

## DISTRACTION

It is important to discuss what distraction is in relation to using the identified crossings. There are instances when it is not possible to avoid crossing a motorway or high-speed road. This section relates specifically to crossings that can be found on or near the motorway.

- Distraction is any activity that shifts attention away from the primary task – in this instance walking.
- Distraction contributes to pedestrian collisions when it occurs at a time when the pedestrian is required to identify and respond to an unexpected hazard or a changing situation.
- Types of distraction:
  - ◆ Cognitive: thinking about something other than walking in traffic;
  - ◆ Visual: taking your eyes off the road, not watching for oncoming vehicles
  - ◆ Manual: walking out at dangerous places
- Drivers can often be distracted which is why it is important that pedestrians remain extra vigilant. Examples of distractions for drivers and pedestrians can include:
  - ◆ Technology: mobile phones, PDA's, text messaging, satellite navigation systems, MP3 players, DVDs, gaming consoles;
  - ◆ Social: talking to passengers, talking to friends (fellow walkers), tending to children in the back of the car;
  - ◆ Other: eating, grooming, reading, reaching for an object (in the car).
- Members of the opposite sex can also distract your attention from the road.

### Slip Roads

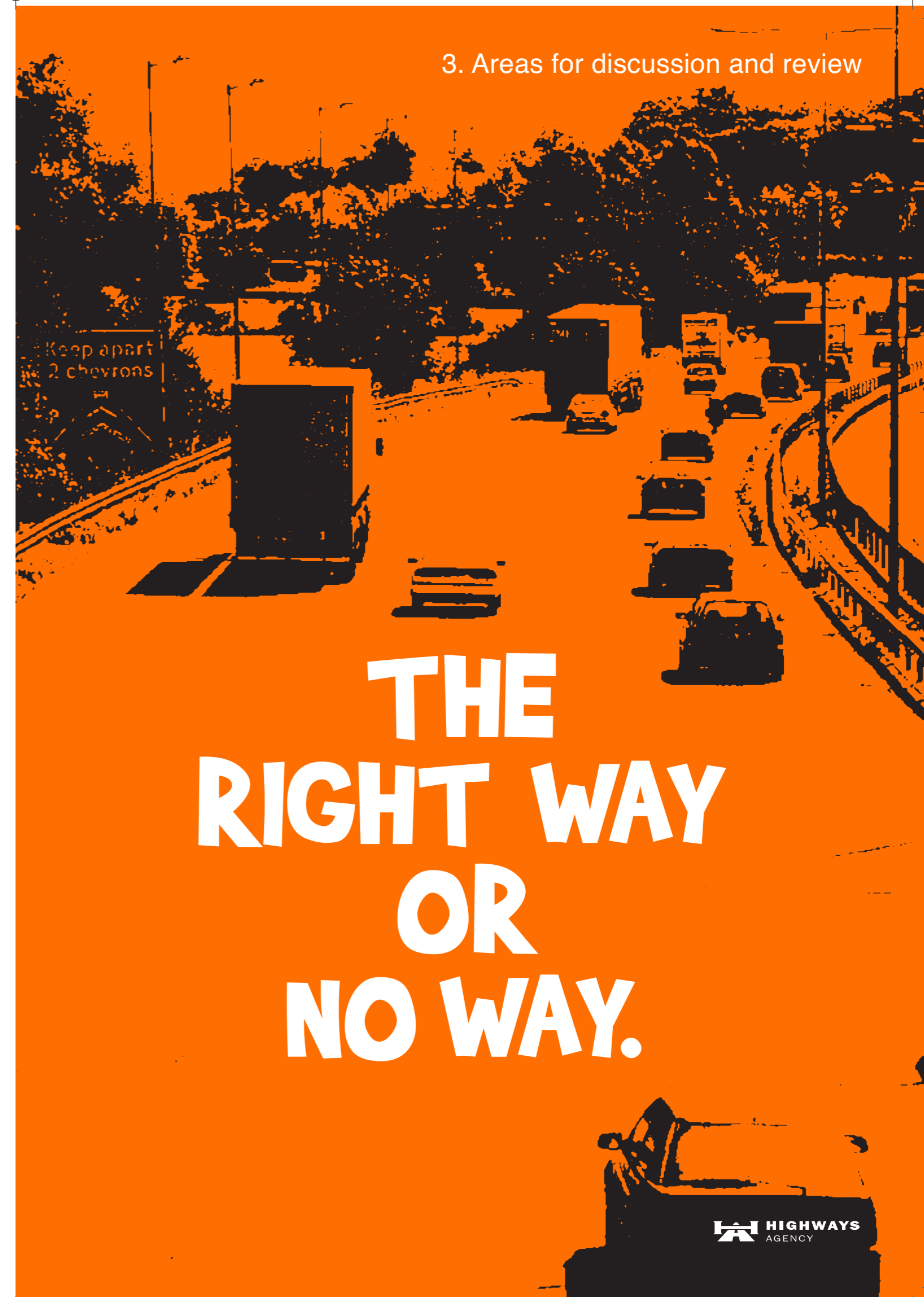
Slip roads can mean vehicles are entering or exiting a dual carriageway or motorway. Vehicles turning into slip roads are often going faster and pedestrians will not spot them easily because they could be coming from different directions. Pedestrians on slip roads need to be alert and look in every direction before stepping out. When crossing they must carry on looking. Getting across two lanes of traffic (7 metres) will take longer for pedestrians than for an approaching vehicle.



