

# Active and Safe Routes to School (ASRTS)

## *Safety Presentations for Students*

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# ELMO ASRTS Partners



[www.inmotion4life.ca](http://www.inmotion4life.ca)



London District Catholic School Council



Parent Involvement Committee



# ASRTS Resources

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SCHOOL TRAVEL PLANS



RESOURCES



PROGRAMS



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info@activesaferoutes.ca

## Resources

### [School Travel Planning \(STP\) Manual](#)

Download and use any of the resources to assist with your school's STP. Please [Contact Us](#) if you are interested and are in need of your own copy of the STP Manual.

### [ASRTS & STP Promotion](#)

**Includes:** copy of our rack card, poster, and retractable banner for activities & events. Contact your local health unit for copies and give-aways.

### [Walking & Wheeling Campaigns](#)

Walking Campaigns are used to encourage active transportation to and from school and educate the school community of the [benefits](#) of doing so. Having regular walking and wheeling promotional campaigns and events throughout the school year increase the likelihood of results and success.

**Includes:** Announcements (*iWalk, health, safety, environmental, learning, community*), Posters, Newsletter Inserts, Tweets for Twitter, Activities & Events Ideas

### [Safety Tips & Crossing Safely at Traffic Lights Video](#)

Parents: learn 11 Steps you can take to increase your child's safety walking to school (*also available in Spanish, Arabic & French*).

Go [here](#) to watch the first installment of the [Tony the Streetwise Cat videos](#) to learn how to safely cross the street at traffic lights.

### [Safety Presentations for Elementary Schools](#)

Two presentations (one for grades K-3 and one for grades 4-8) and presenter instructions are available to teach children about safety when walking, cycling and riding the bus.

### [Pedestrian Crossovers](#)

Pedestrian crossovers (PXO) are designated crossing areas that allows pedestrians to safely cross the road where vehicles must yield to the pedestrian.

**Includes:** Two videos (one for drivers and one for pedestrians) that describe the rules, roles & responsibilities of using PXOs, educational & promotional material available for use in schools (*e.g. rack cards, posters, school announcements, newsletter inserts,*

STP Manual

ASRTS & STP Promotion

Walking & Wheeling Campaign

Safety Tips for Parents

Safety Presentations for Students

Pedestrian Crossovers (PXO)

Curriculum Connections

Climate Change & AST

Roundabout Safety



## Safety Presentations for Students

To use with elementary school students to increase their knowledge and awareness of skills and information related to:

- Walking
- Cycling
- Riding the bus

...to increase their safety on the journey to and from school.

Two versions of the presentation are available:

1. Active School Travel (AST) Safety Presentation for Kindergarten to Grade 3 ([Microsoft PowerPoint Presentation Kindergarten to Grade 3](#))
2. Active School Travel (AST) Safety Presentation for Grade 4 to 8 ([Microsoft PowerPoint Presentation Grade 4 to 8](#))

 [Presenter Instructions](#) provide information on:

- Preparation
- What you need
- Set-up
- Background information

## Education on Pedestrian Crossovers

Check our [Pedestrian crossovers \(PXO\)](#) page for videos, educational & promotional material, and activities & events available for use in schools.

PXOs are designated crossing areas that allows pedestrians to safely cross the road where vehicles must yield to the pedestrian.

## Education on Roundabouts

Check our [Roundabout](#) page for videos, educational & promotional material, and activities & events available for use in schools.

Roundabouts are one-way circular intersections, where traffic moves counter clockwise around a centre island.

## Education on Crossing the Street

**\*WATCH\*** Tony the Streetwise Cat Presents: **CROSSING** Safely at Traffic Lights

Watch more Tony the Streetwise Cat videos on our [Pedestrian Crossovers page!](#)



# Safety Presentations for Students

- Education on Crossing the Street
- Active School Travel Safety Presentations
- Education on Pedestrian Crossovers
- Education on Roundabouts

# Crossing the Street

\*WATCH\* Tony the Streetwise Cat Presents:CROSSING Safely at Traffic Lights

Watch more Tony the Streetwise Cat videos on our [Pedestrian Crossovers](#) page!



## Road Safety with Tony the Street-Wise Cat



### Crossing at Traffic Lights

1. Press the Button- wait for Walk Signal
2. Look Left, Right, In Front and Behind - to see that all cars have stopped
3. Make Eye Contact with drivers - to make sure they see you
4. Cross when the walk signal appears, traffic has stopped and the drivers have seen you.

# Active School Travel Presentations

K - Grade 3

Grade 4 - 8

## ACTIVE & SAFE ROUTES TO SCHOOL

*Active School Travel Safety Education*

Presented by

Name  
Title  
Organization

  
active & safe  
routes to school  
ST. THOMAS ELGIN LONDON MIDDLESEX OXFORD



  
active & safe  
routes to school  
ST. THOMAS ELGIN MIDDLESEX LONDON OXFORD

### 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.



# Example Presentation Slides

## What is Active Transportation?



A collage of three images illustrating active transportation: a person on a skateboard, a group of children walking, and a person on a bicycle.

## Walking in any Weather



A collage of images showing people walking in various weather conditions: snow, winter trees, green trees, an umbrella, sunglasses, and rain boots.

## STOP! LOOK! LISTEN!



A collage of images illustrating the STOP, LOOK, LISTEN safety rule: a stop sign character, a 'LOOK' sign, a crosswalk with 'STOP LOOK LISTEN' text, and a cartoon character with a megaphone.

**active safe**  
routes to school

# Example Presentation Slides

## Biking Safety

- Walk across the street with your bike.
  - Be alert. No headphones.
  - Be extra careful at driveways.
  - Pedestrians have right of way.



