

# Road Safety Challenge

for Guides and Pathfinders





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**Questions about this challenge?**

Please contact us at [on-counciloperations@girlguides.ca](mailto:on-counciloperations@girlguides.ca)



## LAND ACKNOWLEDGEMENT

We are very excited to bring forward the Road Safety Challenge, we first want to begin by acknowledging that we are all participating in this challenge on the traditional territory of many Indigenous peoples, both recorded and unrecorded. While we are not all gathered physically on the same land, it's still important to acknowledge that so much of our existence is nurtured by the land we each live, work, and play on. Recognizing land is a way of honouring the Indigenous peoples, past and present, who have been living, working, and taking care of the land. The land, wherever you are, provides the food that we eat, the air that we breathe, the earth that we rest our feet on, and the roofs over our heads. We thank all generations of people who have taken care of this land, and deeply appreciate their historic connections. We encourage all units to learn about the areas they are in and start the challenge with a land acknowledgement.

Need help finding out who to acknowledge? Visit [Whose Land](#) for assistance. This app assists users in identifying Indigenous Nations, territories, and Indigenous communities to help find information for your land acknowledgement.

Adult members are encouraged to learn how to create a safe and inclusive space for Indigenous youth and bring a decolonial lens when delivering programming by visiting Member Zone (About Guiding - Diversity and Inclusion - D + I - Resources and Trainings) or reach out to [inclusivity@girlguides.ca](mailto:inclusivity@girlguides.ca).



## INTRODUCTION

Welcome to the Road Safety Challenge, in partnership with the [Ministry of Transportation, Ontario](#) (MTO). In this challenge, you and your unit will learn various aspects of Road Safety through completing the required number of activities for cycling and pedestrian and vehicle safety. All branch levels for activities and program areas are suggestions – please modify as you see fit to match the personal style of your unit.

### **Quick Note to Guiders:**

Integrate and involve your youth members in the planning. If possible, we recommend inviting a local police officer to your meeting space. You could also investigate if there is a Safety Village in your area by contacting local police services to arrange a visit.

The rules laid out in this challenge are specific to Ontario safety laws under the [Highway Traffic Act](#). If you are completing this challenge outside of Ontario, please consult your provincial or territorial guidelines and laws as the information may be different for your location.

## OBJECTIVE

The Road Safety Challenge aims to educate and engage youth in the essential aspects of road safety, including cycling, pedestrian, and vehicle safety. Through a series of interactive activities, youth will gain practical knowledge and skills to ensure their safety on the road. Additionally, inviting a police officer or arranging a visit to a local safety village will provide valuable real-world insights and reinforce the importance of road safety practices. This challenge promotes awareness, responsibility, and proactive safety measures among our youth members



## PROGRAM RESOURCES

In addition to completing the challenge activities in this booklet, we encourage you to check out existing complimentary programming on our Program Platform. If you complete overlapping activities, consider giving your youth credit for both the badge work and the challenge. Check out these fun activities:

- [Ready to Ride](#) (Embers through Rangers) - Build Skills – How To:
- [Cycling](#) (All branches) - Be Well - My Physical Self
- [Bike Basics](#) (Pathfinders) - Build Skills – How To:
- [Protect Your Head](#) (Sparks) - Be Well – My Physical Self
- [Right on Your Head](#) (Embers) - Be Well – My Physical Self

## HELPFUL TIPS

- Share your skills – connect with local police officers or safety villages to visit your unit or to provide resources.
- Encourage youth leadership, let youth members pick which activities interest them and what they want to do.
- Try new things – select activities that excite your unit.

Ontario Council wants to hear from you. Your feedback is important to us, please take a few moments to complete our [Road Safety Challenge survey](#) .



# Road Safety Challenge

## Guides and Pathfinders

**Guides** (ages 9-11): Complete any 2 items from each category.

**Pathfinders** (ages 12-14): Complete 3 items from each category.

### Category: Cycling Safety

#### Program Area Suggestion: Be Well - My Physical Self

 For help, review the Ministry of Transportation's: [Young Cyclist Guide](#)

1. Quiz ([Appendix A](#))
2. Complete the ABC Quick Check ([Appendix B](#))
3. Bring a bike helmet to your meeting and:
  - Learn and practice the 2-4-1 rule. Print out a copy of the diagram and send it home with your unit. (see [2-4-1 printable](#) on next page)
  - Practice properly fitting your bike helmet.
  - Check to make sure it's not expired.
  - Remind youth: you must replace your helmet if it's been involved in a crash.
  - Print out an image of a bike helmet, and have youth create their own design.



