

## Presenter Instructions: Active School Travel (AST) Safety Presentation

The Active & Safe Routes to School (ASRTS) partnership has developed the 'Active School Travel (AST) Safety Presentation' for use within elementary schools to work towards the goal of increasing children's safety on their journey to and from school. Safety skills and practices relating to walking, cycling and riding the bus are included and are applicable to safe travel practices beyond school and childhood.

### Two versions of the presentation are available:

- 1) ASRTS Safety Presentation for **Kindergarten-Gr 3**
- 2) ASRTS Safety Presentation for **Gr 4-8**

The presentation for **Kindergarten to Grade 3** comes with 'hidden' slides, due to the content being more advanced for children of this age. The hidden slides are:

- 'How to cross the street at Pedestrian Crossovers' (slide 14) and 'Roundabouts' (slide 15)
- 'Cycling safety' (slide 17) including 'hand signals' (slide 18) and 'cycling law's (slide 19). These are hidden because cycling safety for younger children involves learning to ride a bike and becoming comfortable with maneuvering. The more advanced skills within the hidden slides are more useful once a child can ride a bike comfortably in a straight line, be able to look over their shoulder, and remove one hand to make hand signals. 'How to wear a helmet' (slide 20) is included as this is important at every age.
- To hide or unhide a slide, see point 5 under 'Preparation'

### Preparation:

- 1) Choose which presentation you need (K-Gr 3 or Gr 4-8)
- 2) Fill in your name, title and organization on slide one, or delete if not applicable
- 3) Look into your local bylaw for children riding their bicycle on sidewalks (if you're in the City of London, the bylaw allows children to ride on the sidewalk until age 14). Two slides speak to this: 14 & 17.
- 4) Review slide notes and determine if additional resources or learning are necessary. It is your discretion as to what information you include while presenting. Notes are provided with each slide as a guide.
- 5) To hide/unhide a slide, right click on the slide in the left column of PowerPoint and select 'hide'

- 6) Review the game on slide 24 to become comfortable with the questions and how it operates
- 7) Determine how you will play the final game (split the room in two? Have team representatives? Ect.)
  - Quiz for K-Gr 3: Historically, the Quiz for K-Gr 3 worked best will allow the children to call out their responses (all questions are multiple choice or true/false).
  - Jeopardy game for Gr4-8: Dividing a class in two works well for classrooms while having class representatives divided in to two groups at the front of the room works better in assembly style. Having an adult work with each team to retrieve answers and keep game momentum moving is beneficial.

**If you are running out of time and cannot finish the game**, ask a tie breaker question, such as, “What are the three things that you should always do before crossing the street to make sure we see traffic and traffic sees us? Hint: I said them in the beginning and mentioned them throughout.” Answer: Stop, Look, Listen.

#### What you need:

- Laptop / USB Stick with presentation
- Presentation script (included with PowerPoint slides)
- Prizes for games if you decide to have them (*ASRTS “swag” is available through your school Public Health Nurse*)
- Determine if the following will be supplied by the school, and if not, be sure to have them: projector, extension cord, internet access, speakers, microphone

#### Set-up:

- Computer and projector or smart board using Microsoft PowerPoint
- Internet access / Wi-Fi password (required for videos on slides 13 & 23 and game on slide 24 to work)
- Speakers / sound system (needed for video and game sound)
- Microphone (if in larger room)
- Someone to change slides or remote slide changer
- Test the videos on slides 13 & 23
- Open the game link on slide 24

## Supplementary Information

**Active & Safe Routes to School (ASRTS)** is a community partnership working to promote and sustain programs that encourage children and families to choose active transportation.

**School Travel Planning** is the flagship program that encourages active transportation to and from school by developing an action plan to build upon strengths and work to remove concerns around the school.

### “Did You Know?”

- Only 5% of children and youth are meeting the Canadian Physical Activity Guidelines.
- Canadian Physical Activity Guidelines: at least 60 minutes of moderate to vigorous daily physical activity. If a student walks 10 minutes to school and 10 minutes home, that contributes 20 minutes towards their 60.
- Child pedestrian injuries are a leading cause of injury related death for Canadian children <14 years old.
- In Toronto, almost 50% of child pedestrian collisions were found to occur during school transportation times.
- Only 26% of Canadian school-aged children always wear their helmet and 43% of Canadian school-aged children never wear their helmet.
- Properly worn helmets reduce your risk of brain injury by 88%.
- Wearing reflective gear can help you be seen up to 7 times further away.
- Boarding the bus is the leading cause of child bus related injuries.
- This data suggests that we must provide students with the education to be safe while walking and wheeling to school

## References

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