

Hello sunshine!

Finally, we are able to spend hours outdoors. From sunrise to sunset, we can be in the fresh air, enjoying the precious sunshine and warmth. Now that Summer is here, let's make sure we make the very most out of this season. Some people feel as though they have to do extravagant things in order to make the most of the summer, however it's easy make the most out of this summer doing simple everyday things.

Active travel is not just for the school run, it's fun to walk, cycle or scoot during the holidays too. Active travel means you get to see more, are out in the fresh air rather than cooped up in a stuffy hot car, or a freezing cold car with the a/c on full, using up your fuel.

Active travel is good for your body and the planet as well as being fun. If you are going away on holiday don't forget your bike or scooter. If you are staying in a town you can cycle around and see lots of interesting things, if you are on a campsite, cycling is a great way to see the local countryside, and if you are travelling further afield, either take your bikes with you or if that is not possible hire them when you get to your destination.

With the price of fuel now, and the increased awareness of climate related issues, there has never been a better time to swap four wheels for two. If you don't cycle or scoot, it's still possible to travel without the car, there are still possibilities, In Germany for example, you can get unlimited summer travel for a good value €9.50 a month . Even though there are transport strikes in many places, it is still possible to get out and about without using the train or car.

Active travel teaches young people valuable life skills and as children will be moving up a year at school, these skills become even more important. Days out are also practical opportunities to teach road safety skills, without making it hard work.

If the places you want to visit are not accessible by public transport, and you need to drive. Cycle or walk when you get there. That way you won't be wasting your precious holiday time driving around looking for a parking space, and affordable fuel

Don't forget to take water, sun cream, your phone and oh yes if you are taking your bike don't forget your cycle helmet! Have an enjoyable, safe and active summer break.



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Are you a law breaker?

There are things many of us do while driving which you may not have known were against the law – or may have previously been unsure about.

There are some obvious no-no's while driving. Everyone understands about not using your mobile phone behind the wheel, and that drink-driving and tailgating are offences. But there are plenty of other little laws which you may not be aware of and several which are something akin to grey areas. But for most of them, they certainly are not grey areas, they are against the law. Some of these may be things you have done, but they could land you with a fine or even a court appearance. Here are a few of them:

1. Using your mobile phone as a sat nav in an unfixed position

It is illegal to use your phone as a sat nav if it is not fixed on your windscreen or dashboard. The phone must also be in clear sight for use while driving, without you having to hold it. If you are caught breaching this, you will receive six points on your license and a £200 fine. If you have had your license for less than two years, you could also face a driving ban.

2. Flashing your lights to give way

Many of us will flash our lights to other motorists to let them go through, but you are not legally allowed to use your lights to do this. Headlamp flashes should only be used to warn other drivers of your presence. If you are caught flashing your headlights for any other reason, such as using them to warn others of a speed trap, you could face a minimum of a £30 fine.



3. Eating or drinking while driving

Whilst eating or drinking behind the wheel might not be strictly against the law, it is frowned upon. But if you're distracted by doing things such as snacking, drinking, applying makeup or changing a CD in your car, the police can prosecute you, as you may not be in complete control of your vehicle. If you are distracted and not in control, you could face a £100 fine and anything from three to nine penalty points.

4. Splashing a pedestrian

If you splash a pedestrian on the pavement with rain water, you could face a fine of anything from £100 - £5,000. This is because it is classed as an offence to drive "without reasonable consideration for other persons."



5. Paying with your phone at a drive through restaurant

Whilst it may seem like the easiest option to swipe your phone through the machine and go, you could face a maximum £1,000 fine or six penalty points if you use your smartphone to pay for your meal at a drive through. If you do prefer to use your phone rather than a contactless card, you must make sure your engine is switched off and your handbrake is on.

6. Driving in the middle lane of the motorway

If you spend most of your time in the middle of the motorway and don't pull into the inside lane after overtaking, then you could see yourself being slapped with a fine. Staying in the middle lane falls into the category of 'careless driving' and the punishment for this is three penalty points and up to a £100 fine.

