

Road Safety Challenge

for Sparks and Embers

Sparks (ages 5-6): Complete any 2 items from each category.

Embers (ages 7-8): Complete 3 items from each category.

Category: Cycling (Bike) Safety

Program Area Suggestion: Be Well - My Physical Self



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

1. True or False Quiz ([Appendix A](#))
2. Bring a bike helmet to your meeting
 - Learn and practice the 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

3. Draw a picture of you on your bike showing the items that are required by law:
 - Helmet: Cyclists under 18 must wear a helmet.
 - Lights and reflectors: A white light mounted on front of your bike, a red reflector on the back at night.
 - Bell or horn.
 - Reflective tape: White reflective tape on the front forks, red reflective tape on the rear stays.

4. Learn the hand and arm signals for a left turn, right turn, and slowing/stopping.
 - Set up a course in the meeting space with pylons and have youth walk through signaling turns as they come to them. Don't forget to put in some stop signs!
5. Practice Safe Cycling: While out riding your bike:
 - Make sure you can reach the ground while sitting on the seat.
 - Wear bright or reflective clothing.
 - Point out a traffic sign you must obey and explain what it means.
 - Get off your bike and walk your bike when crossing the street.

Category: Vehicle Safety

Program Area Suggestion: Build Skills - How To:

Purpose: This activity teaches kids to be familiar with the signals drivers use, helping them to better understand the intended movement of the vehicle.

1. True or False Quiz ([Appendix B](#))
2. Signs: What do the signs mean? ([Appendix C](#))
 - Print signs off and put them around the meeting space.
 - Shout one out at a time: e.g., "STOP sign" "Do not enter" etc., and have youth go stand at which sign they think is correct.
3. Draw a picture of you riding in your car. Don't forget to show your car seat/booster seat and seatbelt!

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. While the vehicle is parked in a safe location, learn what the different vehicle signal lights mean by having an adult turn them on.
(Don't forget to have a look at both the front and the back of the vehicle!)

- Brake lights
- Reverse lights
- Left turn signal
- Right turn signal

Category: Pedestrian Safety

Program Area Suggestion: Build Skills - How To:

1. What is a pedestrian? Circle the Pedestrian! ([Appendix D](#))
2. Fill in the Missing Words ([Appendix E](#))
3. Matching Game: Match the words to the photo ([Appendix F](#))
4. Safety Walk and Scavenger Hunt ([Appendix G](#))
5. Walk Safe - Act it out! Divide youth into small groups. Give each group a theme and have them come up with a short skit to act out for their peers.

Themes may include:

- Crossing safely at an intersection
- Getting ready for a late evening walk (have youth point out that reflective or bright clothing is required)
- How cell phones or headphones can distract pedestrians
- NOT chasing a ball that bounced onto the street.
- Holding an adult's hand or crossing with a crossing guard.

APPENDIX A:

Cycling Safety: True or False Quiz

QUESTIONS

- 1 - True or False: You must have a driver's license to ride a bike.
- 2 - True or False: Riding your bike is good exercise.
- 3 - True or False: It's up to you if you want to wear a helmet.
- 4 - True or False: A helmet will help keep your brain safe if you fall off your bike, skateboard, or scooter.
- 5 - True or False: It's safe for you to use a bike even if you can't reach the ground while sitting on it.
- 6 - True or False: You do not need to stop at stop signs when riding your bike.
- 7 - True or False: Wearing bright coloured clothing will help drivers see you better.
- 8 - True or False: It's OK to wear sandals or flip-flops when you ride a bike.

APPENDIX B:

Vehicle: True or False Quiz

QUESTIONS

- 1 - True or False: It's safest for you to sit in a car seat or booster seat if you are under 8 years old.
- 2 - True or False: The safest place for children to ride is in the front seat beside the driver.
- 3 - True or False: You do not need to wear a seatbelt if you are only traveling for 5 minutes.
- 4 - True or False: Arguing with a friend or sibling can be a distraction for the driver.
- 5 - True or False: A red traffic light means the driver can go if no one is coming.
- 6 - True or False: If you are walking and see a car in a driveway with WHITE LIGHTS on the back that are lit up, it means the vehicle is going to (reverse) back up.
- 7 - True or False: If there are too many people in the car, it's ok for 2 people to share a seatbelt.

APPENDIX C: Printables



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APPENDIX D

What is a Pedestrian?

