

# 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

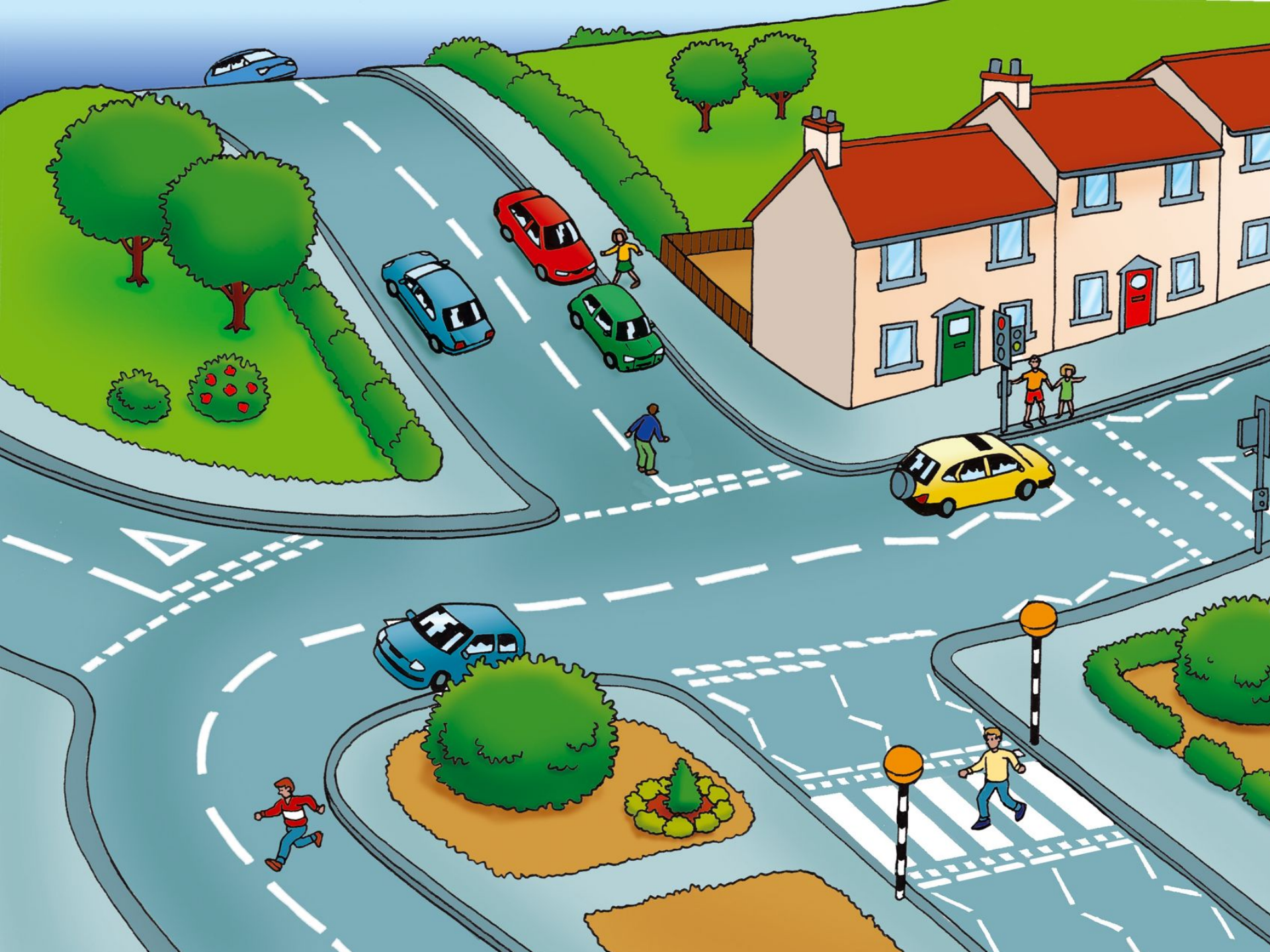
- **If traffic is coming, let it go past** - do not cross until there is a safe gap and you have plenty of time to cross safely.
- **When it is safe, go straight across the road** - do not run and keep looking and listening carefully as you cross the road.
- **Stop just before you get to the kerb** -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