**active & safe**  
routes to school

## Helmet Safety

- Wear it right
- Do not wear a hat or pony tail underneath
- Do not use stickers
- Replace if: in a crash, cracked, falling apart, it is 5 years old or does not fit
- Check that it meets the Canadian Safety Standards ( Look for a stick that says: CSA, CPSC, SNELL, ANSI)



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routes to school

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routes to school

# Example Presentation Slides

© 2018 ACTIVE & SAFE PEDESTRIAN PERFORMANCE APR 2018 14

## School Bus Safety, Danger Zone

### Bus Safety



10 STEPS

10 STEPS

10 STEPS

10 STEPS

10 STEPS



## Crossing Safely at a Pedestrian Crossover (PXO)



And it may, or may not, have a flashing light on it.



# Example Presentation Slides

**PEDESTRIAN SAFER JOURNEY** Skills for Safe Walking for Ages 5 to 18

[Home](#) [Ages 5-9: Video | Quiz | Resources](#) [Ages 10-14: Video | Quiz | Resources](#) [Ages 15-18: Video | Guide | Resources](#)



[Take the Quiz \(Ages 5-9\)](#)







# Example Presentation Slides

Pedestrian Safety

BUS SAFETY	WHEELING SAFETY	WALKING SAFETY
\$100	\$100	\$100
\$200	\$200	\$200
\$300	\$300	\$300
\$400	\$400	\$400
\$500	\$500	\$500

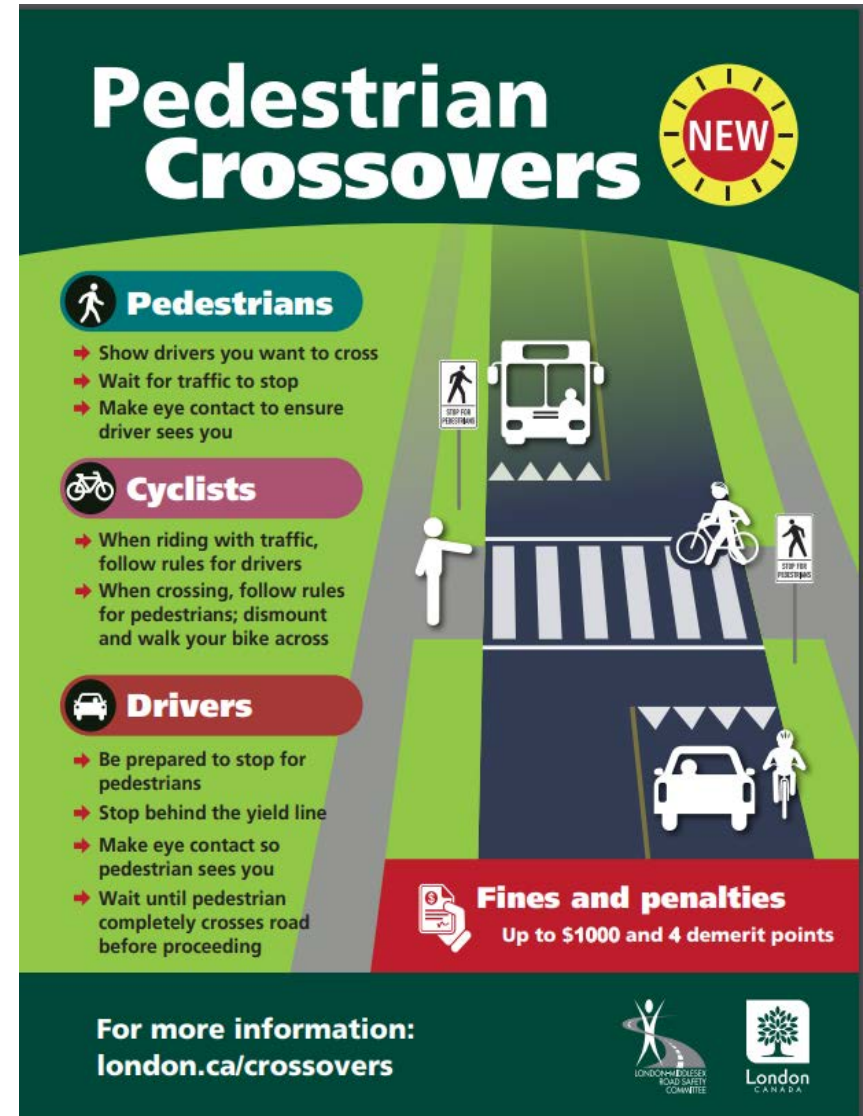
     
PINEAPPLE


     
BROCCOLI




# Pedestrian Crossovers


- Lego Stop-Motion VIDEOS
- Hand outs
- Posters
- Announcements
- Newsletters
- Colouring Sheet
- Demonstration Resource




**Pedestrian Crossovers** 

 **Pedestrians**


- Show drivers you want to cross
- Wait for traffic to stop
- Make eye contact to ensure driver sees you

 **Cyclists**



- When riding with traffic, follow rules for drivers
- When crossing, follow rules for pedestrians; dismount and walk your bike across

 **Drivers**

- Be prepared to stop for pedestrians
- Stop behind the yield line
- Make eye contact so pedestrian sees you
- Wait until pedestrian completely crosses road before proceeding

 **Fines and penalties**  
Up to \$1000 and 4 demerit points

**For more information:**  
[london.ca/crossovers](http://london.ca/crossovers)

# Pedestrian Crossovers

CROSSING Safely at Pedestrian Crossovers *(instructions for pedestrians & cyclists)*



Tony the Streetwise Cat Presents:

