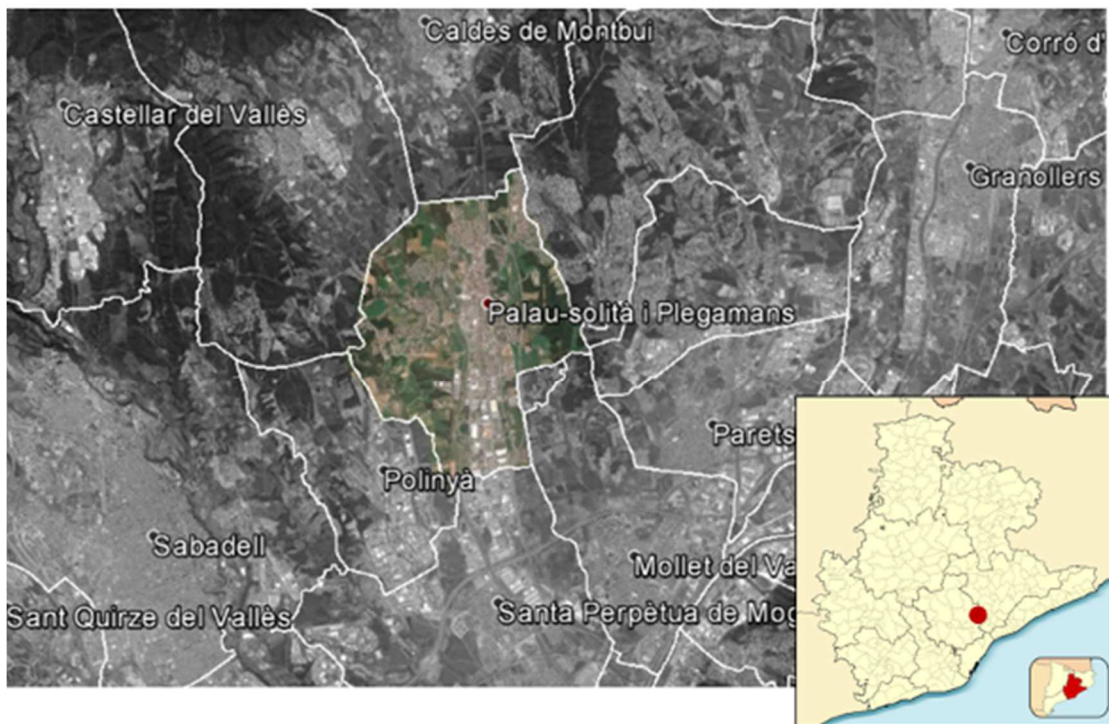


Good Practices

Changing mobility through road-safety education

Starting point:

Palau-solità i Plegamans is a town located in a catalan region called “el Vallès Occidental”. Moreover, it is placed in the axis that makes up “La Riera de Caldes”. Palau borders “Caldes de Montbui” on the north and adjoins “Santa Perpètua de Mogoda” on the south, “Granollers” on the East and “Polinyà” and “Sabadell” on the West. The town is 15 square Kilometres and around 14.457 people live there.



Since 1989, there is a Road-Safety Unit in Palau’s Local Policie Department that works intensely in the formation of Mobility and Road-Safety education of children and teenagers of the town. The activities that are carried out are aimed at a wide range of educational stages that span across Pre-primary education (P3,P4 and P5), Primary Education (1º, 2º, 3º, 4º,5º and 6º), Compulsory Secondary-school Education (highschool) and Teenegers who are attached to

the Plan of Transition From School to Work, in Spanish called PTT (Jóvenes adscritos al Plan de Transición al Trabajo)

