

Independent Travel Training Check List Matrix

Personal Safety	Achieved	Date
<i>Uses appropriate behaviour in public</i>		
<i>Is aware of personal space</i>		
<i>Is aware of how to be less conspicuous</i>		
<i>Uses appropriate body Language</i>		
<i>Stays calm in difficult situations</i>		
<i>Is aware of own vulnerability</i>		
<i>Can recognise and avoid secluded areas</i>		
<i>Wears appropriate clothing</i>		
<i>Keeps possessions concealed</i>		
<i>Is aware of where to go / who to ask for help</i>		
<i>Is aware of the behaviour of others</i>		
<i>Knows how to deal with aggressive behaviour</i>		
<i>Informs someone where they are going</i>		
<i>Informs someone of their return time</i>		
<i>Knows contact address and phone number</i>		
<i>Knows where they are going</i>		
<i>Knows only to take necessary items</i>		
<i>Knows the appropriate route to take</i>		
<i>Knows familiar landmarks</i>		
<i>Takes the correct amount of money</i>		
<i>Can use a public telephone</i>		
<i>Can use a mobile phone</i>		
<i>Knows how to use cash points</i>		
Walking Safety		
<i>Walks appropriately</i>		
<i>Walks safely</i>		
<i>Chooses where to walk using paths</i>		
<i>Looks in the direction that they are walking</i>		
<i>Is considerate towards other road users</i>		
<i>Does not draw attention to themselves</i>		
<i>Walks safely across car parks (if appropriate)</i>		
Basic Highway Code		
<i>Can identify and understand basic road signs</i>		
<i>Can identify and understand road markings</i>		
<i>Has an understanding of the 'Rules of the Road'</i>		
<i>Understands their responsibilities as a pedestrian</i>		
Vehicle Awareness		
<i>Identifies different types of vehicles</i>		
<i>Identifies emergency vehicles</i>		
<i>Is aware of motor cyclists / cyclists</i>		
<i>Is aware of driveways and emerging vehicles</i>		
<i>Can recognise reversing vehicles</i>		
<i>Understands when a vehicle is stationary</i>		
<i>Understands when a vehicle is moving away</i>		
<i>Understands when a vehicle is oncoming</i>		
<i>Is aware of the direction of vehicles</i>		
Vehicle Awareness		
<i>Is aware of the vehicle positioning</i>		
<i>Is aware of vehicle indicators, lights, horn</i>		
<i>Is aware of hand signals and gestures</i>		

Using a Bus		
<i>Can identify the correct bus stop</i>		
<i>Stands and waits at bus stop appropriately</i>		
<i>Understands bus timetables</i>		
<i>Is able to identify the correct bus</i>		
<i>Is able to alert driver to stop correctly</i>		
<i>Waits to get on bus without 'jumping the queue'</i>		
<i>Gets on the bus safely</i>		
<i>Is able to ask for correct ticket (if applicable)</i>		
<i>Is able to pay the driver (if applicable)</i>		
<i>Waits for change (if applicable)</i>		
<i>Is able to use bus pass (if applicable)</i>		
<i>Retains ticket or pass in safe place</i>		
<i>Chooses a safe place to sit or stand</i>		
<i>Behaves appropriately during journey</i>		
<i>Recognises landmarks along the route</i>		
<i>Is able to identify where they are getting off</i>		
<i>Presses bell at appropriate time</i>		
<i>Can ask driver for assistance (if applicable)</i>		
<i>Gets off the bus safely</i>		
<i>Waits for bus to move before crossing the road</i>		
Using a train		
<i>Identifies the ticket office</i>		
<i>Is able to purchase correct ticket (if applicable)</i>		
<i>Is able to identify appropriate people to ask for help</i>		
<i>Is able to identify correct platform</i>		
<i>Waits a safe distance from platform edge</i>		
<i>Stands and waits at platform appropriately</i>		
<i>Understands train timetables</i>		
<i>Is able to use display screens correctly</i>		
<i>Is able to identify the correct train and carriage</i>		
<i>Waits to get on train without 'jumping the queue'</i>		
<i>Gets on the train safely</i>		
<i>Is able to ask for correct ticket (if applicable)</i>		
<i>Is able to pay the guard (if applicable)</i>		
<i>Waits for change (if applicable)</i>		
<i>Is able to use train pass (if applicable)</i>		
<i>Retains ticket or pass in safe place</i>		
<i>Chooses a safe place to sit or stand</i>		
<i>Behaves appropriately during journey</i>		
<i>Is aware guard may ask to see ticket</i>		
<i>Recognises landmarks along the route</i>		
<i>Is able to identify where they are getting off</i>		
<i>Can ask guard for assistance (if applicable)</i>		
<i>Gets off the train safely</i>		
<i>Is aware ticket may be collected on leaving the station</i>		