

# Road Safety Challenge

## for Rangers

Rangers (15-17+) Complete 2 or 3 items from each category.

### Category: Cycling Safety

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



Review the Ministry of Transportation's: [Cycling Skills](#) to help guide you!

1. Quiz ([Appendix A](#)).
2. Conduct an ABC Check to ensure your bike is safe for riding. ([Appendix B](#))
3. Using your bike, demonstrate:
  - Straight line riding
  - Shoulder Checking
  - Signaling

See [Appendix C](#), or page 13 in the [Cycling Skills](#) guide for descriptions.

4. Now that you are a safe cyclist, plan a bike rodeo to teach young riders these important skills ([Embers](#), [Guides](#) etc.). [Embers](#) and [Guides](#) learning these skills will help them toward reaching their Road Safety Challenge crest!
  - Research how to plan a bike rodeo and create invitations.
  - Consider reaching out to the Ministry of Transportation, or local police to help run the event.



**Example of a bike rodeo:** [Planning a Bike Rodeo](#)

Skills acquired: project management, leadership, communication, creativity.



## Category: Road Safety

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

#### 1. Quiz ([Appendix D](#))

Review the [Official Driver's Handbook](#) (for free!) to help find the answers.

**Hint:** Planning on applying for your driver's license soon?

Remember these questions in case you see them on your G1 written test. Already have your driver's license? This will be a good review.

#### 2. Road Safety Poster

a) What do you think is the biggest issue on the roads?

- Impaired driving?
- Crossing mid-block? ("j-walking")
- Distracted driving?
- Other?

b) Design a flyer or poster to promote safe driving.

c) Don't forget a catch phrase, and even a hashtag! Examples:

- Phones down, eyes up!
- Slow Down Save Lives (#BeAHero)
- Buckle up, arrive alive!

### Opportunities (optional ideas):

- Exchange your final posters/flyers with a different **Ranger** unit and have them pick a winner!
- Share your poster with the Minister of Transportation of your province. Write to the Ministry explaining that you are working towards your Road Safety Challenge Crest and are becoming a road safety advocate. You may even receive a response!  
(Contact Ontario's Minister at : [mtinfo@ontario.ca](mailto:mtinfo@ontario.ca)).
- If you complete this activity, please share your posters and any pictures using: [#GGCONNv](#), [#GGCRoadSafety](#), or tag us using [@girlguidesonnv](#).

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

## Category: Road Safety continued

### 3. Road Safety Activities

Divide into smaller groups. Set up a few different road safety activities around the room and have groups rotate through the stations.

#### Examples of activities:

##### a) Distracted Driving:

- ◆ Divide into small groups.
- ◆ In each group, one youth will take turns completing two mazes on paper. During the first maze, remain quiet, use a timer and document their time.
- ◆ Next, have them do the second maze. This time, have the group ask them different questions while they're doing the maze.
  - What did you have for breakfast?
  - What are you doing this weekend?
  - What did you have for dinner two days ago?
  - Spell the month you were born in, backwards.

#### Purpose:

Demonstrates that driving takes your full attention, you cannot multitask while driving. Be a safe driver: pay full attention and avoid distractions. Ask the youth to discuss what type of distractions may take your attention away from driving (chatting with passengers, cell phones, eating, looking for road signs, loud music etc.)

## Category: Road Safety continued

### 3. Road Safety Activities

#### b) Risky Behaviour:

- ◆ Print out and cut several sets of statements from [Appendix E](#). Split into groups and give each group a set of the statements. Get each group to discuss the scenarios and assess the level of risk involved with each one. After discussions, divide the statements into three categories and discuss why you put that statement in the selected category:
  - Low risk: I would do this.
  - Could be risky: Not a good idea, what should you do instead?
  - Very risky: Never do it. Why?
- ◆ Return all groups together. Compare if groups selected the same categories, discuss if they agree or disagree.

#### c) How Safe are You?

- ◆ This is an exercise done individually for youth to develop an awareness of their own road safety habits.
- ◆ Print out and give each member the chart in [Appendix F](#).
- ◆ Have them rate the statements and then discuss their answers as a group.



## APPENDIX A:

### Category: Cycling Safety Quiz

- 1 - True or False: If there are no cycling lanes, you should be riding your bike on the left side of the road, facing oncoming traffic.
- 2 - True or False: A bike helmet must have an approved safety sticker.
- 3 - True or False: A bike helmet can be used after a collision, as long as there is no visible damage to the helmet.
- 4 - Do you have to stop at stop signs if you are riding a bike? Why, or why not?
- 
- 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? Why would it be helpful to wear reflective or brightly coloured clothing?
- 
- 7 - If a cyclist is showing an arm signal out and up, what are they signaling?
-

## 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: Cycling Safety**

### **STRAIGHT-LINE RIDING:**

Riding in a straight line is the key to riding safely in traffic. Practice by following a painted line in an empty parking lot. Try not to move your upper body as you pedal – let your legs do the work.

