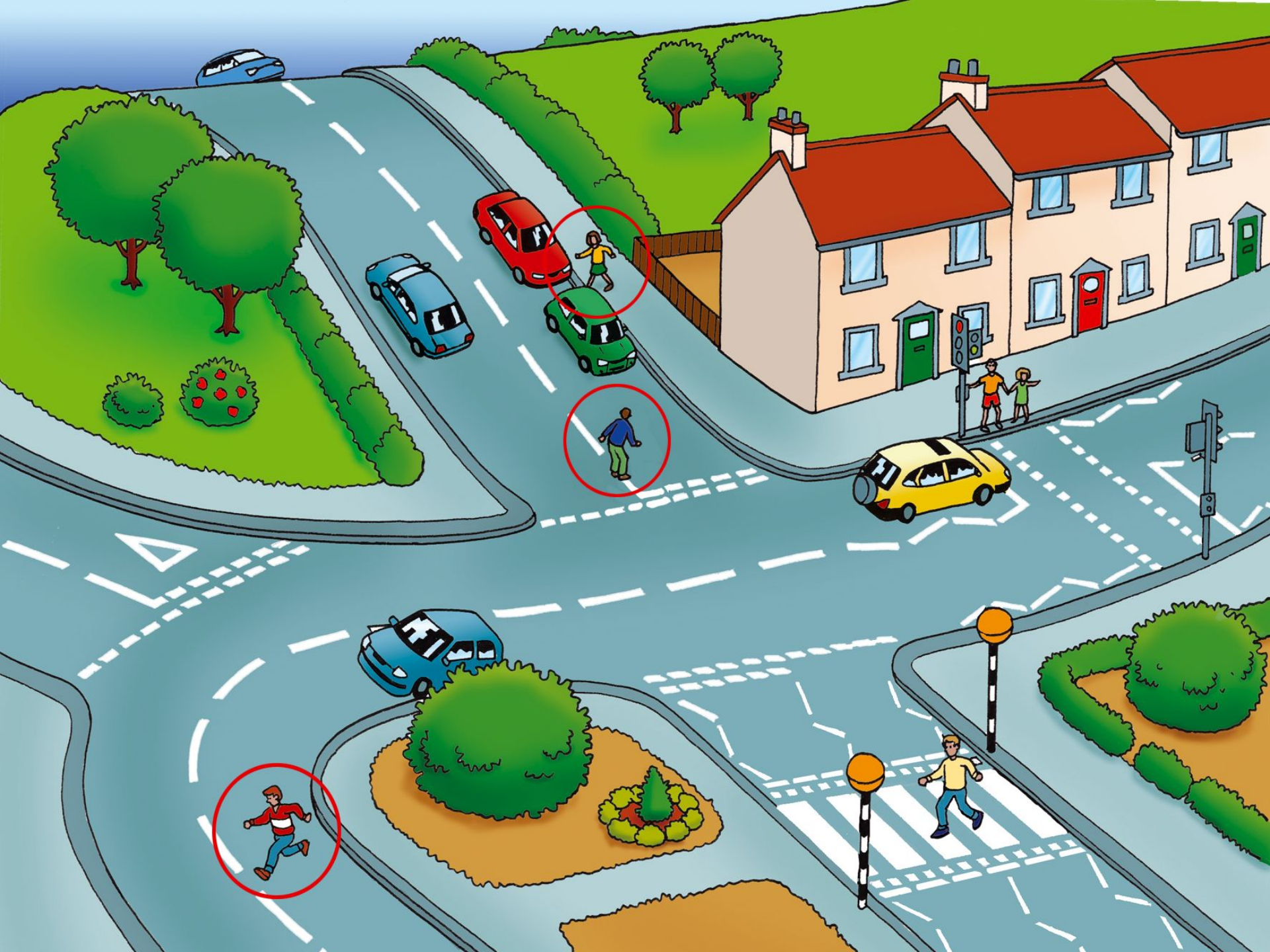
BEING A GOOD PEDESTRIAN

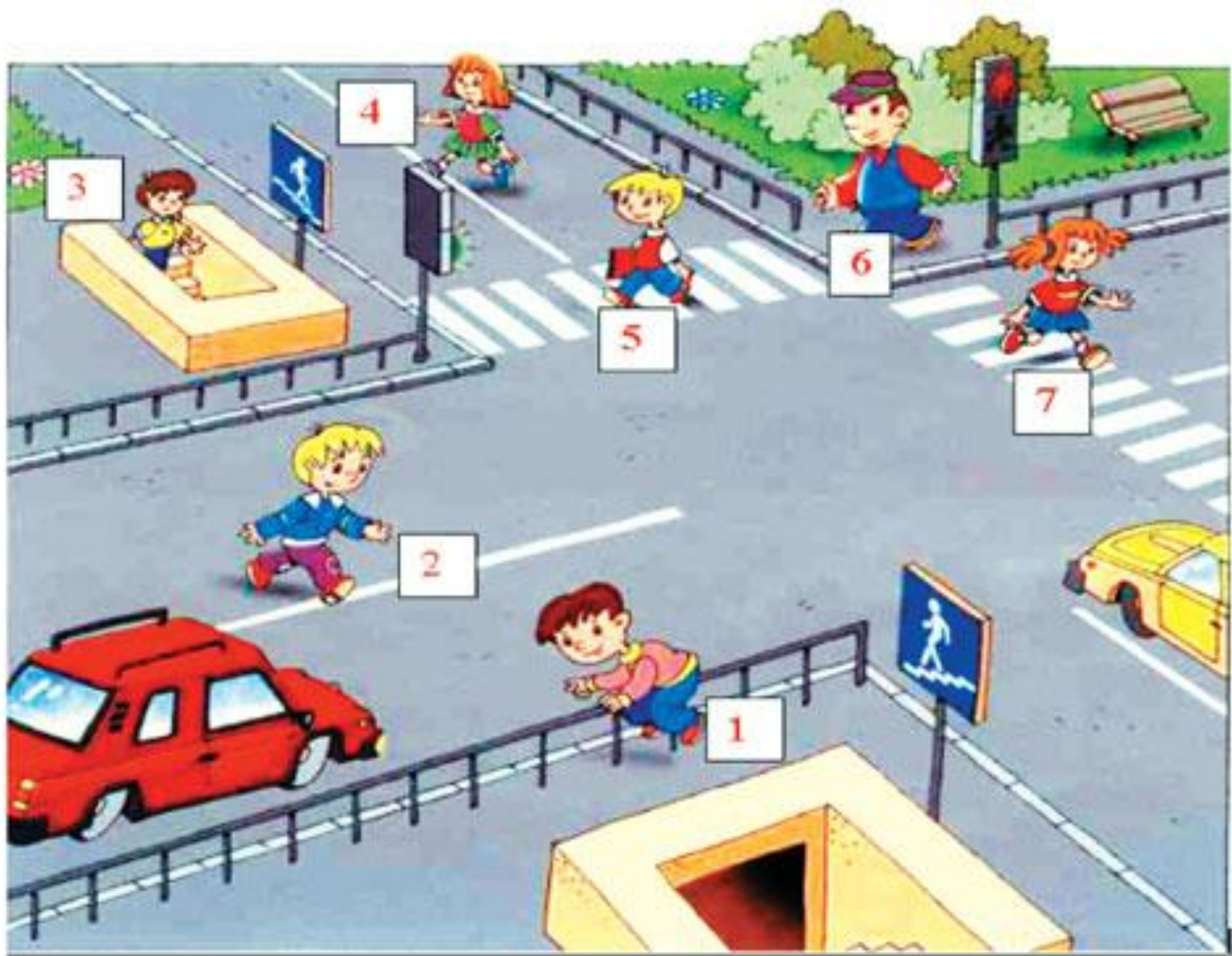
- **Always walk in the middle of the pavement** - so that if you lose your balance you won't fall into the road.
- **If there is no pavement** – walk on the shoulder of the road facing on-coming traffic. Walk one behind the other.
- **At night always wear white or light-coloured** clothing and reflective materials or strips.

BEING A GOOD PEDESTRIAN

- Look at these next pictures. Who is crossing the road safely and who is crossing the road dangerously?
- Can you explain what these characters are doing wrong?







Exercise 1

Complete this story by filling the blank spaces with the correct word from the list.

Dark, roads, school, reflective, pavement, safely, pedestrian crossing

Inez is walking to school with her friend Harry. They have had lessons in road safety at

_____ and know that to stay safe they should always walk on the _____ wherever possible. They have to cross two busy _____ on their journey but always make sure they cross _____ at a _____ _____ . In winter when it is _____ they wear _____ clothing so that other road users can see them.

Exercise 1

Inez is walking to school with her friend Harry. They have had lessons in road safety at *school* and know that to stay safe they should always walk on the *pavement* wherever possible. They have to cross two busy *roads* on their journey but always make sure they cross *safely* at a *pedestrian crossing*. In winter when it is *dark* they wear *reflective* clothing so that other road users can see them.

BEING A SAFE CYCLIST

- There are many things you can do to be a safe cyclist, both before you set off and when you are riding.



BEING A SAFE CYCLIST

- Wearing the right safety clothing when cycling is very important.
- Can everybody who wears a helmet when they ride their bike put their hands up?



RULES FOR CYCLISTS

- Try to use cycle paths wherever you can.