A pedestrian is anyone travelling on foot or by tiny wheels like roller skates, scooters or wheelchairs. Everyone is a pedestrian at some point of their day, whether you walk to school, walk to the school bus stop, walk to a store in a parking lot, take the dog for walk or go for a run!

Can you circle the pedestrians below?



APPENDIX E

Fill in the missing words!

Fill in the missing words from the options provided below the sentence.

1. Always walk on the _____ if one is available.

puddle **leaves** **sidewalk** **moon**

2. Look to the left and right, and _____ again before you
_____ the road.

left **jump** **up** **cross** **run**

3. When walking at night, wearing _____ or
_____ clothes will help make you more visible to drivers.

pajamas **boots** **reflective** **headphones** **bright**

4. Music and cell phones can take away your _____
when walking. Avoid distractions and stay alert!

hat **attention** **backpack** **socks**

5. Before crossing the road, make sure it is a safe place to cross. Sometimes a
_____ is there to help you cross safely.

clown **snowman** **crossing guard** **bus**

APPENDIX F

Matching Game:

Match the words on the left to the proper photo!

Walk signal



Stop sign



Crossing Guard



Sidewalk



Do not walk signal



APPENDIX G

Scavenger Hunt!



With a grownup/with your guiding unit, take a walk and see how many of these items you can find in your neighbourhood. Be familiar with safe spots to cross the road such as marked crosswalks and intersections. Ask a grownup to help so that you are not being a distracted pedestrian!

Check them off as you find them!



- | | |
|---|---|
| <input type="checkbox"/> Traffic light | <input type="checkbox"/> Red car |
| <input type="checkbox"/> Stop Sign | <input type="checkbox"/> Crossing Guard |
| <input type="checkbox"/> A distracted pedestrian | <input type="checkbox"/> Transit bus |
| <input type="checkbox"/> Someone pushing a stroller | <input type="checkbox"/> Cyclist |
| <input type="checkbox"/> Dog | <input type="checkbox"/> Pedestrian in bright colours |
| <input type="checkbox"/> Sidewalk | <input type="checkbox"/> Crosswalk |
| <input type="checkbox"/> Walk signal | <input type="checkbox"/> Police officer |
| <input type="checkbox"/> Someone out for a run | <input type="checkbox"/> Do NOT walk signal |

Appendix Answers:

APPENDIX A: Cycling Safety: True or False Quiz

ANSWERS

1 - False- you do not need a driver's license to ride a bike, but you should understand the rules of the road, like what to do at a stop sign or red light!

2 - True- it's good for the planet too!

3 - False- it's the law for kids 18 and under to wear a helmet.

4 - True- a helmet protects your head (including your brain).

5 - False- ride a bike that fits, if a bike is too big, it cannot be controlled safely and can be dangerous.

6 - False- you must obey traffic signs, just like a driver of a car!

7 - True- bright or reflective clothing will make you more visible in dark conditions.

8 - False- flip flops or sandals don't offer your feet and toes much protection and can easily slip off the pedals. It's better to wear comfortable shoes like running shoes that are tied up safely.

APPENDIX B: Vehicle: True or False Quiz

ANSWERS

1 - True: Kids MUST use a car seat or booster seat until they are 8 years old, 80lbs or 4'9.

2 - False: The safest place to ride in the vehicle for all children younger than 13 years of age, is the back seat, away from active air bags and hard components like the dash.

3 - False: You must wear your seatbelt for every trip.

4 - True: The driver needs to concentrate to be able to drive safely, arguing in the backseat can be a distraction for the driver.

5 - False: The red light means STOP. Drivers can only go once the light turns GREEN.

6 - True: White lights lit up means the driver is backing out. It may be hard for the driver to see you behind them- make eye contact and wave to driver before crossing behind the vehicle.

7 - False: EVERY person in the vehicle must have their OWN seatbelt. Sharing a seatbelt is dangerous and against the law.

Appendix Answers:

APPENDIX C: Signs: What do the signs mean?

ANSWERS



Do not enter



Stop Sign



School Zone Sign



Red Traffic lights - STOP!

APPENDIX D: What is a Pedestrian?

ANSWER All the images are pedestrians!

APPENDIX F: Matching Game

APPENDIX E:

Fill in the missing words!

ANSWERS

1. sidewalk
2. left / cross
3. reflective / bright
4. attention
5. crossing guard