## 2-4-1 Rule:



*Two fingers above your eyebrows to the bottom of your helmet.*



*Four fingers to make a "V" shape around the bottom of your ears.*



*One finger under the strap beneath your chin.*



## Category: Cycling Safety continued

4. Learn the hand and arm signals:

### Left turn, right turn, slowing/stopping.

Use them while riding your bike (practice in a parking lot first) OR set up a course in the meeting space and have youth walk through using hand and arm signals when making turns.

- Explain why it's important to use them.  
(So traffic and pedestrians can predict your intentions)

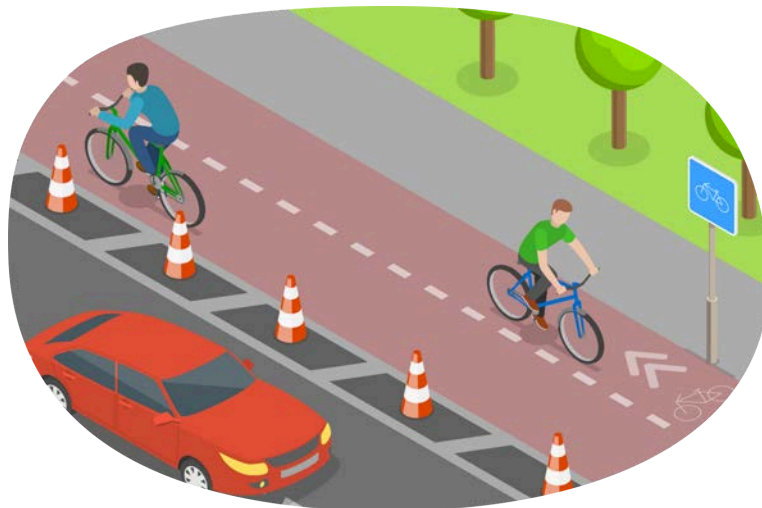




## Category: Road Safety

### Program Area Suggestion: Build Skills - How To:

1. Quiz ([Appendix C](#))
2. Draw or print out a red traffic light and green traffic light.  
Play **Red** Light/ **Green** Light by holding up the traffic light sign instead of saying 'green light/ red light'.
3. Act it out - Distracted Driving:
  - Divide into small groups.
  - Each group develops a skit that includes different things that can take a driver's attention away from driving safely. Distractions such as kids crying, cell phone use, looking for road signs, chatting with passengers, driver eating, having a drink etc.
  - After acting it out, the audience tries to identify all the distractions that were in the skit.





## Category: Road Safety continued

### 4. Make a Pledge- Become a Road Safety Advocate!

- Have youth design a pledge form with what they think is an important thing for a driver to do, examples:
  - ◆ Keep my eyes on the road
  - ◆ Never hold or use a phone while driving
  - ◆ Always wear my seatbelt
- Design the pledge form, print, and distribute the pledge to family members.
- Have a contest to see how many signatures they can get of family members/community members etc., that take the pledge to be a safe driver! (See examples- [Appendix D](#))
- If you complete this activity, please share your pledges and any pictures using: [#GGCONNv](#), [#GGCRoadSafety](#), or tag us using [@girlguidesonnv](#).

**(Please always check image release forms (IR.1) before sharing.)**

### Example:

“The Girl Guides of Canada, Ontario Council are asking you to help them earn their Road Safety Crest by pledging to never drive distracted. Please like and share this post to show your support, and pledge to being alert while behind the wheel, keeping roads safer for all road users”.



## Category: Pedestrian Safety

### Program Area Suggestion: Build Skills - How To:

1. Complete the Pedestrian Safety Word Search ([Appendix E](#))
2. Take a Safety Walk: (skills: route planning, pedestrian safety)
  - As a group, using Google Maps or a paper map (you can request one from MTO), plan a walking route.
  - While on your walk, recognize and demonstrate safe walking practices near traffic such as:
    - ◆ Walking on a sidewalk or side of street facing traffic (if no sidewalks) wearing reflective or brightly coloured clothing.
    - ◆ Demonstrate how to properly cross the road at traffic signal lights, and at a pedestrian crossover.
    - ◆ Learn the WALK and DON'T WALK signals
    - ◆ Point out who has the right of way- teach kids to make eye contact with drivers before stepping out.
    - ◆ Before crossing, teach them to look LEFT, RIGHT, LEFT again.
    - ◆ Become familiar with the signals and buttons to push to make them change. Don't forget to make eye contact with drivers before crossing the road.
    - ◆ If needed, take a trusted adult or older friend/sibling with you. Be a role model, set a good example for younger students and siblings. Encourage other pedestrians you know (friends, family, teachers) to be safe and always cross at the intersection or marked pedestrian crossings.