- If you cannot use a cycle path, ride carefully on the right-hand side of the road. Make sure that vehicles can overtake you but do not ride too close to the pavement.
- Always ride single file.
- Never ride with an MP3 player on.

RULES FOR CYCLISTS

- Never use your mobile phone when you are cycling.
- Remember: road signs and traffic signals apply to **ALL** road users – including you.
- Always wear a cycle helmet, even if you are not cycling on the road.
- Plan your route before you go, using cycle paths as much as possible.

Exercise 2

Imagine you are riding your bicycle and you have to stop at the traffic lights. Put the following steps in the right order to stop safely.

- Slow down
- Brake
- See the red light
- Put your foot on the ground
- Release the brake lever



Exercise 3. Try to match the correct meaning to each sign

- A. No entry
- B. Cycle lane
- C. No turn right
- D. No cycling
- E. Route shared with pedestrians
- F. Railway crossing without bar



QUICK QUIZ

1) When cycling you should always wear:

a) A helmet

b) Bright or reflective clothing

c) Both of the above.

QUICK QUIZ

- 2) If you have had training, where should you ride your bike?
- a) On a cycle path or the right hand side of the road
 - b) In the middle of the road
 - c) On the pavement

QUICK QUIZ

3) What are these people doing wrong?

- a) Wearing helmets
- b) Cycling next to each other
- c) Wearing trainers



QUICK QUIZ

4) What must you do before you go anywhere on your bike?

- a) Check your tyres and brakes
- b) Plan your route
- c) Both of the above

QUICK QUIZ

5) What is this girl doing wrong?

- a) Listening to music
- b) Wearing a green jumper
- c) Smiling



A large, irregular orange shape resembling a cloud or a speech bubble, centered on a solid blue background. The shape has multiple rounded protrusions and indentations along its perimeter.

**Well done
everybody. Have
fun cycling and
stay safe!!**