7. Having a dirty number plate

If there's one thing you should do before getting behind the wheel, it's checking your number plates. This is because dirty and 'unreadable' number plates could leave you with a fine of up to £1,000. Cars are inevitably going to get dirty on the roads, but just don't let yours get too filthy!



8. Letting pets out the car if you're broken down on the hard shoulder

If you are broken down on the hard shoulder you are not allowed to let your pets out of your car. This a rule that is stated in the Highway Code. It is only in an emergency you can let them out. Failing to do so can land you with a driving-offence charge. It's also illegal to drive with an animal in the car that is not suitably restrained

9. Beeping your horn in anger

We've all had those days where we've experienced a little road rage and been tempted to honk our horns in frustration. But it is important to always avoid doing this. Beep your horn for any other reason than alerting someone of your presence and you could receive a £30 fine

10 Sleeping in your car when drunk

If you find yourself over the limit DO NOT even think that sleeping in your car to sober up is a good idea. The law states that those in charge of a motor vehicle should not be inebriated. Police have been known to class sleeping as being in charge – so always avoid doing this to be on the safe side. You could potentially get a minimum of 10 points and a fine.



11. Not clearing your windscreen before driving

This is something those of you that don't clean your number plate could also fall foul of. The Highway Code claims that if driving in adverse weather conditions you must, by law, be able to see out of every glass panel in your vehicle. This means getting rid of any snow or frost on your windows. It's also the law that all your mirrors are clear and demisted and all lights are clearly visible too.

12. Undertaking

This is quite tempting when you confront one of the aforementioned middle lane

huggers. Don't let yourself succumb to the temptation though. Undertaking is a criminal offence. Not only is it dangerous, but you could also find yourself in court.

13. Placing baby seats in a seat with an airbag

A rear-facing baby seat must not be used in a seat with an activated front airbag.

14 Towing speeds

Vehicles towing a caravan or trailer on a motorway must not exceed 60mph.

15 Picking children up outside school

Drivers must not stop to set down and pick up passengers on school entrance markings.



16 Parking close to junctions

Drivers must not stop or park within 10 metres of a junction, unless in an authorised space.

17. Leaving a car parked with the engine running

Stationary idling is an offence under section 42 of the Road Traffic Act 1988. The Act enforces rule 123 of the Highway Code which states: "You must not leave a vehicle engine running unnecessarily while that vehicle is stationary on a public road." Of course, it doesn't mean you've got to cut your engine at every red light: you are allowed to leave your engine running if you're stationary in traffic or diagnosing faults.

More information and details of changes to the highway code can be found here

[The Highway Code: 8 changes you need to know from 29 January 2022 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/the-highway-code-8-changes-you-need-to-know-from-29-january-2022)

Costing the earth?

Driving is costly in so many ways, hitting our pockets but also the environment and health. Driving only when we need to is a good way to save money, and help our planet. If you do have to drive there are ways to reduce the downside of motor vehicles.

Maintenance

- ◆ Get your car serviced regularly for the best efficiency
- ◆ Always use the right specification of engine oil (check your handbook)
- ◆ Check your tyre pressures regularly and before long journeys – under-inflated tyres will make your car use more fuel

Before you set off

- ◆ **Save weight** – extra weight means extra fuel so if you don't need it, take it out
- ◆ **Cut drag** – roof-racks and boxes add to your fuel consumption. Pack carefully to reduce drag, or take it off.
- ◆ **Plan your journey** – getting lost wastes fuel. Check traffic news before you go too.
- ◆ **Combine short trips** – cold starts use more fuel so it pays to combine trips if you can.
- ◆ **Walk or cycle** – if you're only going a couple of miles or so, do you really need to use the car?