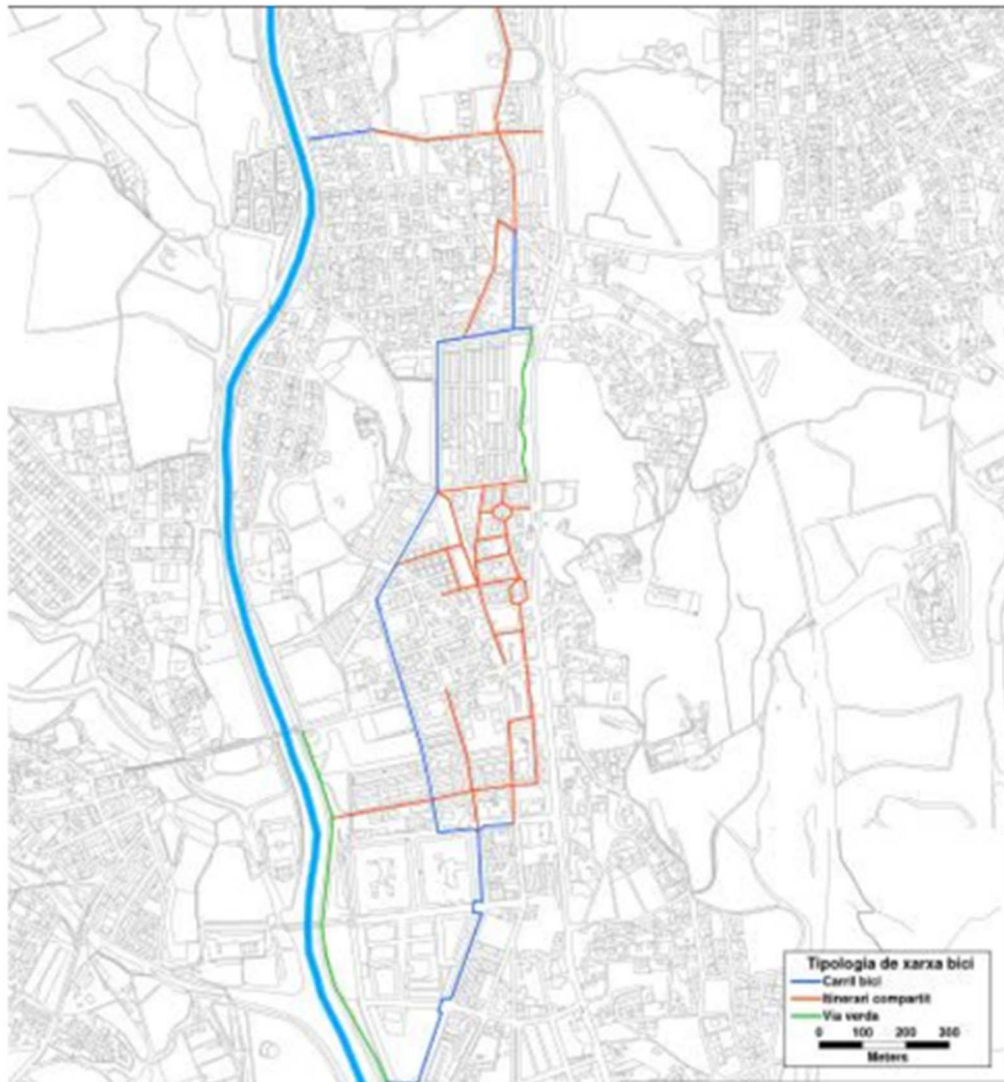
Nowadays, this unit of Mobility and Road-Safety Education includes three officers.

Why is important to work in the mobility and the road-safety education?

- **Improve road-safety** not only in children and teenagers but also in road users
- An increase of **children's autonomy** who can begin going alone to school, especially the ones from the final stages of primary education (5º y 6º)
- Adquisition of mobility **healthy habits**, an important aspect that takes into account the health problems which affect children and teenagers: overweight and obesity.
- **Social awareness** for the necessity of implementing a sustainable mobility model which promote a city model *more favourable* in walking, cycling and public transport.

According to mobility, the main actions that the township has done are the following ones:

- **Mobility study**, carried out in 2015 with the collaboration of Barcelona's Provincial Council.
- Study of Educational Pathways, carried out in 2009 with the collaboration of Barcelona's Provincial Council.
- **Local Road-Safety Plan**, done in 2013 with the collaboration of Catalan Traffic Service.
- During the last years, the town has taken measures to boost cycling, and nowadays it has 3 kilometres of cycle traks, as well as "la Ronda Verde de la Riera de Caldes" (a playful route which runs parallel to the stream) and also several streets with calmed traffic.



Map of cycle routes in Palau-solità i Plegamans

Performance's characteristics:

Throughout 27 years of working in the town, in terms of Road-Safety Education, a comprehensive and transversal strategy has been consolidated in road-safety education and mobility terms.