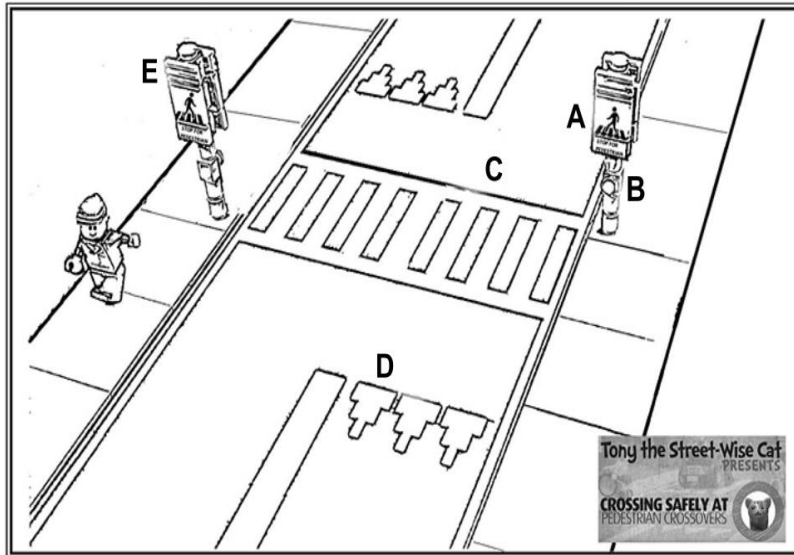
DRIVING Safely at Pedestrian Crossovers *(instructions for drivers & cyclists)*



**active & safe**  
routes to school

# Pedestrian Crossovers

## Pedestrian Crossovers with Tony the Street-Wise Cat



Match the letter to the correct name:

- Button     Ladder Markings     Stop for Pedestrian Sign  
 Light     Shark's Teeth



ACTIVE AND SAFE ROUTES TO SCHOOL

# ROUNABOUT SAFETY TOOLKIT

BE ALERT! BE SEEN!



VISION ZERO  
LONDON



# Roundabouts



# Roundabout Safety

## Why Roundabouts?

Better Traffic Flow    Reduced Idling & Air Pollution    Increased Safety

### Roundabout Reminders

#### Walk Safely in a Roundabout

**How can you help?**

**Students**

1. Walk for a safe gap in traffic.
2. Make eye contact with the driver.
3. As a pedestrian crossover, wait for the driver to stop.
4. Look both ways and behind you.
5. Stay alert, be seen.
6. Keep your eyes on the road when crossing.

**Families**

Make major safe crossing in roundabouts.

**School Communities**

Get educators and staff involved in safety education. Organize a roundabout safety month campaign.

#### Drive Safely in a Roundabout

**How can you help?**

**Students**

Be a Safe Routes to School Ambassador by reminding those around you to drive safely in a roundabout.

**Families**

1. Slow down.
2. Do not stop, except to avoid a crash.
3. Be aware of pedestrians when exiting the roundabout.
4. As a pedestrian crossover, yield to pedestrians.

**School Communities**

Encourage driving safety in roundabouts. Organize a roundabout safety month event.

#### Wheel Safely in a Roundabout

**How can you help?**

**Students**

1. Walk for a safe gap in traffic.
2. Make eye contact with the driver.
3. As a pedestrian crossover, wait for the driver to stop.
4. Look both ways and behind you.
5. Stay alert, be seen.
6. Keep your eyes on the road when crossing.

**Families**

Make major safe crossing in roundabouts.

**School Communities**

Get educators and staff involved in safety education. Organize a roundabout safety month event.

active4safe THE NEW STANDARD    [activesaferoutes.ca/roundabouts](http://activesaferoutes.ca/roundabouts)

# Walk Safely in a Roundabout

## Be Alert! Be Seen!

1. Walk for a safe gap in traffic.
2. Make eye contact with the driver.
3. As a pedestrian crossover, wait for the driver to stop.
4. Look both ways and behind you.
5. Stay alert, be seen.
6. Keep your eyes on the road when crossing.

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

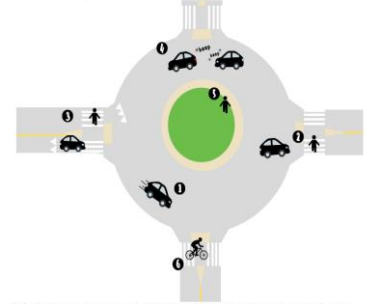
# Roundabout iSpy

Try to find these items on your way to and from school



Name: \_\_\_\_\_

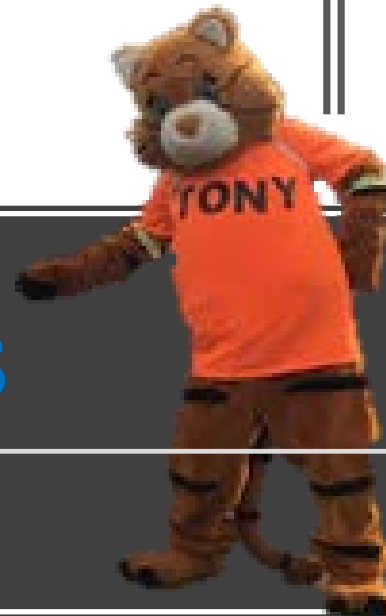
## Spot the Roundabout Hazards



Fill in the number that matches the description below. Write how to avoid the hazard on the lines below.

Number	Description	How to avoid these mistakes
○	Riding a bike across the cross walk.	_____
○	Unsafe stopping in a roundabout.	_____
○	Crossing when a car is too close to stop.	_____
○		_____
○		_____

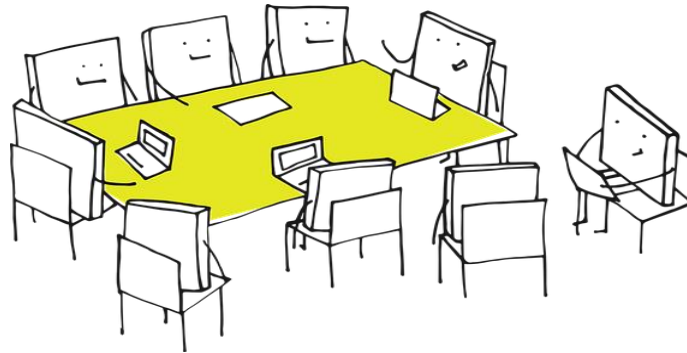
# Roundabouts





# How are resources delivered?

- School Travel Planning



- Grab and Go Model



# Lessons Learned

- Ready to go resources are preferred
- Promotion of ASRTS resources is ongoing
- Education is important to align with infrastructure developments i.e. PXO's and Roundabouts
- Educational activities for students should be fun to engage children and youth
- Scooters & skateboards are popular so resources now reflect this
- Presentations work better in smaller groups

