

## An introduction to Feet First: Walking Training FOR PARENTS & CARERS:

### What is Feet First: Walking Training?

Our Feet First: Walking Training programme is aimed at Year 3 school-age children and will be delivered by trained Walking Instructors, who have an enhanced DBS and are employed by Surrey County Council. It will provide children with **vital road safety skills** to better enable them to safely walk to and from school with their parents and carers, either now, or in the future when they transition to secondary school.



### What will my child learn?

- ✓ The Green Cross Code.
- ✓ How to cross the road safely.
- ✓ Recognising safe and unsafe places to cross.
- ✓ How to use different types of pedestrian crossings.
- ✓ Understanding different road signs.
- ✓ Understanding vehicles sounds and lights.
- ✓ Dealing with distractions and rushing.
- ✓ The benefits of active travel and walking to school.

### What is included?

The training programme includes:

1. In school pre-training digital modules across six topics areas hosted via Agilisys.
2. A 30/35 min on-road training session led by trained Walking Instructors.
3. In-class lesson plans for teachers.
4. At home activities to complete with parents and carers.
5. All trainees receive a certificate, sticker, keyring and pencil.

## Why sign up?

Feet First serves as a great introduction to road safety awareness for Year 3 children, before they start walking independently. By providing this training at a young age we are giving children the tools to safely and confidently walk on footways and make the correct decisions when crossing the road.

The training programme also serves as an introduction to Bikeability Cycle Training level 1 and 2, providing children with the road safety skills and awareness as a pedestrian, before they move on to mastering bike control (level 1), and then going out on to the road (level 2).

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## How is Feet First training different to teaching your own children?

- We use trained Walking Instructors to take small groups of children out onto the road.
- The Walking Instructors are seen as an extension to the teaching team and have an enhanced DBS.
- The instructors use various methods to teach the children road safety, making it fun and engaging.
- The children are taken out on risk assessed routes, close to the school that incorporates familiar infrastructure and crossings.
- Children are given the opportunity to practice their knowledge by safely crossing the road, with an instructor, at various points.

By the end of each session children should come away feeling more confident in their ability to walk safely on the footways and be able to better understand where the safest places are to cross a road.

But don't take it just from us, hear from some of our Feet First parents:

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*'Really **practical advice** given to my daughter and what to look out for when crossing the road and she can now give a running commentary. She now **shows far more road safety awareness** than her 10-year-old sister who starts secondary school in September! **Parent from Tadworth Primary school***

*'My daughter was excited about Road safety...**She actually taught me a few things, including the hidden buttons at cross walks for [the visually impaired].**' **Parent from Marist Catholic Primary***

*'My daughter has told me about road safety each time we have gone for a walk. **I feel more confident in her walking safely next to the road.**' **Parent from Connaught Junior School***

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## What's next?

- ✓ Click on the **booking link** sent by your school to book your child's place.
- ✓ Discuss the upcoming training with your child and mark the date in your calendar together.
- ✓ Make sure your child is ready and wears appropriate clothing e.g., rain jacket if it rains, or a sun hat if it's sunny on the day of the practical training.

If you have any questions, please feel free to email the Walking Training team at Surrey County Council: [WalkingTraining@surreycc.gov.uk](mailto:WalkingTraining@surreycc.gov.uk)