

# STARS Safer Journey guide

Use this guide at home to help you plan your new journey to school

**STARS**

A TFL COMMUNITY PROJECT



# Welcome to the STARS Safer Journey guide

We hope you're excited about starting secondary school! If you're going to be travelling there by yourself for the first time, this guide will be a big help.

Use the guide at home with your parent or guardian to discuss and plan the best way of getting to your new school. Will you walk, cycle or scoot? Or maybe catch the bus or train? Whatever you choose, there are ways to make your journey safer, more enjoyable and more sustainable, right from day one.



It's especially important to read the safety and behaviour guidelines carefully. In particular, see the special sections on Covid-19, as well as our Top Travel Tips and Travel Safe section.

**Walk. Cycle. Bus. Tube.  
Train. Tram.**

Read on for the secrets of a great journey.



## Staying safe from Covid-19

Please keep following current travel advice. That means keeping your distance from people where possible. Try to walk or cycle as much as you can. Adults and children aged 11 and above must wear a face covering on public transport. It should cover your mouth and nose. That way we're all protecting each other, even in places where social distancing is tricky.

## Journey Planner

Find the best walking and cycling routes to your new school, as well as the nearest bus, train and underground stations.

Use our online Journey Planner, just enter the type of transport and the times you want to travel, and we'll show you the best options. Visit [tfl.gov.uk/plan-a-journey](https://tfl.gov.uk/plan-a-journey)

## Paying for your journey

There are lots of different ways to pay for your journey. To explore the options and choose the best one for you, visit [tfl.gov.uk/fares](https://tfl.gov.uk/fares)



# Walking to school

Walking is a great choice for lots of reasons. It's free, it keeps you fit and it's often quicker than you think. It also helps to wake you up, so you get to school fresh and full of energy.

If your school's too far away to walk, you can still try getting off the bus a stop or two early and walking the final bit – so you get the best of both worlds!



## Fun fact!

Walking 7,500 steps a day = 5 times around the world in your lifetime!



## Top Tip! Keep a safe distance...

Always remember the Covid-19 travel guidelines: where possible stay two metres away from others when you're out walking, or at least one metre if you're wearing a face covering, and wash your hands before and after each journey.

## Secrets to a great walk



**Tip 1:** Use the TfL **Journey Planner** to see how long your walk will take, or plan some different routes to try. Don't forget to leave home a few minutes early, just in case.

**Tip 2:** As well as being quick, reliable and healthy, walking shows you the world in new and exciting ways. On every journey you'll see things you never noticed before – so look around, and enjoy!

**Tip 3:** Worried it might be too far to walk? Just think about this: if your school is under one kilometre away, your walk could take less than 10 minutes!

## Walking safely



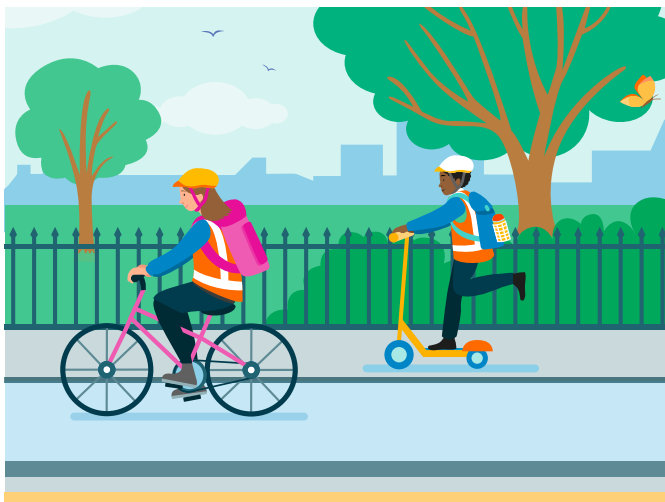
**Tip 1:** Try to avoid walking when it's dark outside. If you have to walk in the dark, stick to well-lit streets.

**Tip 2:** Always find a safe place to cross the road. Remember the Green Cross Code: Stop, Listen, Look and Think.

**Tip 3:** Distractions can be dangerous. Wherever you are, pay close attention to what's going on around you. When you're crossing the road, take off your earphones and put away your phone.

