

Road Safety Challenge

for 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



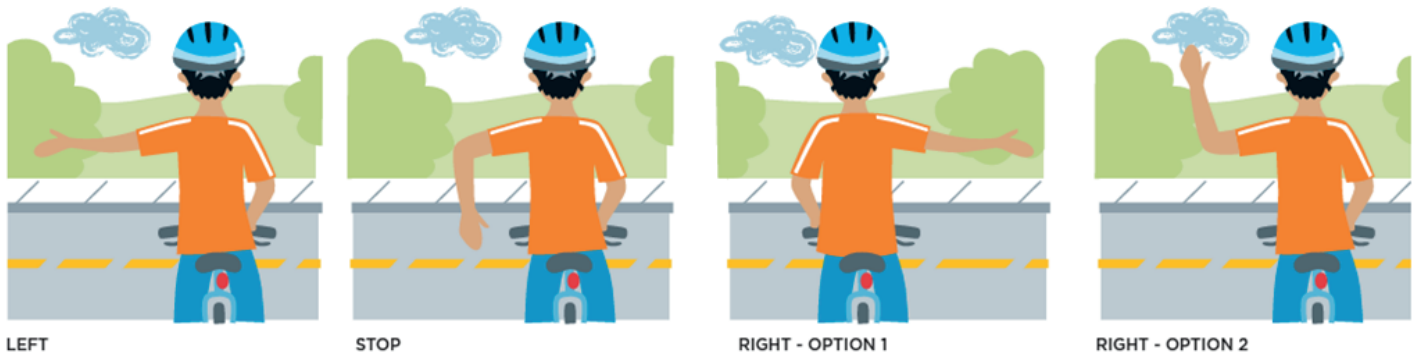
For help, review the Ministry of Transportation's [Young Cyclist Guide](#)

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.
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)



2-4-1 Rule:



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

2



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

4



One finger under the strap beneath your chin.

1

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.
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: [#GGCONN](#), [#GGCRoadSafety](#), or tag us using [@girlguidesonn](#).

(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?

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

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?

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.

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?

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?

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



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

- 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.
- 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.
- 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.
- 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 C: Vehicle Safety Quiz

- 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!
- 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!
- 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.
- 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

Fill in the missing words!

ANSWERS

1. sidewalks
2. walk
3. reflective
4. cross
5. left
6. cellphones / headphones
7. look
8. shoulder