The key points of this strategy are based on the following aspects:

- **Reinforcement of a road-safety team.** To carry through this project, the consolidation of a human team which works constantly is essential. Palau-solità i Plegamans's Council has done a clear commitment in favour of the Road-safety education with the creation of a stable division in the police force made up by a Foreman and two Police Officers attached to the Unit of Mobility and Road-Safety Education.
- **Proceedings aimed at all ages, levels and educational cycles.** Giving continuity to the established program, we offer a number of didactic proposals to work attitudinal and behavioural contents related to mobility. These proposals focus on the different stages of education which are carried out by Pre-Primary Education, Primary Education and Compulsory Secondary-School Education children where specific objectives are set and serve the purpose of detecting the needs and the reality that the scholars have to face in our town. This preventive action wants students to know the personal risk factors and their consequences; to perceive the danger that they entail and finally, to help them make the right decision to prevent such risks. Knowledge, Recognition and the purpose of changing behaviour are combined in our method.
- **Permanent connection with the educational establishments.** Schools are the main allies to road-safety education projects. In that sense, the constant work with the educational entities has allowed the creation of a dynamic partnership which facilitates in a great manner the duty of road-safety education. Moreover, the fact that the town has developed the program called "CAMINOS ESCOLARES" (School Routes) in 2009, has contributed to the implication of schools in terms of mobility and road-safety education.

- **A cross-cutting approach.** Road-Safety Education has not only been raised as an activity related to road traffic-crash prevention, but it has also incorporated aspects of sustainable mobility such as the benefits of moving into a sustainable and healthy way. Furthermore, it has promoted the use of less polluting means of transports such as the bicycle.

If Road-Safety Education is considered as a **cross-cutting project** where different departments of the Public Administration take part in and it has a compromise towards the educational community, we will be able to understand that it is a **participatory community** and **social** programme aimed to children from 3 to 12 years old and adolescents from 15 to 16 years old which in Palau-solità i Plegamans has an optimum state of health if we take into account the real result of the objectives pursued:

-According to the official data of the last report of accident rates obtained during 2015 and presented in March, 2016 by the Deputy Inspector of the Local Police in the Municipal Security Council, from de 100% of the accidents that took place in the town, the bicycle has not been involved in none of them. In relation to the presence of pedestrians- accidents- the affectation has been 0,0%

All these approaches are translated in a Road-Safety Education annual programme of that take into account the following activities:

Theoretical training. Theoretical training sessions headed by Road-Safety Education supervisors that in the school year 2015-2016 concerned a total of 1622 students at all educational levels. In these sessions contents were adapted taking into account student's age. Consequently, the activities organised for the younger (pre-primary and primary) were more playful than the ones organised for the older (secondary), which followed the target of raising awareness among students.



Pictures of the Supervisors in the Theoretical training

Theatre Performances. Road-Safety Education activities suited to the Pre-Primary groups (P5) and Primary Group (1) during the school year 2015-2016. It had an attendance of 349 students.



Theatre plays that involve Road-Security concepts.

CRASH TEST mady bv “Jané”. Consensual decisions with “Jané’s” enterprise which allow the student’s awareness regarding the security belt and other passive security elements such as buggies and elevators. The activity consisted on attending the “Crash Test Research Center’s” amenities where the students could learn how engineers incorporate passive security elements in vehicles and the importance of using the security belt while driving. Attendance: 170 students from Primary School (2º of primary).



Visit Jane's Crash Test

Visit to the police station. 168 students from primary (4º of primary) have attended this activity.



Visits at the town's police station

Bicycle and city tours. This outings wanted to enhance the healthy cycling habits throughout the local streets, the knowledge of the road environment and by all means, the implementation of theoretical training that students have received in the days prior to the departure.

It is one of the major activities in Palau-solità i Plegamans's road-safety education and it is a response to the need to teach and train the large number of children that use the bicycle daily as the first vehicle to move across the town. They also leverage the facilities made by the town hall which has established the creation of bicycles lanes and green zones.

Two teaching hours in the class were meant for the explanation of the traffic regulations which mainly affects the bicycle and its riders; the bicycle lane, turning manoeuvres and stops, signals made by the local officers, the learning of the signal's pyramid and the overhaul and preservation of the bicycle as a vehicle.