# Cycling and scooting

Cycling or scooting is another great way to get to school. Like walking, it's fun, healthy and keeps you fit. Better still: if you do it safely, it can also be quicker!



## Looking out for others



**Tip 1:** If you're riding on a shared path, remember to be extra careful! Give plenty of room to people on foot, and watch your speed so you're able to slow down or stop if needed.

**Tip 2:** When you're riding past parked cars, leave plenty of room. Watch out for doors being opened or people trying to cross the road.

## Secrets to a smooth ride



**Tip 1:** Before heading out, always check your bike or scooter is working properly.

**Tip 2:** Check if your school has cycle parking, so you can store your bike or

scooter securely during the day. Be sure to use a good quality lock and attach your ride to a fixed stand.

## Want more great tips?

Type "**TfL Cycling**" into your search engine.

## Safety tips



**Tip 1:** It's really important to wear a helmet. Find one that fits you properly and remember to fasten the strap securely under your chin.

**Tip 2:** Always use cycle lanes (or shared cycle/pedestrian paths) if you have them on your route.

**Tip 3:** Learn as much as you can about **cycling safely on the roads** with TfL. If you and your family want to find out more search "**TfL Cycling**".



## Top Tip! Be bright...

Wear something bright and reflective, like a hi-visibility vest, so drivers can see you. If you need to cycle in the dark, make sure you have lights on your bike (that's the law) and stick to well-lit streets.

## Fun fact!

Using bicycles saves over 238 million gallons of fuel in the world every year

# Taking the bus

Walking, cycling or scooting not possible?  
Taking the bus is another great option.  
It's safe, reliable, and gives you a chance  
to chat with friends, or take some time  
to think about the day ahead.



## Secrets to a great bus journey



**Tip 1:** When you travel by bus, always give yourself plenty of time. If the first one to arrive looks crowded, you might want to wait for the next one.

**Tip 2:** Taking the bus needn't mean missing out on exercise! Think about getting off a stop or two early and walking the final distance – you'll get there feeling sharper, and full of energy.



## Staying safe from Covid-19

At the moment, there are special rules for using public transport. If possible, keep two metres away from other people while waiting for the bus, or at least one metre apart if you're wearing a face covering. Adults and children aged 11 and above must wear a face covering on public transport. It should cover your mouth and nose. Always wash your hands before and after every journey.

If the bus you're waiting for has a "bus full" sign, it will only stop if passengers want to get off at your stop. Only one person will be allowed on for each passenger who gets off, so please take care and consider the needs of everyone travelling. You must be seated on the bus, you cannot stand.

## Bus safety tips



**Tip 1:** While you wait for the bus, stand well back from the kerb edge. How far? Allow your height plus an extra step back so you're well away from the road.

**Tip 2:** If you don't know anyone else on the bus, sit downstairs. Don't feel comfortable for any reason? Wait until the bus comes to a stop, and then tell the driver.

## Fun fact!

There are 9000 buses in London, operating on 700 routes, serving 19,000 bus stops!

## Looking out for others



**Because bus travel is shared with other people, we need to think of others as well as ourselves.**

For example, when the bus arrives, let other passengers off before you get on, and act calmly and safely at all times. Want to be a stand-out citizen on the bus? Read and follow our **Young Person's Behaviour Code**.



# Tubes, trains and trams

Depending on where you live in London, travelling by rail could mean all kinds of things. For example, you might be using the London Underground (Tube), TfL Rail, a tram or even the Docklands Light Railway (DLR). Whatever line you take, these tips are your ticket to a smooth journey.



## Staying on track



**Tip 1:** Right now, because of social distancing rules, Tubes, trains and trams should only be used for essential journeys. If you're able to walk, cycle or ride a scooter to school instead, why not try that?

**Tip 2:** A little bit of planning is always worth it! Before heading out, check your journey on our map and memorise the stops where you need to get on and off.



## Staying safe from Covid-19

At the moment, there are special rules for using public transport. If possible, keep two metres away from other people when waiting for the train or tram and when on board, or at least one metre apart if you're wearing a face covering. Adults and children aged 11 and above must wear a face covering on public transport. It should cover your mouth and nose. Always wash your hands before and after every journey.