# Contacts for ASRTS

Email: [info@activesaferoutes.ca](mailto:info@activesaferoutes.ca)

Twitter handle: (@elmo\_asrts)

Instagram handle: (@elmo\_asrts)



# Thank you!





# **Experiential Learning and Practice toward Children's Independent Mobility**

## **Sidewalk Smarts**

OAST Webinar – March 4, 2020

**Leslie Maxwell**  
Student Transportation Services  
of Waterloo Region

**Annette Collins**  
Region of Waterloo Public Health  
and Emergency Services



# The Program

## Goal:

To prepare children transitioning from primary to junior grades (Grades 3-4) to safely walk to school and other destinations in the community

## Objectives:

After participating in this program, students will be able to:

- Identify the benefits of walking
- Identify safety risks associated with being a pedestrian
- Build and understanding of various traffic structures in the community (signs, signals, locations)
- Begin to apply a decision-making process to navigate various traffic structures as a pedestrian



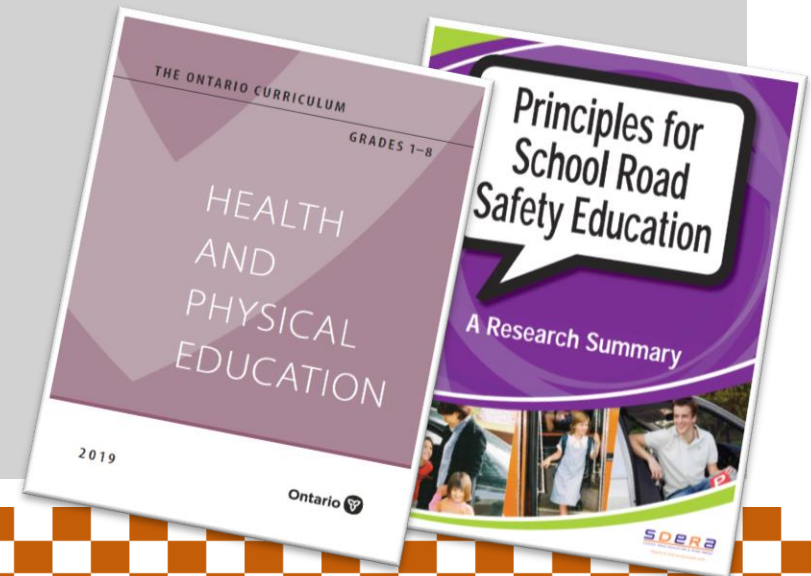
# Foundations

## Principles:

- Anyone can be a pedestrian
- Active transportation is a lifelong skill
- Active transportation promotes a physically active lifestyle
- Integration of road safety into other initiatives is important to reinforce learning
- Road safety skill development occurs along a continuum

## Supporting documents:

- Ontario Health and Physical Education Curriculum
- SDERA's Principles for School Road Safety Education  
<https://www.sdera.wa.edu.au/media/1928/principles-for-school-road-safety-education-research-summary-27-pgs.pdf>



# Program Components

## Introductory Classroom Discussion

- Guided by teachers
- Start to build a collective mindset about the value of walking and active transportation

## Experiential Learning

- Part 1: Classroom experiential learning activities with trained instructors
- Part 2: Outdoor experiential learning at the roadside with trained instructors

## Follow-on Classroom Learning

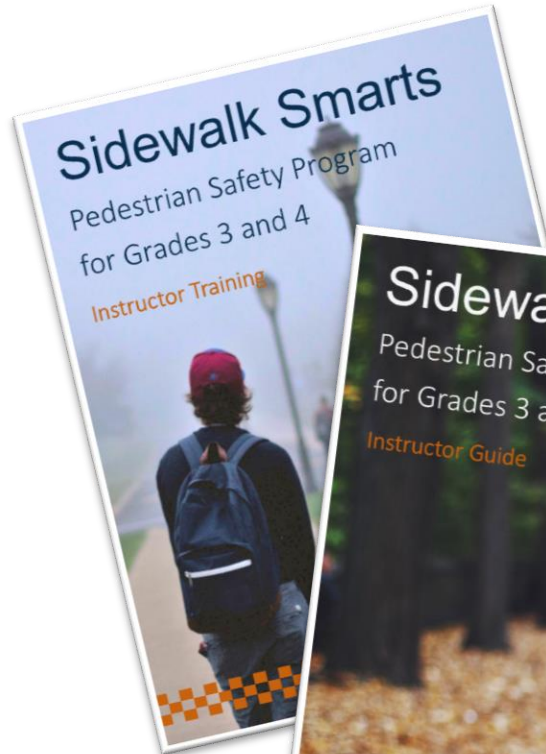
- Cross-curricular and integrated learning with other subjects
- Reinforce pedestrian safety key messages

## Parent Engagement

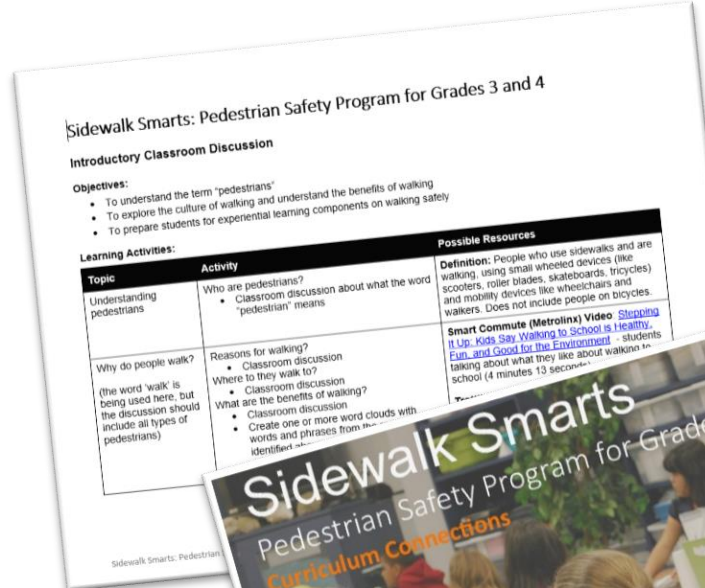
- Communication and resources to reinforce learning at home
- Help foster positive attitudes toward walking/active transportation and independent mobility