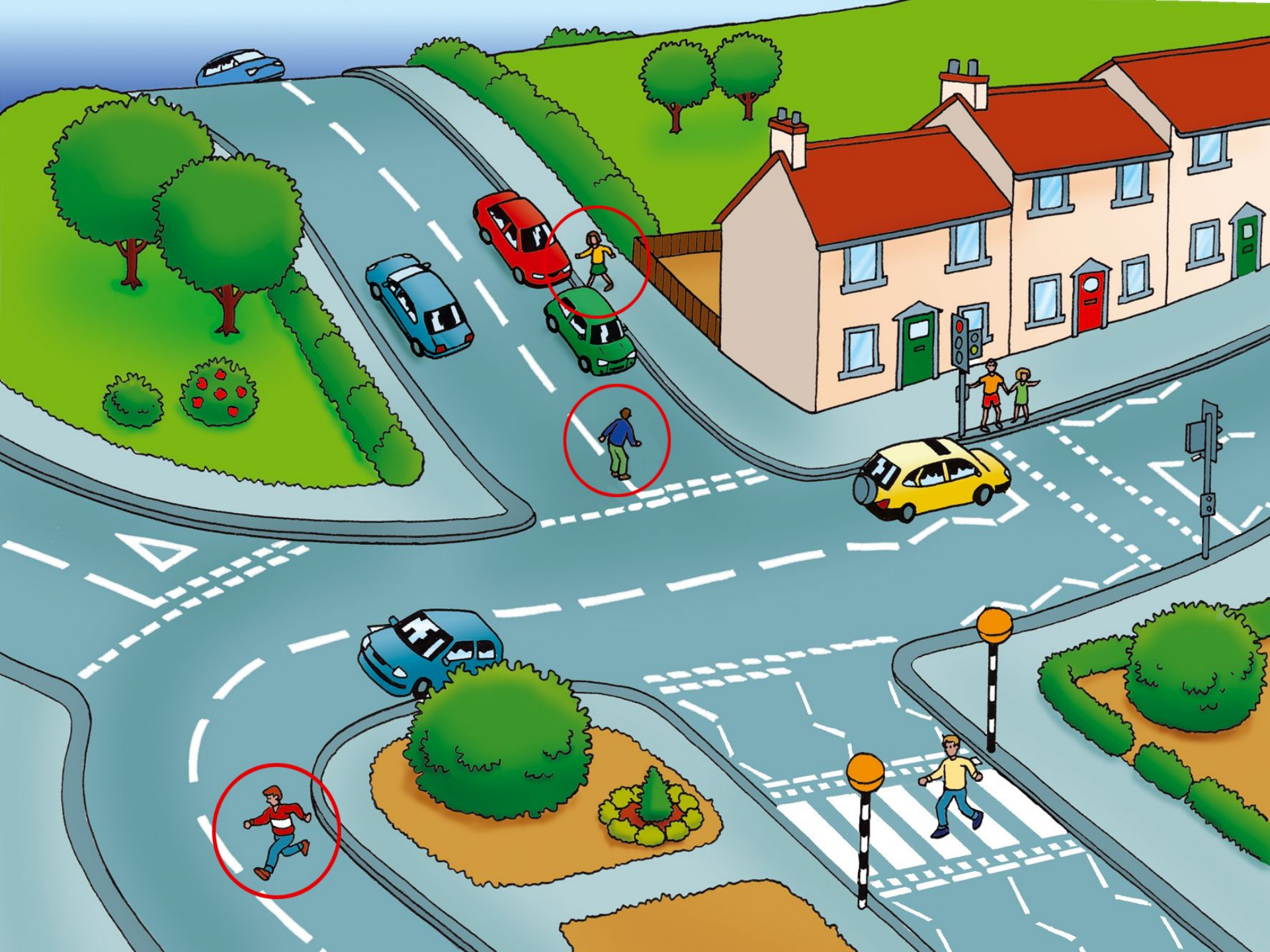
# BEING A GOOD PEDESTRIAN

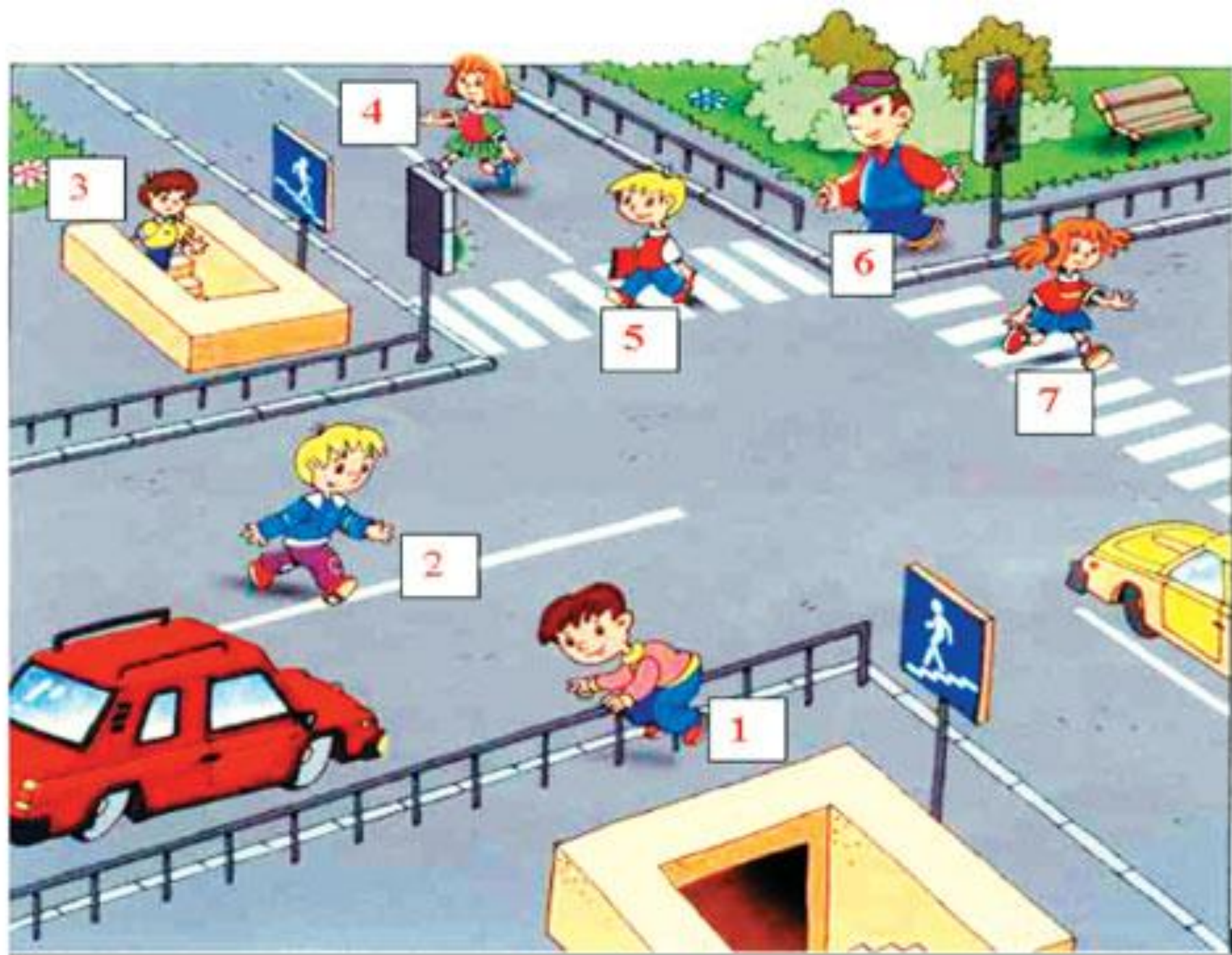
- **Always walk in the middle of the pavement** – so that if you lose your balance you won't fall into the road.
- **If there is no pavement** – walk on the shoulder of the road facing on-coming traffic. Walk one behind the other.
- **At night always wear white or light-coloured** clothing and reflective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

1



2



3



4



5



6



# 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, stylized orange cloud shape with a dark blue outline, centered on a solid dark blue background. The cloud has multiple rounded lobes and a soft, fluffy appearance.

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