

SAFETY SQUAD

Today your child has taken part in the RACV Safety Squad program with their class. The session covered both safety in the home and on the roads as pedestrians, cyclists and passengers.

We encourage you to teach safety both when at home and when you're out near roads. The example you set is vital and can shape a child's behaviour now and in later years.

Three great ways to be a pedestrian role model

1. Always Stop, Look, Listen and Think at roads, driveways and in car parks.
2. Always cross at a crossing.



3. Children up to the age of 10 or 11 should walk with an adult. Younger children should always hold hands with an adult when crossing the road.



Staying Safe while in the car

1. Make it a rule for everyone to always put on their seatbelts before driving off.
2. Have children use the 'safety' or kerb side door when getting in and out of the car.



3. It's safest for children to continue using their booster seat and sit in the back seat until they achieve a good seatbelt fit which is around 145cm tall.



Staying Safe while on wheels

Wear a helmet, bright coloured clothing and shoes when riding bicycles, scooters, skateboards and rollerblades.

To get a good helmet fit, use the two-finger rule – 2 fingers above the eyebrow and 2 fingers inside the chin strap.



Safety at home

Helping children to make safe choices no matter where they are is important. Discuss with children the hazards around the house, backyard and driveway and how you as a family can stay safe.



How safe is my place?

To assess the security of your home, take the free Neighbourhood Watch quiz supported by the RACV at [howsafeismyplace.com.au](https://www.howsafeismyplace.com.au)

For more information about RACV Safety Squad, visit [racv.com.au/education](https://www.racv.com.au/education)

