



**4-H/Safe Kids Healthy Walking/Safe Walking Lesson**

Developed By:

Janice Williams of Safe Kids Charlotte Mecklenburg

Catherine Daniels of Mecklenburg County 4-H

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Objective	<ul style="list-style-type: none"> <li>• Teach youth how to walk safely when they are out and about</li> <li>• Encourage more walking as a form of exercise</li> <li>• Help youth identify things that make a community walkable</li> <li>• Completion of related community service project (we will send the forms back to the City of Charlotte planning)</li> </ul>
Needs	<p>As a leader/facilitator, first walk or drive the community you will walk in with the young people first to plan a route. Also be sure to know where there are sidewalks, crossing areas, and traffic flow. You will also need the additional checklist for a walkable community that has been provided.</p>
Lesson	<p>1) Walking or biking is a form of getting places just like in a car.</p> <p>2) <i>Raise your hand if you have walked to...</i></p> <ul style="list-style-type: none"> <li>• <i>School</i></li> <li>• <i>A friend's house</i></li> <li>• <i>To a store, library, or park, etc.</i></li> <li>• <i>Or if you have walked for exercise or just for fun</i></li> </ul> <p>So reasons you might walk or bike instead of riding in a car are? (<i>Ask for 1-2</i> )</p> <p><i>It is good for exercise; it makes your heart healthy; it is a good way to get from one place to another; it is better for the environment (less air pollution); it is good for your neighborhood (less traffic); it is fun!</i></p> <p>3) But since walkers and bikers are sharing space with a car, as a walker or biker, you have to know the rules of the road so that drivers know when you might be coming so they can see you and stop.</p> <p>4) To do this, we have to first know where we would encounter a vehicle.</p> <ul style="list-style-type: none"> <li>- Potentially on a neighborhood road or coming out of a driveway</li> <li>- In a parking lot, like one you might cross to get to your school door</li> <li>- At an intersection and/or at a signaled intersection</li> </ul> <p>5) So what are the rules of the road for both walkers and bikers?</p> <ul style="list-style-type: none"> <li>- The biggest rule is to cross at a crosswalk or signal or corner, if you have it because the drivers expect to see you there. If you cross in the middle of the block, they do not expect you to dart out in front of them. You will learn in science that cars go so fast and are so heavy that they cannot stop as fast as you can so they might see you too late to stop and not be able to keep from hitting you.</li> <li>- Never walk or bike between cars or from behind bushes for the same reasons.</li> <li>- When you are ready to cross, from the first two rules, if you have no sign should you still walk to the corner or cross in the grass? How do you cross? Video crossing intersections safely: <a href="http://www.ncdot.gov/bikeped/safetyeducation/letsgonc/10.html">http://www.ncdot.gov/bikeped/safetyeducation/letsgonc/10.html</a> Start video at the 1:20 minute mark and continue to 2:53.</li> </ul>





Add On #1:  
Biking Safety  
(If you think  
the youth you  
serve are old  
enough to be  
bikers)

- 1) If you are a biker you have to be even more aware of dangers.  
We call this scanning for problems to keep safe.
  - Scanning for danger means to look ahead for dangers: something blocking view, danger near road or on road, or danger on railroad tracks
  - Plan what you are going to do around the hazard and then do it.
  - “So what hazards” block views like bushes, trees, parked cars, hills, etc.
  - Look ahead for hazards like tree limbs or broken glass
  - Scan the side of road for cars coming, walkers, dogs, etc.
- 2) Now let’s watch this video to know what types of dangers we might encounter and how to handle them.

<http://www.ncdot.gov/bikeped/safetyeducation/letsqonc/14.html>

Start at 9:40 to 14:50 or if no play back is available, use points below:

Examples:

- If tall bushes block your view at an intersection you should move forward until you can see around them and can see that no traffic is coming both ways then still look left, right, and left again before going.
- If you encounter broken glass, tree limbs, or parked cars, look around your shoulder to check for traffic and then move to the left if no traffic is coming to go around the obstacle.
- If you see a dog, you might plan to yell loudly to scare the dog if he starts coming toward you to scare it off
- The last danger is other drivers. You need to know their signals. If you see a car put on a right turn signal, he is going to turn right and you should stay well behind or left of the vehicle. Do not attempt to pass the car.
- If a left turn signal is given, he is going to turn left and you should stay well behind or to the right of a vehicle turning left. Do not attempt to pass or ride in a blind spot.
- If left signal is given and he is turning toward you, you should make sure he sees you by staying well behind cars. Be prepared to stop to be safe and let him turn first.
- Brake lights means he is going to stop and that you should slow down, keeping a safe distance, still prepared to stop.
- Leave two seconds between you and other cars. If you see white lights, they are backing up so be prepared to stop and assume they don’t see you as the same with parked cars. Wait for them to go.

Other Notes  
Activity -  
Walk in the  
neighborhood  
(Safety 1K)

See other side for Safety IK activity guidance and for add on #2 instructions



	<p><b>Facilitator Instructions:</b>          Talk about walking single file. An adult should lead and if possible, there should be adults on the road side of the youth - to prevent dart outs. Make sure everyone knows the group should all stop at once and that the group should all walk together with no lagging behind to talk with each other. Use a sidewalk whenever possible. If no sidewalk is present, use side roads first to teach. Avoid main neighborhood avenues if possible.</p> <p>Things to address and also to look for in your walk to teach.</p> <ul style="list-style-type: none"> <li>- Watch how fast vehicles go, explaining that they can't see you until too late to stop so it is better to walk facing the vehicle so you can get out of the way if needed.</li> <li>- If possible, find a crest of a hill and point out how they can't see over it to demonstrate that if they can't, then most likely the car cannot as well.</li> <li>- If possible find a car parked in the street and teach them to go around the grass side of it if instead of crossing the street.</li> <li>- If they are crossing the street go to the edge of the parked car and show them how the car can't see them so it is best to never cross between cars.</li> <li>- If long blocks are present and they have to cross mid block, show them how to cross at a 90 degree angle not meandering across the street on a diagonal.</li> <li>- Stop at a few driveways and show them how to look ahead and see if cars are coming out of them.</li> <li>- Cross at corners or crosswalks, the correct way by stopping to look left, right, and left again (always end with left in case a car popped up).</li> <li>- If possible use pedestrian mid blocks to show them how to stop midway if needed.</li> <li>- Dart outs are the leading cause of pedestrian injury in neighborhoods! Teach them never to just run out to cross the street, but to always stop completely and look for the safest way to cross.</li> <li>- In parking lots, it is walking behind cars and down the middle of the aisles, also teaching youth to respect how big a car is and walking where they are supposed to.</li> </ul>
<p>Add On #2:          Walkability Checklist</p>	<p>See attachment.</p> <ul style="list-style-type: none"> <li>• You are also welcome to add on calories burned, distance walked, and heart rate before and after for healthy living and math connections.</li> <li>• You may also consider referencing the "Walking with SWAG" and "Are you a Distracted Walker?" documents to further drive home safe walking practices.</li> </ul>

To learn more about Safe Kids Charlotte Mecklenburg please visit:

<http://www.safekidscharmeck.org/>

To learn more about Mecklenburg County Cooperative Extension & 4-H please visit:

<http://mecklenburg.ces.ncsu.edu/>



For revisions/questions please contact Carolinas Center for Injury Prevention at  
**Janice.Williams@carolinashealthcare.org.**