## Category: Pedestrian Safety continued

3. Create a Pedestrian Safety Poster: Pick a pedestrian safety tip and create a drawing to go along with it. This poster can be shared with younger students, family members, Embers and Sparks to remind younger ones, how to be safe pedestrians.

Some examples:

- Heads up, phones down!
- Don't walk distracted.
- Always cross at marked crosswalks or intersections.
- Walk on the sidewalk if one is available.
- Wear bright and reflective clothing.

If you complete this activity, please share your pictures using: [#GGCONNV](#), [#GGCRoadSafety](#), or tag us using [@girlguidesonnv](#).

**(Please always check image release forms (IR.1) before sharing.)**

4. Fictional Story: challenge youth to create a short story that involves what pedestrians should do to be safe.





## APPENDIX A:

### Category: Cycling Safety

#### QUIZ

1 - True or False: Your skull (the bone around your brain) is hard, so it will protect your brain if you fall off your bike and hit your head.

2 - True or False: It is the law for you to wear a helmet while riding a bike.

3 - If there is no bike lane, which side of the road should you ride your bike?

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4 - Can you get a ticket from a police officer if you do not stop at a stop sign while riding your bike?

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5 - True or False: Not having enough air in your tires can make your bike ride unsafe.

6 - Is reflective clothing mandatory while riding a bike?

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## **APPENDIX B:**

### **Category: Cycling Safety**

#### **The ABC Quick Check**

The ABC Quick Check is an easy way to remember what parts of your bike you need to check in a basic safety inspection and keep your bike in good shape. Practice ABC Quick Check so that you can do it in about 45 seconds before you leave on your ride.

#### **A is for Air:**

Check your tires to see if they have enough air and if there are any holes in the tires.

#### **B is for Brakes and Bars:**

Check your brakes to see if they work properly. Standing beside your bike, pull the front brake only and push forward on the handlebars. The front wheel should lock up and the back wheel should leave the ground. Then pull the back brake only and walk forward, the back wheel should lock and skid along the ground.

The brake levers should be at least two fingers width from the handlebars when pulled. The brake pads should touch only the rim of the wheel and not the tire. Check to see if the handlebars are loose, either from side to side or up and down. Hold the front wheel between your knees and try to twist the handlebars side to side and up and down.



## **APPENDIX B:**

### **Category: Cycling Safety**

#### **The ABC Quick Check - continued**

##### **C is for Chain and Crank:**

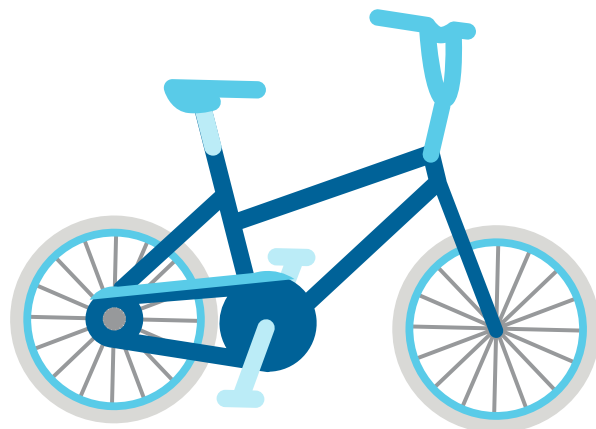
Check the gears to see if the chain is on and lubricated, there is no damage, and that the pedals spin freely backwards.

##### **"Quick" is for Quick Release:**

If your bike has quick release wheels, grab and shake the wheels to make sure it's not loose. The quick release handles should be firmly closed and pointing toward the rear of the bike.

##### **"Check" is for a Final Check Over:**

Lift the bike several inches off the ground and drop it. Listen for loose parts. Tighten as necessary. Try your brakes before you ride off.





## APPENDIX C:

### Category: Vehicle Safety

#### QUIZ

1 - True or False: Drivers always get to go before pedestrians at intersections or stop signs.

2 - True or False: Playing music too loud in the car can be a distraction for the driver.

3 - True or False: Crossing Guards can help kids cross the road safely.

4 - A red light means stop. A green light means go. What does a yellow light mean?

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5 - True or False: Kids getting off a school bus do not have to look left and right before crossing the road because the school bus has red flashing lights.

6 - Why is it more dangerous for drivers to drive in a winter storm?

