

Walk Smart DVD Follow-up Key Messages, Activities and Talking Points

Key Messages: *Always think on your feet!*
 Think for yourself every time you cross the road.

FOLLOW-UP ACTIVITIES:

- Schedule a walk in your school neighbourhood to review what students have learned.
- Ask students to notice what they see and hear as they walk (describe as super powers for K-3).
- Point out important signs and images from the DVD: the curb as an imaginary stop sign (K-3), crosswalks, traffic circles, pedestrian controlled lights, busy intersections, etc.
- Model positive behaviour: look left, right, and left again; check each lane, etc.

WALK SMART, KINDERGARTEN TO GRADE 3

1. Sidewalk Safety

- Use your super powers (eyes, ears, feet and brain) to STOP, LOOK and LISTEN!
- Stay in the centre of the sidewalk away from the curb where cars travel.
- Never run into the road: think of the curb as an imaginary stop sign.
- Check that it is safe before crossing at an intersection or crosswalk; never cross mid block.
- While crossing, continue to look left, right and then left again.
- In rural areas without sidewalks, walk on the left hand side of the road facing traffic.

2. Crossing the Street

Scenario: Sidewalk/Laneway

- Always STOP, LOOK, and LISTEN before crossing a road.
- Cross at a traffic light, crosswalk or intersection.

Scenario: School crosswalk with student crossing guard.

- Take a giant step back from the curb
- Look left, right and left again.
- Wait until the crossing guard tells you it's safe to cross.

Scenario: Pedestrian controlled crossing.

- Always cross with an adult or an older friend.
- Push the button and wait for the signal.
- Even with a signal, you still need to check left, right and then left again.
- Look over your shoulder to see traffic around the corner.
- Make eye contact with drivers to ensure they see you.

Scenario: Pedestrian crosswalk with more than one traffic lane.

- Make sure that drivers in every lane see you.
- Ensure they have stopped before you walk.

Scenario: Traffic Circle

- Walk from corner to corner, never through the circle.

SCHOOL BUS AND RURAL PEDESTRIAN SAFETY FOR ALL GRADES

Scenario: Rural road.

- Where there are no sidewalks, walk on the left side of the road facing traffic.
- Walk single file well away from the road.
- Stay well away from trucks and stand back from a corner or intersection when they turn.

Scenario: Railway crossing.

- Never cross when you can see a train and do not play on the tracks.

Scenario: School Bus stop.

- If you travel to school on a School Bus, arrive early.
- Stand two giant steps away from the road while you wait.
- Step further back when the School Bus approaches.
- Walk ten steps ahead of the School Bus after you get off before you cross the road.
- Check for traffic in both directions before crossing.
- Wear visible, bright clothing, and add reflective tape to your backpack or jacket for dark days.

WALK SMART, GRADES 4 TO 7

1. Sidewalk Safety

Scenarios: Various.

- Ensure that you always THINK, LOOK and LISTEN.
- Plan routes so you cross all major roads at a crosswalk or at a traffic light.
- Walk on the inside of the sidewalk well away from the curb.
- On rural roads without sidewalks, walk on the left side of the road facing traffic.
- Choose bright or reflective clothes that are visible to drivers.
- When walking with friends, don't push and shove; fan out so you can all walk safely.
- Remove headphones when you approach an intersection so you can hear traffic.

Scenarios: Railway crossing and tracks.

- Never cross when you can see a train and do not play on railway tracks.

2. Crossing the Street

Scenario: Pedestrian controlled crossing.

- The safest location to cross a road is where there is a traffic light or a crosswalk.
- Even with a light, think carefully and check left, right and left again before crossing.
- At a corner with a traffic light, take a giant step back from the curb and wait for the light.
- Before crossing look left, right, and over your shoulder to check traffic beside and behind you. Make eye contact with drivers; ensure they see you and wait for a car to stop before crossing.

Scenario: Pedestrian crosswalk with more than one lane of traffic.

- Check that cars in every lane see you and make certain they have stopped before walking.

Scenario: Traffic circle.

- Walk straight across from corner to corner.
- Do not walk through the circle.

Augment this material with ICBC's **RoadSense Kids** curriculum resources: *Passport to Road Safety* (K-3) and *Going Places* (4-7). To order these free resources, visit www.icbc.com/youth and click on 'for educators.'