

Getting back out on public transport?

A guide for independent travellers



Are you going back to school or college in September?

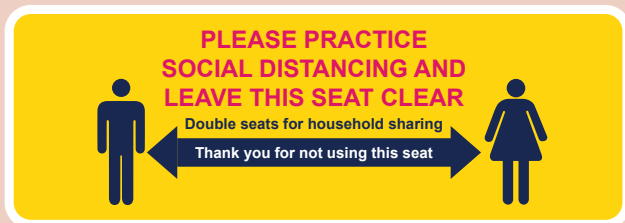
Are you going back to school or college in September? If so, you might be remembering what it was like before lockdown and planning on returning to public transport again. This leaflet will explain what might be different about using public transport and will give you some hints and tips to make sure that you feel safe and happy. There is also a short video that you can watch.

You may know some of this already, which is great! We hope you enjoy reading it and learn something new.

Before you set off

Why not take a trip out with your parent or carer before school or college starts to see how things have changed?

There are new signs on public transport, on the street and in shops, have a look at them. These signs are reminding you to keep a safe distance from others.



Before you set off check list

- Check your local bus company website ☐
- Make sure you have a back up plan, just like before ☐
- Allow more time for your journey ☐
- Is your phone charged? ☐
- Remember your face covering if you are able to wear one (take two in case you lose one) ☐
- Take a card to show the driver if you can't wear a face covering ☐
- Check the weather ☐
- Use the toilet, as some public toilets are not open at the moment ☐
- Remember your bus pass! If you are paying with cash, try to carry the exact amount ☐
- Wash your hands (read this leaflet for hints and tips) ☐
- Bring a hand sanitiser to clean your hands if you need to. ☐

Once you set off

We all still need to keep a safe distance from people we do not live with. When you are waiting for a bus or train, or travelling on one, you may see signs that are helping people to keep a safe distance apart.

If you can, try to stay two metres away from people at the bus stop. At busy stops, this may be reduced to one metre. If you are standing one metre apart, it is safer to wear your face covering. One metre is about the same distance from your nose to your finger-tip when you stretch it out. If you think someone is standing too close, it is ok to step away to be further apart.



At the station or bus stop

- Put your face covering on just before you board your bus or train. If you're waiting indoors at the station you may need to wear a face covering there too – check the signs around you for guidance.
- If you think someone is standing or sitting too close to you, move further away or to another seat.
- Not everyone is able to safely or comfortably wear a face covering. It's okay if you see someone not wearing one, you don't need to ask them about this or worry about it. If you feel uncomfortable you can move away or find another seat.
- Everybody around you is also getting used to things being a bit different. The more journeys you make, the more you will get used to things.
- Just like when you were travelling before, if there is anything that makes you feel uncomfortable, you could mention it to the driver and see if they can help.

Some seats need to be kept clear so that people can sit safely apart. Sometimes the bus or train will be too full. Just do as you would have done before and wait for another one, use a different route or use your usual back-up plan. Some bus companies have got an app which you can check to see how many seats are available in real time.

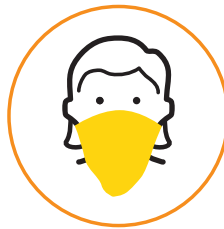
Wearing a face covering

Wearing a face covering

You should wear something that covers your mouth and nose when you are on public transport. This can be a face mask, or something like a scarf or bandana. Why not get something in the colours of your favourite band or football team? It's a really good idea to practice wearing a face covering before you go back to school or college or visit the shops.



Face Mask



Bandana



Scarf

If you can't wear a face covering, you can download an exemption card which you can access from your local bus company website. You can cut out and use one of these if you want. If you carry a card it would be really sensible to keep it readily available so that you can quickly show it to anyone during your journey, if needed.

If you're not sure whether you should wear a face covering while at the bus stop, station or elsewhere, just follow the lead of everyone else. If most people are wearing a face covering it would probably be sensible to put yours on, if you can wear one.

If you are deaf, hearing impaired and rely on lip reading to communicate, please be aware that many people will be wearing a face covering. To help with this, you could download a speech-to-text app on your smartphone or use the text function to type what you want to say. There is further information [The Buzz](#), a website for deaf children and young people.

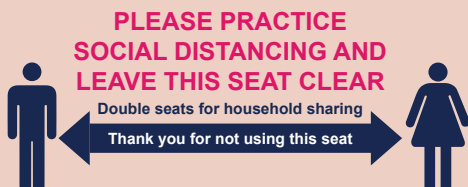
You don't need to wear a face covering if:

- You have a disability that means you cannot wear a face covering
- You are travelling in an emergency to stay safe.
- You need to eat, drink, or take medication on public transport. However, it would be safer to do this before or after you travel if possible.

Bus Seats

If it has a sign on it, it means that you need to choose a different seat. This is to keep yourself and others safe and comfortable.

Not all public transport have signs on seats. In these cases, there may be signs elsewhere asking you to sit on a window seat. This will keep the aisle seat clear and will help keep you safe.



Clean transport, clean hands

Clean transport, clean hands

Buses and trains are cleaned very regularly, to keep everyone as safe as possible. You need to play your part too, by washing your hands regularly, for 20 seconds – you should wash your hands;

1. Before you leave home
2. Arriving at school or college
3. Before leaving school or college
4. When you get home



Palm to palm



The back of hand



Between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Remember to carry a tissue to cough or sneeze into if needed. And don't forget to take it away with you afterwards, dispose of it safely and wash your hands next time you get the chance.

Changing buses and trains

If you need to change buses or trains, keep following this guidance. You can check the bus or train times before your journey, so that you know where to go or how long to wait if there have been any changes.

If you go into the bus or train station, you may need to keep your face covering on. Check the signs around you for the latest information, and see what other people are doing, as the rules could change.

While out and about

Some shopping centres and other buildings, including schools and colleges, may have changed things around too. There might be some doorways that can only be used to

enter, and some just for exiting. This is so that people can walk in a 'one-way' system. Look out for any new signs showing you where to walk and which entrances and exits to use.



Arriving at school or college

You have arrived at school or college, great! Please remember to check your school or college website before going back. There might be new information about which entrances and exits to

use, or even some changes to start and finish times.

Going home

Its home time! When you leave school or college, please wash your hands or use hand sanitiser if you are able to. Have your face covering at the ready if you use one. This means you will be prepared and ready to get on public transport.

Finally...

Don't forget to keep checking the internet and listening for more information. Things will change again in the future. We might need to do extra things to make sure everyone stays safe. However, things will start getting easier and before too long we'll hopefully all be getting around just as we did before. Happy travelling!

Information pages

- Search 'DFE travel guidance passengers' for the latest government guidance.
- You can find our video by searching 'A guide for independent travellers' on Youtube
- If you need this leaflet in large print, please email educ.transport@leeds.gov.uk
- Find our latest information on ITT by searching 'Independent travel training Leeds'