

# Road Safety Challenge

for Sparks and Embers





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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

## 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**



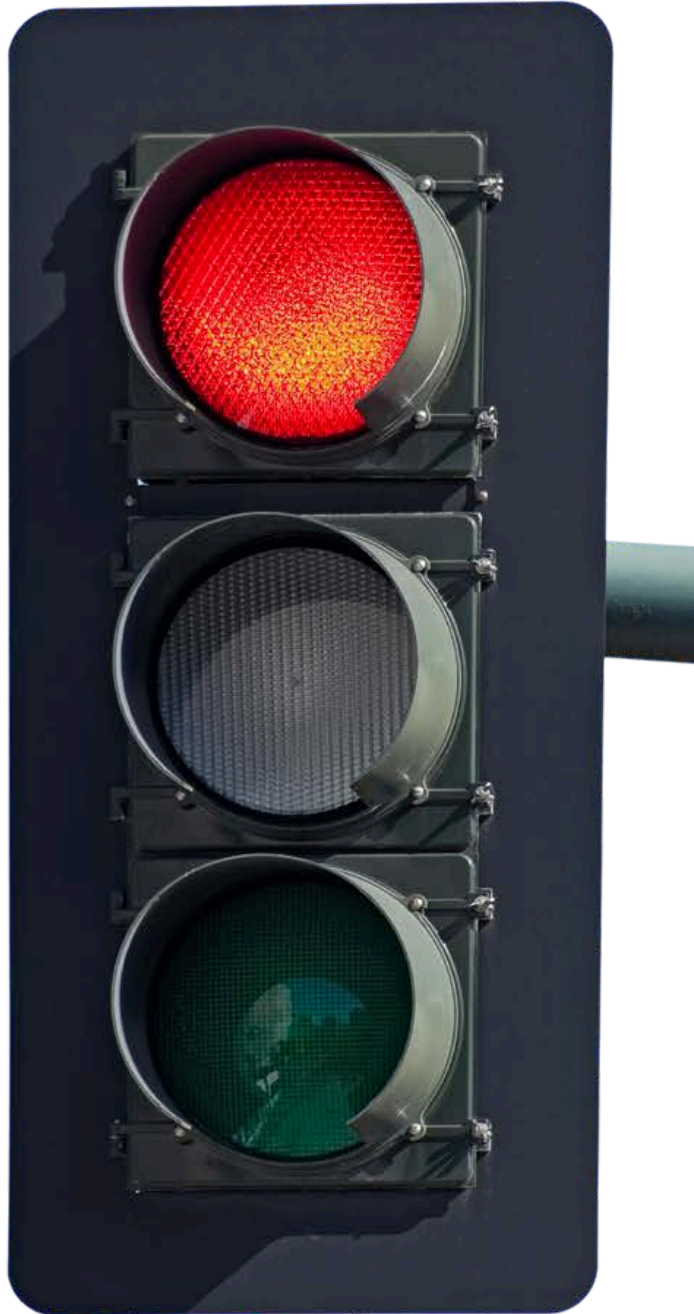
**APPENDIX C: Printables**



## APPENDIX C: Printables



# APPENDIX C: Printables





## 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 Answers:

### **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?



1.



2.



3.



4.

### ANSWERS

1. Do not enter
2. Stop Sign

3. School Zone Sign
4. Red Traffic lights- STOP!



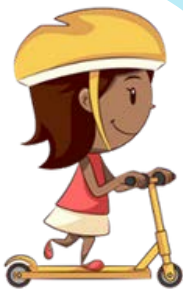


## Appendix Answers:

### 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?



All the images are pedestrians!





## Appendix Answers:

### APPENDIX E: Fill in the missing words!

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

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

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

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

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

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

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

4. Music and cell phones can take away your attention  
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  
crossing guard is there to help you cross safely.

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



# Appendix Answers:

## APPENDIX F: Matching Game