Driving

- ◆ **Smooth and gentle** – drive smoothly, accelerate gently and read the road ahead to avoid braking unnecessarily. Decelerate smoothly by releasing the accelerator in time, leaving the car in gear.
- ◆ **Keep rolling** – stopping then starting again uses more fuel than rolling. Slow early for traffic lights or approaching a queue and you might not have to stop completely.
- ◆ **Change up earlier** – don't labour the engine but try changing up at an engine speed of around 2,000 rpm (diesel) or 2,500 (petrol). Since 2014 new car models have been fitted with a gear shift indicator to encourage use of the most efficient gear.
- ◆ **Use your air-con wisely** – at low speeds, air-con increases fuel consumption but at higher speeds the effect is less noticeable. Try opening the windows around town and save the air-con for high speed driving. Don't leave it on all the time but running it at least once a week helps keep the system in good condition.
- ◆ **Cut down on the electrics** – turn off your rear window heater, demister fan and headlights when you don't need them
- ◆ **Stick to the limit** – going faster uses more fuel. Drive at 70mph and you'll use up to 9% more than at 60mph and up to 15% more than at 50mph. Taking it up to 80mph can use up to 25% more fuel than at 70mph.



Savings

If you want to see how much you can improve on your current fuel consumption and your vehicle has an on-board computer that shows miles per gallon/mpg its easy.

Take a note of the overall average you currently get. Re-set the computer and start recording a new average. Try and compare similar periods of time such as whole months and similar types of driving.

Share a little

Save time, effort and money by using the car to run several errands at a time. Or, better still, share lifts with friends and neighbours. You can find people who are interested in doing this on the Liftshare website.

WAY 2 GO



Cambridgeshire Schools really are STARS!

Hatton Park Primary School in Longstanton, All Saints Interchurch Academy in March and Barnabas Oley CofE Primary in Great Gransden have received STARS National Platinum Level awards for their outstanding work to increase levels of walking, cycling and other forms of sustainable transport for the journey to school.



So many schools across the county are doing excellent work in supporting active sustainable travel. One of these is Yaxley Infant School, who not only hold National Silver level, but earlier this year received the School of Cambridgeshire award.



Headteacher Donna Edson said 'We had our certificate just last week! It is now proudly displayed in our front entrance hall. We have our stars there too! The children in Year One loved the opportunity to share their experiences and efforts on our walk to school challenge at the Modeshift awards. The mileage they clocked up meant we had scooted and walked to Shanghai. So proud of them all. Our school group is always full of lovely scooting and walking to school photos showing the children's commitment and smiles whilst doing their bit for their health and the environment.

Special thanks to Rosemary who always helps us to achieve our goals!

St Peters secondary school in Huntingdon also gained an award and are really showing the way to go with their achievements. Headteacher Mr Bennett is shown here with their STARS award



In Cambridgeshire, 68 schools are taking part in the national Modeshift scheme, 42 of who have received awards.

We have just received a new batch of awards for more schools who will soon be celebrating their achievements in sustainable travel. Well done to all taking part, your commitment to active travel is inspirational.



If you would like your school to take part in STARS just contact us:

road.safety@cambridgeshire.gov.uk

WAY 2 GO



The Junior Travel Ambassadors

The Junior Travel Ambassadors lead by example!

Junior Travel Ambassadors (JTA) across the county have continued to promote active travel in their schools. The dedicated ambassadors at schools have been very busy promoting both Big Walk & Wheel and Walk to School week.



During the Big Walk & Wheel the JTA's focused on using your wheels and keeping safe when out and about on your bike and scooter. They did assemblies and competitions including the Golden lock, a fab idea that the JTA's at Holywell came up with a few years ago. Basically, each day the JTA's go out and randomly chose a bike or scooter to put the golden lock on. If you find that you have the golden lock you get a prize!

Walking is Fun	
Monday	Great Start
Tuesday	Well Done
Wednesday	Halfway - keep going
Thursday	You're doing fantastic
Friday	Yippeee You've done it!



For Walk to School week, the JTA's promoted walking on their journey to and from school, even if it was just for the last bit of their journey. Pupils were rewarded with stickers each day for taking part.

The JTA's focussed on the Green Cross Code helping their fellow pupils to keep safe when they cross the road and are out and about.

Taking part in activities such as these are a great way to start building more physical activity in children's daily routine which is important for their physical health and mental wellbeing. Currently less than half of children in the UK are getting the recommended minimum of 60 minutes physical activity every day.

A big thank you!

Now the time has come for this years amazing JTA's, all 173 of them to pass over to the new JTA's that will start in September.

Thank you to all the JTA's for their hard work and enthusiasm, promoting road safety and active travel. We really value all that they do to support us at Road Safety and very much consider them to be part of our team.