### **SHOULDER CHECKING:**

Shoulder checking involves looking back over your shoulder to see what the traffic behind you is doing. This manoeuvre is vital for making safe turns in traffic. It is also difficult to do without wandering from a straight path. Practice riding in a straight line while checking behind you over both shoulders.

### **SIGNALING:**

Just like drivers, cyclists must signal their intentions, to turn or change lanes, to other motorists. Signaling requires being able to ride with only one hand on the handlebars. Because it is very easy to go off course when riding one-handed, practice signaling while riding along a straight line. Keep both hands on the handlebars while actually turning.

## APPENDIX D:

### Category: Road Safety Quiz

- 1 - True or False: To apply for a license, you must be at least 16 years old, pass a hearing test, and pass a test of your knowledge of the rules of the road and traffic signs.
- 2 - With a G1 license, you must drive with an accompanying driver. How many years of experience does the accompanying driver have to have? \_\_\_\_\_
- 3 - True or False: You have to pass 2 road tests to get a full license in Ontario.
- 4 - You must not drive if you have been drinking alcohol. Your BAC must be zero. What does BAC stand for?  
\_\_\_\_\_
- 5 - If you are driving and hear the sirens or see flashing lights of an emergency vehicle, what does the law require you to do?  
\_\_\_\_\_
- 6 - If two drivers stop at the same time at a four-way stop, who has the right of way?  
\_\_\_\_\_
- 7 - True or False: using your cell phone is ok as long as you are stopped at red light or stop sign.
- 8 - What type of vehicle has a single blue flashing light?  
\_\_\_\_\_

## **APPENDIX E:** **Category: Road Safety**

**Scenarios for group discussion activity.**

WEARING HEADPHONES WHILE OUT WALKING IN A BUSY NEIGHBOURHOOD.

ENCOURAGING A DRIVER TO HURRY UP BECAUSE YOU'RE RUNNING LATE.

RUNNING QUICKLY TO SCHOOL BECAUSE YOU'RE LATE.

GETTING IN THE CAR WITH A DRIVER WHO HAS BEEN DRINKING ALCOHOL BECAUSE THEY ONLY HAD 2 DRINKS.

A NICE EVENING WALK IN THE WINTER- WEARING A BLACK WINTER JACKET WITH THE BIG FUR TRIM HOOD PULLED UP.

TAKING YOUR SEATBELT OFF ONCE YOU REACH YOUR STREET BECAUSE YOU ARE ALMOST HOME.

# Road Safety Challenge

for **Rangers**

## APPENDIX F:

### Category: Road Safety

	Never	Sometimes	Always
Whether walking, driving, or riding a bike- I always give myself enough time to reach my destination.			
I always put my seatbelt on before leaving, and don't take it off until the vehicle stops at the destination.			
I always wear my helmet when riding a bike.			
I wear bright coloured clothing when walking after dark.			
I always cross at marked intersections or crosswalks.			
I use my cell phone when I'm out walking and crossing the street.			
When out walking, I watch for reverse lights of cars that may be backing out of driveways.			

## Appendix Answers:

### APPENDIX A: Cycling Safety Quiz

- 1 - FALSE: By law, a bicycle is considered a vehicle. Riding on the road means riding with other traffic.
- 2 - TRUE: Look for a safety standards sticker that meets the approval of safety organizations such as: Snell, ANSI, ASTM, BSI, SAA, CPSC.
- 3 - FALSE: If a helmet has been in a collision, it should be replaced, even if there is no visible damage.
- 4 - You MUST obey stop signs and other traffic signs. Remember, a bicycle is considered a vehicle and must obey the law, just like a driver of a vehicle. Disobeying a stop sign can result in a fine of \$85.00 to \$300.00 from a police officer.
- 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 - 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!
- 7 - An arm signal out and up indicates the cyclist is making a right turn.

### APPENDIX D: Road Safety Quiz

- 1 - FALSE: To apply for a license you must be 16 years old, pass a test of your knowledge of the rules of the road and traffic signs and pass a VISION test, not a hearing test.
- 2 - The accompanying driver must have a valid license with at least 4 years of driving experience.
- 3 - TRUE: You must pass two road tests to become fully licensed. Passing the first road test lets you move to Level Two (Class G2), and the second one gives you full Class G driving privileges.
- 4 - Blood Alcohol Concentration. BAC refers to the percentage of alcohol in a person's blood stream.
- 5 - Pull over the right and stop to allow them to pass safely.
- 6 - The driver on the right.
- 7 - FALSE: You must be pulled off the road and parked to use a cell phone.
- 8 - Snow equipment vehicles (snowplows, salters etc.)