

# Electricity Kills!

In some parts of the country we have electric trains running on the tracks and these are powered by electricity in two different ways. This electricity is never turned off.

**Overhead cables:** These cables are suspended over the tracks and carry 25,000 volts of electricity - that is 100 times more powerful than the electricity in your home! The cables are suspended over the top of trains and feed the electric to the train. This electricity can jump up to 3 metres away from the cable. This is very similar to lightning.



It is extremely dangerous for anyone dangling objects from a railway bridge or perhaps holding a kite, balloon or flying a drone near the overhead cables as the electricity would travel through anything you are holding so it can reach the ground - you could be killed or suffer very serious burns.

Another way trains receive electricity is by a 3rd rail on the track. These carry 750 volts of electricity - very dangerous and can kill you as it is still more powerful than the electricity in your home. It looks just like an ordinary rail but you would never know it is carrying electricity.



## At Railway crossings

When the lights turn amber or the red lights are flashing you must always stop and wait.

Up to 200,000 passengers use CrossCountry trains every week.

Always think about what you are doing. Never get distracted by talking on your mobile or texting or listening to music.

If you have a dog with you - always keep it on a lead.

At some crossings without flashing lights, stop to look and listen for trains. Do not start to cross if you see or hear a train.

## Did you know!

- The electricity in the cables and in the 3rd rail is NEVER switched off
- An average passenger train weighs approx. 400 tonnes
- Trains can travel up to 125mph and can take an average of 20 football pitches to stop
- If you are in the way the train driver cannot swerve out of your way

You risk your life or life-changing injuries as well as affecting the lives of others if you don't follow the warning signs at railway crossings.

# Cub Scout Personal Safety Badge



# Spot the Dangers



In the picture above there are 8 possible dangerous activities shown. Write down all 8 dangers in the space below.

1		5	
2		6	
3		7	
4		8	

**1** This should take 15 minutes

**Talk to an adult about why these are dangerous**



# Planning a Journey

**2** This should take 15 minutes

Plan a rail journey from Plymouth to Glasgow Central. You need to be in Glasgow at 22:30hrs (10:30pm), but you can't set off before 08:30hrs (8:30am) – railway timetables always use a 24 hr clock.

All railway staff wear badges and uniforms and are there to help you. If you are lost or need any help, always approach a member of staff.



Look at the railway timetable below and plan your journey. Write down the starting time of the train you need to catch in Plymouth and what time the train would arrive in Glasgow Central.

Start time of the train in Plymouth is:

Time the train arrives in Glasgow Central is:

Train	1	2	3	4
Leaves Plymouth	08:25	10:25	12:25	15:25
Arrives Glasgow Central	18:11	20:15	22:24	23:17
Time of Journey (hours)	09.46	09.50	09.59	07.52

# Personal safety



The railways are one of the safest ways to travel in the UK but sometimes young people are the victims of theft or harassment. There are steps that you can take to help protect your belongings and make your journey safe.



**3** This should take 10 minutes

1	
2	
3	
4	
5	
6	
7	
8	
9	

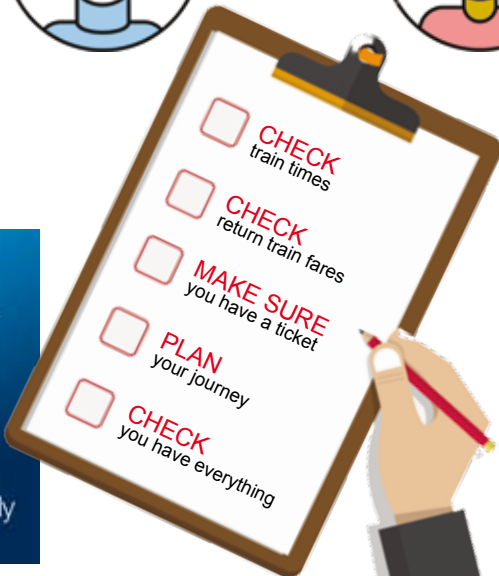
Always keep your personal items safe and out of sight



Always tell someone where you are going



Make a list of 9 things you could be carrying on a train that a thief would be interested in if you weren't careful.