### ADVICE

- Always be alert and watch for traffic.
- Pedestrians should limit mobile phone use while crossing slip roads. If you're going to talk on mobile phones, don't walk and talk. Call them back. Your life is more important than a conversation.
- Be fully aware of your surroundings – don't let music, friends or other distractions take your attention away from the sound of oncoming vehicles, hooting or sirens.
- Be especially attentive near these crossings.
- Do not assume that you have the right of way and that cars will stop for you.

### 3. Areas for discussion and review



## CROSSINGS

Discuss the different types of crossing that can be encountered on or near a motorway or high-speed road:

- Pedestrian crossings are provided on busy roads where people have difficulty crossing. The type of crossing provided will depend on a number of factors including:
  - ◆ type of road i.e. single lane country road, dual carriageway, motorway;
  - ◆ the numbers and age groups of people wanting to cross;
  - ◆ traffic volume and speed;
  - ◆ the proximity of the crossing to features such as junctions, schools, shops etc.

- The most common crossings that are found on motorways and high-speed roads are:

- ◆ Overbridges
- ◆ Underpasses



Overbridges



Underpasses

- Discuss why these may be avoided? For example:
  - ◆ they may think it is quicker to not use them;
  - ◆ they may be worried (i.e. groups of youths using the underpasses to congregate);
  - ◆ they may consider them unclean and unsafe (see 'Supporting Activities' section for ideas to combat this).
- Discuss possible consequences of not using appropriate crossings on motorways and high-speed roads. These could include:
  - ◆ Risk of harm to themselves (serious injury or death). How would this affect them, their family and their friends, the driver of the vehicle?
  - ◆ Risk of harm to others (they could cause a collision on the motorway which could result in death or serious injury for large numbers of drivers).
  - ◆ They could be arrested. It is illegal for pedestrians to be on the motorway.

## ADVICE

- Use pedestrian crossings even if it involves a detour or delay to their journey.
- It might be appropriate to discuss route/journey planning (for more information contact your local authority). Children need to know the safest route to where they are going; this may not always be the quickest. Many local authorities have introduced safe links to school. Where these exist encourage children to use them. These are usually off road links which are available for both pedestrians and cyclists.
- You may wish to warn young people it is illegal for pedestrians to be on the motorway. If found to be somewhere they shouldn't be, they could be arrested, prosecuted and fined.

## PEER PRESSURE

Discussion points

- Discuss some of the examples of peer pressure that were raised in the DVD. For example:
  - ◆ Callum encouraging Shazad to follow him through a hole in the fence;
  - ◆ Ellie trying to get Chloe to agree to avoid using the underpass;
  - ◆ Callum encouraging Jack to play 'chicken' on the network.
- Discuss what types of behaviour might not be appropriate on or around motorways or high-speed roads. For example:
  - ◆ Throwing things from overbridges;
  - ◆ Playing 'chicken' or dares – trying to encourage others to cross the motorway or high-speed road inappropriately;
  - ◆ Cutting holes in fences or barriers around any road.
- Discuss possible consequences of playing inappropriate games on or around motorways/ high-speed roads:
  - ◆ Risk of harm to themselves (serious injury or death). How would this affect them, their family and their friends, the driver of the vehicle?
  - ◆ Risk of harm to others. Imagine if a friend you knew or a brother/sister found a hole in the fence that you had made, wondered onto the motorway and then was involved in a collision. How would you feel? How would your family feel?

## ADVICE

- It's cooler and smarter to be strong and walk away if you're not comfortable doing something. "Stop, Think it Through, Walk Away."
- It is illegal for pedestrians to be on the motorway. If found to be somewhere they shouldn't be, they could be arrested, prosecuted and fined.

**Note:**

In the DVD the ball was placed a distance from the road for a reason, to protect the cast and crew when filming. In a real life situation it is not worth risking your life for a ball, wherever it is.