## Train and tram safety



**Tip 1:** When you're waiting for a Tube, train or tram, always stand well back from the edge. How far? It depends how tall you are. Allow your height plus an extra step back so you're well away from the platform edge.

**Tip 2:** Never run or rush when you're on the platform – even if you're worried about missing the train! TfL services run regularly, so it's always safer to wait for the next one.



## Looking out for others



**Tip 1:** Please give up your seat to a passenger who needs it more than you – for example, if they're pregnant, elderly or having trouble standing.

**Tip 2:** Want to be a stand-out citizen on public transport? Read and follow our **Young Person's Behaviour Code**.

# Travel safe

However you travel, it's important to think about everyone's safety, including your own.

Here's how to be a respectful, responsible and "switched-on" traveller, whether you're walking, cycling or using public transport...



## Remember the Covid-19 travel guidelines

Stay two metres away from others wherever possible (whether you're walking or taking public transport), or at least one metre apart if you're wearing a face covering. Adults and children aged 11 and above must wear a face covering on public transport. It should cover your mouth and nose. Always wash your hands before and after every journey.

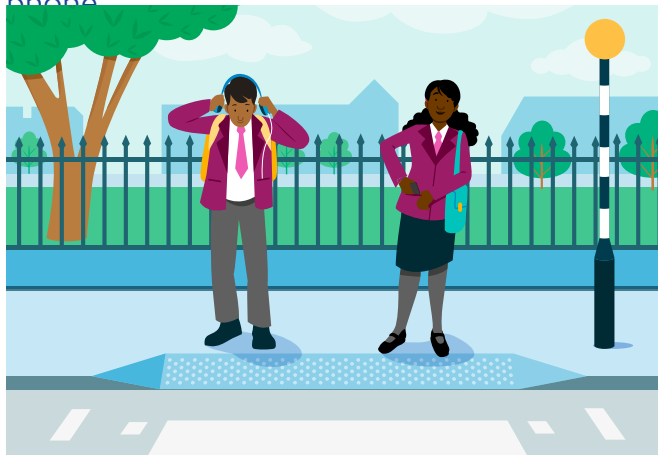
## Look after your belongings

To keep your belongings as safe as possible, it's best to keep them hidden in a bag or zipped pocket when not in use – especially your Oyster Card, and any money or valuables.



## Look at what's around you (not your screen!)

Distractions can be dangerous, so always pay close attention to what's going on around you. If you're crossing the road, take off your earphones and put away your phone.



## The TfL team are here to help

If you're worried about another passenger's behaviour, or if you think they're doing something dangerous or inappropriate, move well away – nearer to the driver or one of our team. If you're concerned, tell us. We're here to help you be and feel safe.



### Fun fact!

Cycling to school can help towards the recommended 60 mins of activity per day

# About the STARS Safer Journey guide

The STARS Safer Journey guide was created for all new Year 6 and Year 7 pupils in London, to help them travel safely, confidently and independently to and from their new secondary school. It's a fantastic way to help prepare for this vital transition.



## For parents and guardians

Based on TfL's Safety and Citizenship programme, **STARS Safer Journey guide** combines vital safety, active travel and journey planning advice in a way that's tailored to young people, while also supporting our **Healthy Streets** and **Vision Zero** initiatives.

## For young people (10-11 years old)

Travelling to school on your own for the first time is a big deal. It's also a time when lifelong habits are formed. Whether you're walking, cycling, scooting or catching public transport, **STARS Safer Journey guide** helps you make each trip safely, responsibly, and with respect for others.



## Introducing STARS

At TfL, we want to encourage more young Londoners to walk, cycle and use public transport. STARS is an accreditation scheme for schools, nurseries and colleges that's designed to inspire pupils and students to travel sustainably, actively, responsibly and safely.

STARS is your opportunity to make a real difference to your community. Each school is in charge of its chosen activities, with support from the London boroughs and TfL.



## Healthy Streets

Healthy Streets aims to improve air quality, reduce congestion and help make London a greener, healthier and more attractive place to live, work, play and do business.



**VISION  
ZERO**  
Travel Safe. Save Lives

The Vision Zero aim is for no one to be killed or seriously injured on our roads, making London a safer place for everyone.