The second part of the activity took place at the street. It consisted on the circulation throughout the town's road network that included bicycle lanes and zones 30, green areas and conventional roads where the students accompanied by their academic tutor, three instructors and three members of the town's civil protection assumed the driver thematic role remaining part of the road environment and experiencing first-hand the dangers that may emanate from a negligence or a single blip.

As a result, 15 outings have been done with an attendance of 357 students of Primary School (5º and 6º of primary.)



Bicycle outings to work with the student's road-safety education

Guttmann's Institute and Game Over programme. A total of 170 students from 4th of ESO (Secondary Education) have attended five talks/ discussions of the "Game Over, No te la Juegues"'s programme that is run by 5 instructors from the Guttmann's Institute in cooperation with "Servei Català de Trànsit" (Catalan Traffic Service) and framed within the programme that the local police offers in terms of Road-Safety Education.



Training activity Guttmann Institute

The 5 setting up sessions (one at PPT, the other at IES Marinada and three at IES Ramón Casas I Carbó) have involved a talk/discussion with audiovisual content and have been hosted and coordinated by a youthful affected by a cord injury.

- **Training security workshop with motorbike “TRAIN for your security”.**

Students from (A levels) high school “Ramon Casas i Carbó” took part in the theoretical and practical sessions with motorbike organized by The Catalan traffic service on the HONDA’s driving school’s premises.

Contents:

- The importance of using a bicycle helmet
- The importance of identifying risk factors
- Motorbike’s simulator
- Practices with the simulators
- First aids in case of accident
- Basic notions: knowing our vehicle
- Passive safety features
- Driving techniques



Training activity regarding moped driving

- **Classic cars' traffic park.** A total of 203 students of 1º of primary in all the schools of the town have attended the classic cars' traffic park.



Classic car's activity on the Traffic Park

- **Palau-solità i Plegamans Disabled People's Association- ADISPAP.** In this activity, road-safety advices are taught in order to optimise the student's autonomy and their responsibilities while driving throughout the streets, as well as perception of risk and appropriate/inappropriate behaviors.



Training activity in ADISPAP Association

The Road-Safety Education activities have been given to 2934 children and adolescents of the town. By all means, the activities have been done by the coordination with the Educational Centres. Moreover, the Road-Safety education and mobility has had a cross-wide working treatment in the centers. A total of 7 activities have been done in Palau's Education Centres.

Obtained Results:

The main objective of the Road-Safety education' activities is the **improvement of the degree of autonomy and security** of the students and the set of road users. In that sense, the analysis of the results of the road-safety show good results. However, this improvement has to do not only to the Road-Safety Education' training lessons but it works as an important method to raise awareness to students.

In terms of fatal accidents for 1000 citizens, Palau-solità i Plegamas is below the catalan average of the urban area (0.8 in the town whereas in Catalonia the average is 2,1)- Data collected by the Local Plan of Road-Safety Security.

The qualitative results of the experience are also very important and are summarized below:

- **Implication of the educational centres in the road-safety and mobility activities.** Continuity over time, more than 25 years in the implementation of activities involving the Road-Safety education in schools, has contributed to establish a relation of confidence and collaboration with the instructors of the Local Police and educational centres. In that sense, they work together to organize a calendar to teach the subject matter in the academic year. As a consequence, it is important to emphasise the roll of the educators in the proposed activities.
- **Relationship to the pupil.** The presence of instructors contribute to formation of students in terms of Road-Safety Education during the scholar period, showing the town's Local Police as an educational guide

in this discipline. Moreover, these activities promote friendship relations among students.

- **Creating a global consciousness in the town regarding sustainable movility.** The global awareness has contributed to the creation of measures regarding walking and cycling such as the “zone 30”, cycle paths, and the creation of pedestrians zones where vehicles cannot drive.
- **Contiousness to the families.** Although families do not contribute directly to the Road-Safety Education activities, they took part in an active way by helping their children and preparing the activities at home. For instance, main of these activities involve the adquisition of helmets and the revision of the bicicle. Hence, the families have also been aware of the importance of promoting sustainable movility among children and teenagers.
- **Increase of cycling in the school centres.** Although we do not have quantifiable data about this fact; we have noticed that, in many centres where bicycle outings have been done, there is an encrease of students that attend lessons by using this transport.
- Thanks to initiatives such as the one made by Palau-solità i Plegamas, we contribute to **the promotion of sustainable mobility by ciclyng** and we also enhance town’s cycle paths.

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