For more information about Junior Travel Ambassador please contact maree.richards@cambridgeshire.gov.uk

Maree, Road Safety Officer and JTA Champion

WAY 2 GO



Much loved crossing patroller Carole Hayes celebrates her own milestone!

MANY of us will remember our primary school crossing patrol officer - or as they were more affectionately and commonly known, our 'lollipop lady'.

Whatever the weather, come rain or shine, most will recall being greeted at the gates with a cheery smile and 'good morning!' as you were helped across the road.

One of the crossing patrollers in the County, Carole Hayes recently celebrated her 80th birthday in May and will have completed 43 years service for Cambridgeshire County Council having started work as a School Crossing Patrol for Cambridgeshire County Council on 19th March 1979.

Carole works at the school crossing patrol site on Longsands Road, St Neots (near the entrance to Longsands College). She is a much valued member of the community and highly thought of by everybody and in particular children and parents, turning up come rain or shine.

Carole was gifted flowers and presents by the Road Safety Team and many of her 'regulars' who wanted to take the opportunity to thank her for her much appreciated service.

Carole celebrated with a party together with friends and family at the British Legion where her late husband was a member.

Carole loves her job and really enjoys meeting the children and parents and says she has no intention of retiring yet, which is great news for the children and their families.



WAY 2 GO



Active travel without a bike or running shoes!

This summer If cycling isn't for you, active travel on an adult push scooter could be the enjoyable way to get around.

We've always championed push scooters as a brilliant option to help get people outside and active, and as many found as a result of lockdowns, the benefits are clearer than ever. They make commuting to work easier, scoot to the start of your journey hop on the bus, share a lift, or take the train and take your scooter to get to the last part of your destination

	In 30 mins you would travel -	To go 5km it would take you -
 Walking 3 mph	1.5 miles	1 Hour 2 Mins 8 Secs
 Running 5 mph	2.5 miles	37 Mins 17 Secs
 Scooting 7 mph	3.5 miles	26 Mins 39 Secs

In order to improve our fitness levels and our heart health, we need to maintain a raised heart rate. As a sport, scooting falls somewhere between cycling and running. It's low impact (easy on the joints), so easier to go for a longer distance or time than a typical run. As a full-body workout, it's more effective than cycling for building all-round fitness on your scooter, and you won't need to travel for miles to feel the effects! Its also something which the whole family can take part in and summer is a great time to practice scooting.

Is a Scooter Faster Than Walking?

The average walking speed is around 3mph, while jogging comes in around 5mph. Scooting trumps both at roughly 7mph! While these vary based on the person and the route you're taking, they're safe estimates.

As you can see from the chart above, a 30 min scoot takes you twice as far as a walk would. Make the most of a full-body workout for 5km, and you'll arrive at your destination at least 10 mins sooner than if you run!

No one is going to benefit from the fun of scooting more than children. They relish the freedom a scooter brings, and will probably be as good at encouraging you to get out as you will for them. It's easy to make fitness fun with your children. You can look on a map and plan where you want to go on a trip, and plan an adventure packed with the local sights together.

When you scoot you're in control of your own speed, so you can fit to their ability. If they don't want to scoot, you can easily keep up with them while they cycle, which can be especially useful if they're learning to ride a bike! It's easy to stop and start on your kick scooter, so you can easily tend to them. Once they've got the hang of it, you can be by your child's side to make sure there are no accidents!

Wearing a helmet whilst scooting is a good idea, especially for children in case of falls. Scooters should not be ridden on the roads. However, on shared use paths they are great fun to get about with. Other things to remember

Don't scoot on the road!

Don't ride on the road – motorists are not expecting to see you in and amongst traffic and you'll be difficult to spot given your relative size. Because of the size of your wheels, they're more likely to catch on drain covers and pot holes, which can suddenly skew your course or even cause you to fall over.

Know when to step off

Don't cross the road on your scooter, and be conscious that different road surfaces and inclines can cause you to pick up speed unexpectedly; if in doubt, don't risk it. Get off your scooter at pedestrian crossings and carry the scooter or push it, as you would push a bike.