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## APPENDIX D:

### Take the Pledge examples:

I TOOK THE SAFE DRIVER PLEDGE TO:



KEEP MY  
**EYES ON  
THE ROAD**



KEEP MY  
**HANDS ON  
THE WHEEL**



KEEP MY  
**MIND ON  
DRIVING**

 Tag someone you care about.  
Let's end Distracted Driving together! [DMV.ORG](http://DMV.ORG)





## APPENDIX E

### Category: Pedestrian Safety

#### **Pedestrian Safety Word Search:**

Fill in the missing words and find them hidden in the word search puzzle in the next page.

1. Always walk on the \_\_\_\_\_ when they are available.
2. Cross driveways carefully. \_\_\_\_\_, don't run.
3. Wear bright or \_\_\_\_\_ clothing or accessories when walking at night
4. \_\_\_\_\_ the street with an adult whenever possible.
5. If there is no sidewalk, walk on the \_\_\_\_\_ side of the road.  
This way, you and drivers can see each other.
6. Don't be distracted by \_\_\_\_\_ or \_\_\_\_\_
7. \_\_\_\_\_ and listen for traffic.
8. Look all ways before crossing. Don't forget to look back and check over your \_\_\_\_\_.



## APPENDIX E

### Category: Pedestrian Safety

#### Pedestrian Safety Word Search:

Find the hidden words in this word search puzzle and use them to fill in the blanks in the previous page.





## Appendix Answers:

### APPENDIX A: Cycling Safety Quiz

#### ANSWERS

- F** 1 - False: Your skull is hard, but it is not very thick (about the thickness of three pennies stacked up). You can crack your skull just by hitting your head on the ground after falling off your bike.
- T** 2 - True: It's the law for kids 18 and under to wear a helmet.
- 3 - Ride in a straight line on the right-hand side road safety rules: of the road, in the same direction as traffic. Wear a helmet every time you ride. Do not weave in between parked cars.
- 4 - YES! You MUST obey stop signs and other traffic signs. Disobeying a stop sign can result in a fine of \$85.00 to \$300.00.
- T** 5 - True: If your tires are insufficiently inflated, they'll feel sluggish to ride, lack grip on the road or trail and you also run the risk of a puncture.
- F** 6 - False: No, while reflective clothing is not the law, bright colours and reflective clothing are highly recommended as it can make you more visible to traffic. It's important to be seen!



## Appendix Answers:

### APPENDIX C: Vehicle Safety Quiz

#### ANSWERS

- F** 1 - FALSE: Pedestrians have the right of way, BUT pedestrians need to make sure it's safe before crossing. Make eye contact with the driver to make sure they see you. Remember, just because you see a car, doesn't mean the driver can see you!
- T** 2 - TRUE: Driving takes a lot of attention! Drivers need to be alert at all times and music can often distract a driver. It can also take away from the sirens of an oncoming emergency vehicle like an ambulance or firetruck!
- T** 3 - TRUE: Crossing Guards hold up stop signs and help kids cross safely to the other side of the road. They are often located near busy crossings in school areas.
- 4 - The yellow light comes on to let drivers know the green light is over, and red light is coming. They must SLOW down and stop if they can do so safely.
- F** 5 - FALSE: Even with the flashing red lights on the school bus, kids must always look left and right before crossing the road to make sure all traffic is stopped.
- 6 - Roads become icy and slippery. It's also hard to see clearly when it's snowing.



## Appendix Answers:

### APPENDIX E Category: Pedestrian Safety

#### Pedestrian Safety Word Search:

Fill in the missing words and find them hidden in the word search puzzle in the next page.

1. Always walk on the           SIDEWALKS           when they are available.
2. Cross driveways carefully.           WALK          , don't run.
3. Wear bright or           REFLECTIVE           clothing or accessories when walking at night
4.           CROSS           the street with an adult whenever possible.
5. If there is no sidewalk, walk on the           LEFT           side of the road.  
This way, you and drivers can see each other.
6. Don't be distracted by           CELLPHONES           or           HEADPHONES
7.           LOOK           and listen for traffic.
8. Look all ways before crossing. Don't forget to look back and check over  
your           SHOULDER          .



## Appendix Answers:

### APPENDIX E: Category: Pedestrian Safety

#### Pedestrian Safety Word Search:

Find the hidden words in this word search puzzle and use them to fill in the blanks in the previous page.



#### Answers: Hidden words:

Sidewalks

Reflective

Left

Look

Shoulder

Walk

Cross

Cellphones, Headphones