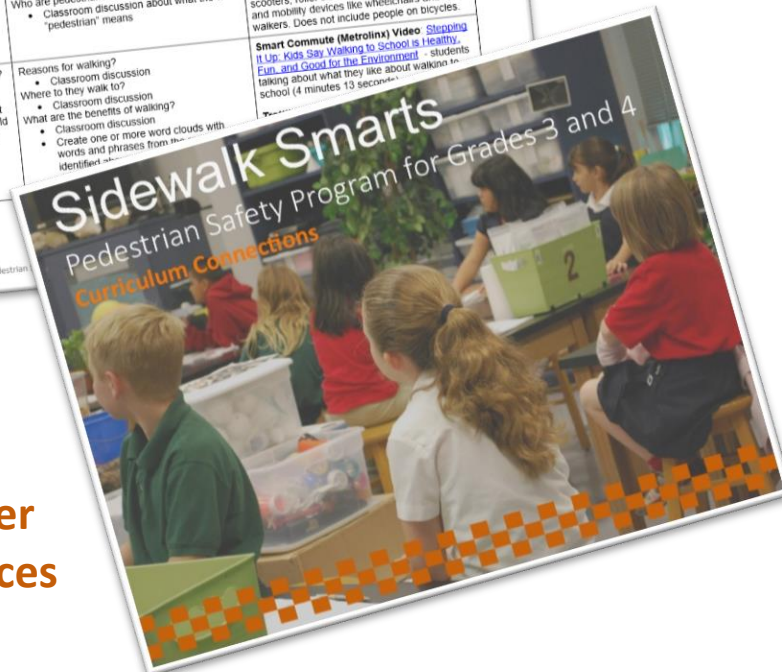
# Program Resources



Instructor Resources



Teacher Resources



	Always does
Walk on the inner two-thirds of the sidewalk	
Walk on the road facing traffic when there are no sidewalks	
Walk to the right of a trail to allow faster pedestrians and cyclists to pass	
<b>Traffic Lights</b>	Explains Can do Always does
Stop and look left, right, left, AND behind before starting to cross	
Make eye contact with driver	
Do not start crossing if the orange hand is flashing	
If the orange hand starts flashing while crossing, continue at a quick but safe pace	
Keep looking and listening while crossing	

Parent Resource



# Experiential Learning - Classroom

## Preparing to Walk

- Large group discussion using role play
- Appropriate clothing and footwear
- Minimize distractions

## Where to Walk

- Small group discussion using oversized flashcards
- Sidewalks
- Multi-use paths
- Driveways



## Where to Cross

- Small group discussion using table-top map and manipulatives
- Roundabouts
- Signalized intersections
- Stop sign controlled intersections

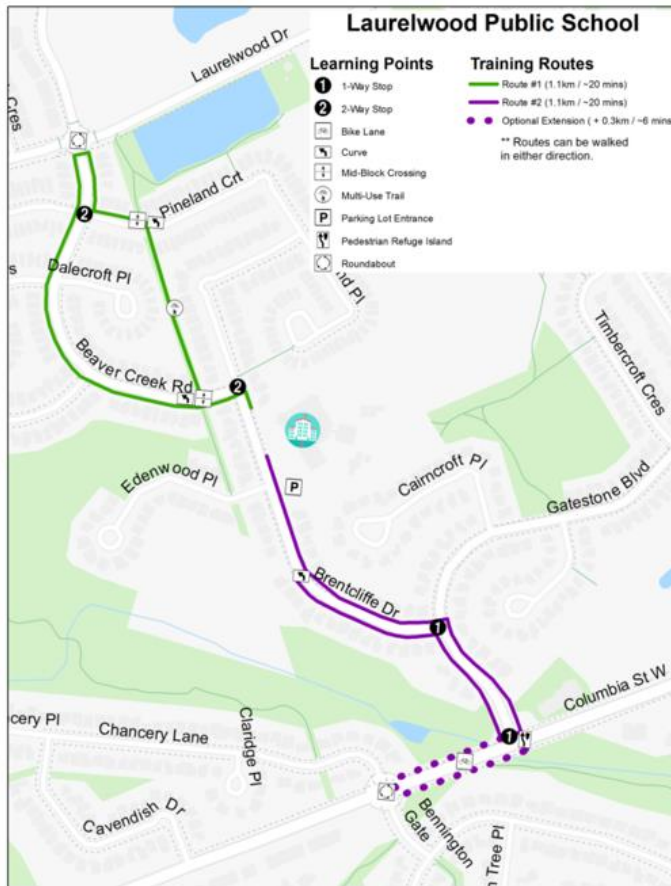


## Decision Time

- Small group discussion about different scenarios and decision modifying factors
- Pedestrian refuge islands
- Pedestrian crossovers
- Mid-block crossings
- Parked cars
- Railway / Light rail transit crossings
- Parking lots
- Multi-use trails



# Experiential Learning - Roadside



## Before the Walk

- Key messages from classroom session reviewed
- Expectations of students reviewed

## During the Walk

- Small groups walk identified route.
- Identified stops to talk about and practice being safe pedestrians

## After the Walk

- Students share key learnings
- Students encouraged to share and practice what they have learned with parents, etc.