Scoot with care and consideration

Nobody wants to make enemies of their fellow pedestrians – don't scoot in a way that will frighten or inconvenience other pavement users. As long as the law is unclear about whether it's a legal offence to ride on the road or pavement, the easiest way is to avoid causing any personal offence to fellow pavement users. Be considerate, and warn pedestrians of your presence, its easy to fit a bell and a light to most scooters.

Scooting is fun! Its also great for fitness.

Get out, get active, and enjoy some enjoyable bonding time with the whole family!

There are lots of different types of push scooters and most are pretty easy to ride. If you have not ridden one for a while a little practice in a safe off road location such as a park will help you gain skill and confidence.



What about e-scooters?

A quick word about electric scooters

At present, privately owned e-scooters are only legal to use on private land,. You cannot get insurance to ride these in public spaces. This means that they cannot be ridden on roads, pavements or any public space.

Proposals have been announced in the recent transport bill that the DfT will be creating a new vehicle class for e-scooters.

New powers to be set out would allow the Government to decide which vehicles fall into this category in future and establish how they should be regulated to make sure that they are safe for users, pedestrians and other road users.

Rental trials are still set to continue for some time in cities such as Cambridge

[More information can be found here](#)

[Guidance issued on safe use of e-scooters and e-bikes in Cambridgeshire - Cambridgeshire County Council](#)





Some Summer Cycling tips

Summer is finally here and we have experienced some of the hottest days of the year so far. With white clouds and blue sky tempting every cyclist outside and on their bikes it can be easy to get carried away enjoying the weather on two wheels. However, there are a variety of safety precautions you should take when you are enjoying summer cycling.

Stay Hydrated

Summer cycling can be hard work and sweating is your body's way of keeping cool, but its also one of the main reasons you can become de-hydrated. So it's essential that when you are planning your ride, that you take extra fluids such as water or squash. Not only will staying hydrated keep your body in a healthy and functioning order, but it will so ensure that you can concentrate better on the road ahead. Research has shown that dehydration can reduce concentration levels. You should aim to drink around 800ml per hour when cycling to maintain a healthy hydration level on the hottest days. Don't wait until you feel thirsty to drink as the effects of dehydration may have already happened.

Look out for your eyes

Your eyes and ears keep you alert whilst cycling, so it is essential to take care of them. Ensure that you have a good pair of UV filtering lenses, giving your eyes protection and ensuring that you have better vision whilst cycling and are not sun dazzled.

Monitor the conditions as you ride

Enjoying a ride on your bike is a real pleasure in the warm sunshine, but do not switch off your attention, you need to stay just as alert as you would in winter or commuting to work.

Keep your helmet on

It can be tempting to remove your helmet when you are cycling in a quiet location but don't do it The Royal Society for the Prevention of Accidents states that your helmet has the potential to be a difference between a minor injury or major injury.

Cycle safety tips for children

By setting a good example and making sure your child is prepared and has the right clothing and equipment you can help them have a fun and safer ride. The best way to help your child learn about road safety is always to set a good example yourself. When you are cycling with your child you should:

- ◆ Wear a cycle helmet
- ◆ Obey traffic signs, and do not let yourself be distracted by using a phone or listening to music. Encourage them to notice and discuss what they see around them on the road.
- ◆ Make sure they know that when they are on the road they need to concentrate and watch out for other road users
- ◆ Practice trips, speed and distance with them. Help them work out the safest routes for the journeys they make
- ◆ Helmets should be positioned squarely on the head sitting just above the eyebrows and not tilted back or tipped forwards, must be a snug fit and should not stop them seeing clearly or cover their ears. It should have the straps fastened securely and not twisted with only enough room for two fingers between their chin and the strap
- ◆ Make sure the child's bike is the right size and well maintained. Make sure that it has a working front with light back red light and back red reflector and mark the bike with your postcode. Remind the child to always use a cycle lock and use a cycle rack where available.
- ◆ Do not ride on the pavement unless there is a sign saying they can. Do not cycle next to another person on a narrow road. Look out for car doors opening suddenly when passing parked cars

There is lots more helpful advice here: [Tales of the Road \(think.gov.uk\)](https://www.think.gov.uk/tales-of-the-road)