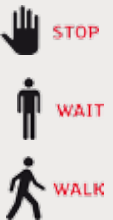
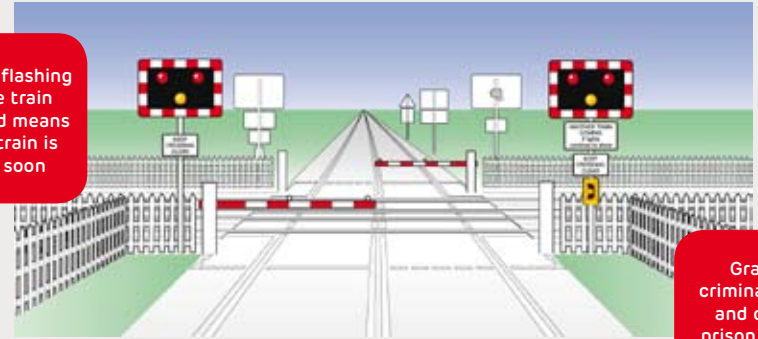


**text 61016** BRITISH TRANSPORT POLICE  
Report crime or incidents on your train or at your station - discreetly

**4** This should take 10 minutes

# Stop, Wait, Walk

Red lights flashing after the train has passed means another train is coming soon



Graffiti is criminal damage and carries a prison sentence of up to 10 years

At a train barrier crossing what must you do before crossing ?

What could happen if the warning signs were covered in graffiti ?

When is it safe to cross ?

If there was anyone on the crossing - could the train driver stop the train in time?



When you've finished all the activities show them to your pack leader and explain what you've learned.



We encourage our customers to travel light whenever possible!

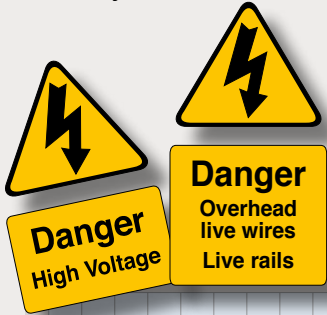
Always make sure you make a list of what you need on a journey

Check out the details of this great train tickets app by scanning the QR Code.  **IT'S FREE!**  
or visit: <http://app.crosscountrytrains.co.uk>



# Get Creative

Design a new sign warning young people not to go on the railway tracks.

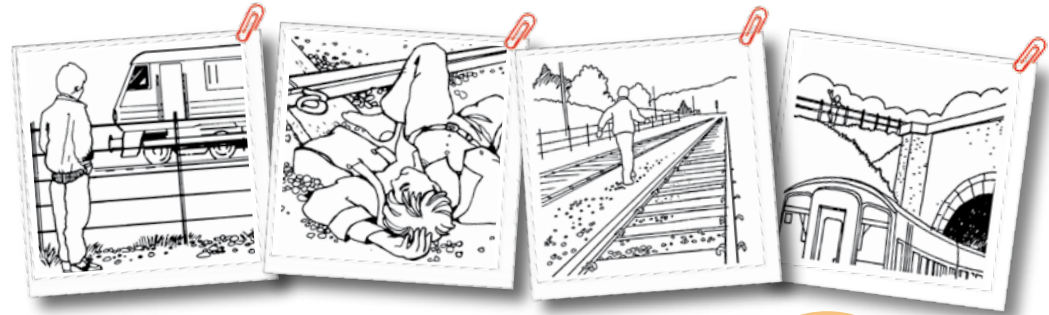


Use the space below for your design

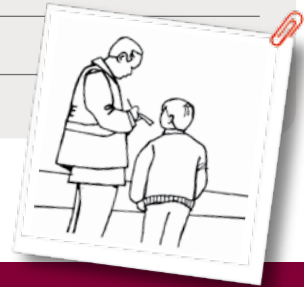
**5** This should take 20 minutes

# Report it !

**6** This should take 15 minutes



The pictures above tell a story – write in the space below as much detail as you can – as if you were describing what you saw to a police officer.



British Transport Police and your local police rely on people like you to tell them about any incidents you see.

You can text **61016** if you see someone...

- Damaging property
- Stone throwing
- Trespassing
- Behaving suspiciously
- Dumping rubbish

Report a crime or incident by text

**61016**  
or you can call  
**0800 40 50 40**  
In an emergency call 999