# The Impact of Action

**“Tell me and I forget,  
teach me and I may  
remember, involve  
me and I learn.”**

- Benjamin Franklin



# Funding

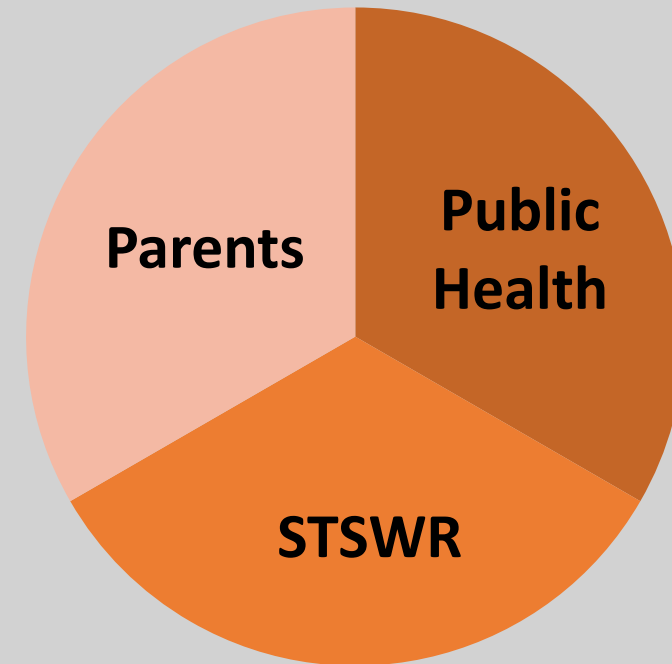
## Pilot A

- Spring 2019 at 2 schools
- Partnered in-kind funding, cash funding STSWR
  - **Partners** – visioning, planning, material development, and train-the-trainer support
  - **Public Health** – organization, manual development
  - **STSWR** - materials and coordination, train-the-trainer lead

## Pilot B

- Winter 2019/2020 offered to 24 STP schools
- Cash funding split roughly three ways
  - **Parents** - \$5 per student to cover instructor time
  - **Public Health** - learning resources and lead instructor start-up
  - **STSWR** - recruitment, training of trainers, program coordination, and some instructor time

## Pilot B 3-way funding



# Program Delivery

## Recruit

- 1 lead
- 7 instructors
- Job posting
- Interviews
- Scoring rubric



## Train

- Half day
- In-class and street side
- Experiential learning model



## Register

- Promotion to STP schools
- Schools choose from available dates



## Staff

- 3<sup>rd</sup> party partnership with Cycling Into the Future
- 4 instructors per class session
- Up to 4 sessions per day



## Supervise

- Strong lead instructor
- Comprehensive manual that includes reference section



# Lessons Learned

- **Recruitment**

- Make work schedule more predictable
- Be clear about need for school day hours

- **Training**

- Need more time with instructors
- More practice on streets for greater familiarity

- **Registration**

- Be flexible with schools
- Instructor availability is unpredictable due to sporadic schedule
- May need to offer less choice to schools

- **Instructor scheduling**

- Need one instructor to be a "floater"
- 60 minute sessions
- Ensure schools provide "supervisors" for roadside sessions

- **Funding**

- Schools did **not** ask parents for funds
- Some schools needed sponsors
- Credit unions want to help
- Municipalities can fund a tangible product





# Report Card

*effectiveness*

*(introducing benefits, safety risks, traffic structures, and decision making processes)*

*87%*

*relevance of material*

*86%*

*would participate again*

*100%*

## *Teacher comments*

*“One student (is) now walking from a drop off point because she feels safer crossing the familiar streets near the school.”*

*An unexpected benefit was “connection to new community members passionate about road safety.”*

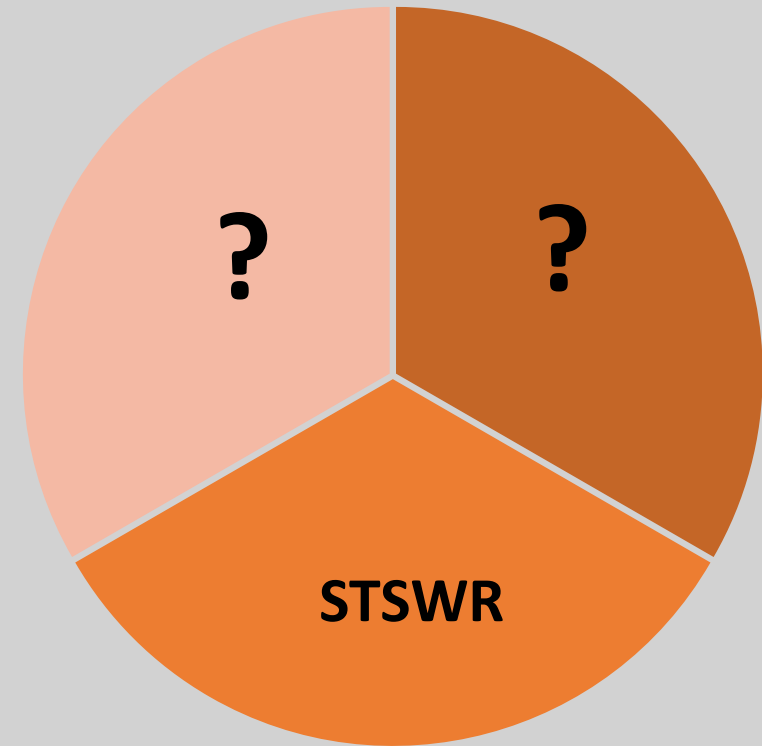
*“The in class part was a little long for the students.”*

*“I would have liked to see more time spent outside... Having the students navigate the nearby roundabout and intersection would have been useful.”*



# Sustained Program

- Goal
  - Offer to all Waterloo region schools
- Priority One: Funding
  - STSWR, Municipalities, Credit Unions
  - For-profit model such as Intertrain
- Further adaptation
  - **Recruitment** - better job structure, wider net
  - **Training** - two half-days
  - **Registration** - condensed schedule, less choice, more volunteers
  - **Instructor scheduling** - floater, better job structure



# For more information:

## **Leslie Maxwell**

School Travel Planning Supervisor  
Student Transportation Services of  
Waterloo Region

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## **Annette Collins**

Public Health Nurse  
Region of Waterloo Public Health and  
Emergency Services

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519-575-4400, ext. 5343





# Ottawa Safety Council

## WalkSafe

### 2020

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PRACTICAL, REAL-LIFE SKILLS TO INCREASE CHILDREN'S  
PEDESTRIAN SAFETY AWARENESS ON OUR SHARED ROADS

# WalkSafe Program Goals

- Hands-on, experiential, age appropriate
- Concepts learned in classroom - easily translatable to real world experience
- Fun and engaging
- Value adds – tied to curriculum, retention activities





# WalkSafe Program Goals

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- Preparing students for the realities of sharing our roads
- Pedestrian Safety Awareness = Better, more aware future motorists/cyclists/pedestrians that understand how to share the road safely
- Goal for reach: 50% of school annually = all students in Ottawa get all four lessons over their time in elementary school

# WalkSafe Program Highlights

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- Totally revamped the content in 2017, working group made of reps from Municipality, OPH, Bussing Consortium and Active Transportation Partners (i.e., GCC)
- Program available in both official languages
- Reached over 25,000 elementary age students in Ottawa in 2019
- Our presenters delivered over 1300 presentations
- Nearly 50% (103) of the elementary schools in Ottawa in 2019

# WalkSafe Funding Structure

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- Funded primarily by the City of Ottawa – Transportation Services (Same department as ACGs)
- Currently fund 125 “days” presentation per school year (billed by day – average 6 presentations per “day”)
- 125+ overage – covered by OSTA
- In total – funding for about 236 presentation days per school year



# Curriculum Highlights

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## JK/SK (30 Min.)

- Walking near traffic
- How to cross safely
- Bring the street environment to them
- Play-based learning – practice looking & listening
- Roll-out crosswalk, traffic noises, traffic lights





# Curriculum Highlights

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## GR ½ (30 Min.)

- See & Be Seen
- Visual Barriers, eye contact, dressing to be seen
- More practice on the crosswalk
- Role play/Critical thinking - identifying unsafe behaviors and correcting them





# Curriculum Highlights

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## GR 3/4

- Right of Way
- Introduction to the concept of distraction and how it affects attention/concentration
- Puzzle activity



# Curriculum Highlights

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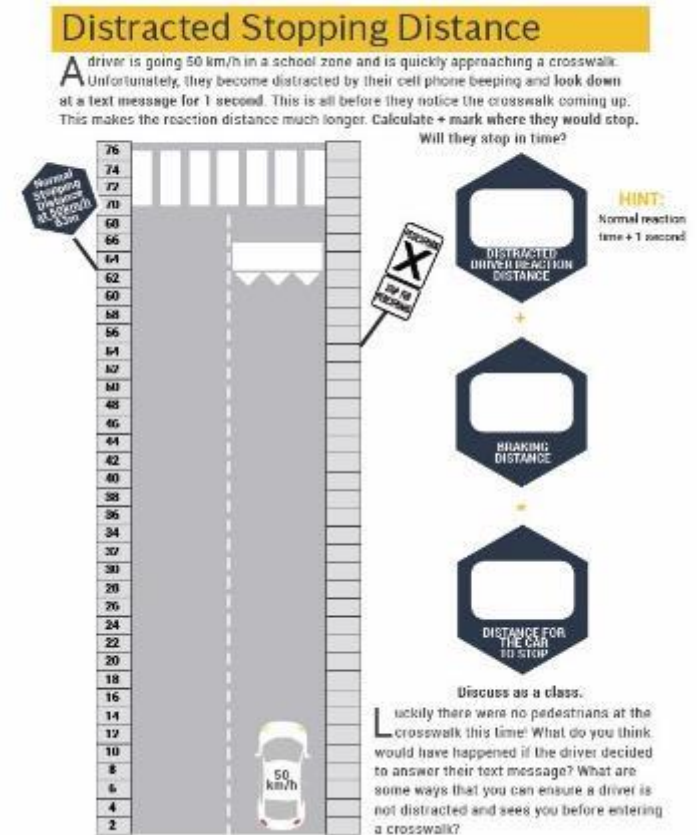
## GR 5/6

- Road user behaviours – data collection/speed detector
- Review data back in classroom, develop strategies, realize stopping distance
- Distracted Stopping Distance exercise



# Teaching Supports

- Powerpoint presentations
- Short videos
- Leave-behind Activities (for Teachers)
- Take-home materials (encourage retention)
- Field Guide
- Soundtracks
- Question/Answer and reflection prompts



# Logistics & Best Practises

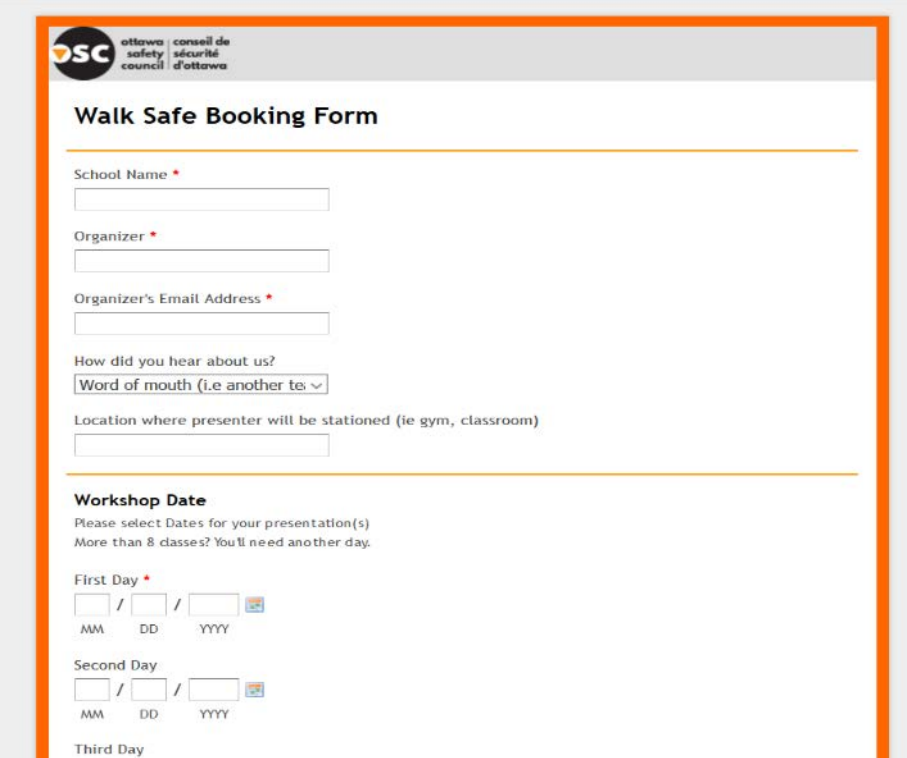
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- Online Booking Form (Wufoo)
- 5 P/T Presenters – geographic zones
- Each presenter has a full kit



# Logistics & Best Practises

- Program Coordinator - 65% of time (CycleSafe as well)
- Handles booking and scheduling – send schools a schedule template
- Booking not confirmed until we get completed schedule back
- 5 minutes between presentations, 10 minutes after bells/lunch



The image shows a screenshot of a web-based booking form titled "Walk Safe Booking Form" from the Ottawa Safety Council. The form is framed with an orange border and contains the following fields and sections:

- Header:** Ottawa Safety Council logo and name in English and French.
- Form Fields:**
  - School Name \*
  - Organizer \*
  - Organizer's Email Address \*
  - How did you hear about us? (Dropdown menu with "Word of mouth (i.e. another teacher)" selected)
  - Location where presenter will be stationed (ie gym, classroom)
- Workshop Date Section:**
  - Text: "Please select Dates for your presentation(s). More than 8 classes? You'll need another day."
  - First Day \* (Date picker: MM / DD / YYYY)
  - Second Day (Date picker: MM / DD / YYYY)
  - Third Day (Label only)



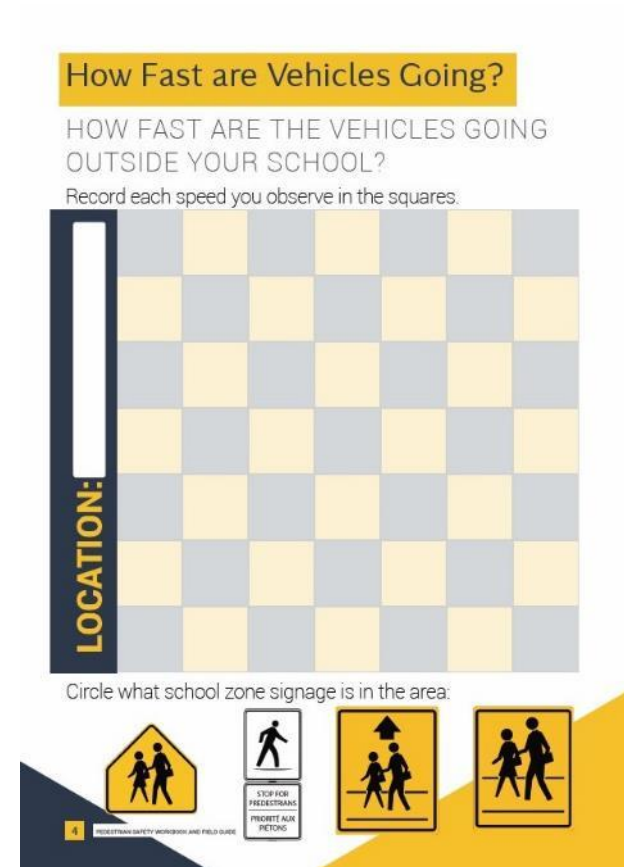
# Logistics & Best Practises

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- Max 30 students per presentation, may need a few days
- Send Reminder emails – 2-3 days prior
- Set up in one QUIET/dimmable area in the school, classes come to them, access to Smartboard/projector/laptop
- Parking close to door for presenter
- Hand out evaluation form at start presentation, tell teacher you are collecting at the end

# Logistics & Best Practises

- Grade 5/6
  - plot out best high traffic intersection ahead of time for data collection (15 vehicles an hour min.)
  - remind school about permission forms to leave school property



# Logistics & Best Practises

- Grade 5/6
  - Send copy of handbook ahead of time – can review math ahead of time if needed
  - Pencils & calculators needed for data review
  - Dress for the weather, outside for an hour

## How long does it take a vehicle to stop?

To calculate the average stopping distance of a vehicle you have to consider 2 main things: **Total Driver Reaction Time** & **Vehicle Braking Distance**.

### Total Driver Reaction Time

It takes drivers approximately **1.5 seconds** to see a hazard and recognize it.

Then, it takes a driver approximately **1 second to physically react**, taking their foot off the accelerator and putting it on the brakes.

This means the **Total Driver Reaction Time is, on average, 2.5 seconds**, however distractions like texting, talking on the phone, eating, or changing the radio station greatly increase driver reaction time!

### So, how far does the vehicle travel during the driver reaction time?

We need to do several calculations to figure this out.

First, we need to find out how many meters a vehicle travels in a second.

### Convert kilometers to meters and hours to seconds:

How many seconds in an hour? \_\_\_\_\_

How many meters in a kilometer? \_\_\_\_\_

Now, how many meters in:

40 KM \_\_\_\_\_

50 KM \_\_\_\_\_

60 KM \_\_\_\_\_



# Contact Info

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<https://ottawasafetycouncil.ca/pedestrian-safety/>

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