



# **Share the Road Nova Scotia: Volume 5**

Youth Outreach

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Education and youth engagement were both topics of discussion throughout the community consultation workshops for the Share the Road awareness campaign. During a recruitment stage for mentors for SuperNOVA – a summer science and engineering youth camp located at Dalhousie's Sexton campus - DalTRAC applied to mentor grades 5-6 on sharing the road and bicycle maintenance. This was approved and on August 8, 2013, DalTRAC hosted its first youth engagement and education session for the Share the Road Nova Scotia awareness campaign.

The class involved a group of 12 students. The session was organized into four parts: 1. Warm-Up to Sharing the Road; 2. Road Safety Video; 3. Bicycle Mechanics; and 4. Road Signalling Obstacle Course. The first two sessions took place in a classroom setting, while the latter two took place outside in an enclosed field – both at the Engineering building at Dalhousie's Sexton Campus. Each part is summarized below:

**1. Warm-Up to Sharing the Road:** The first part began with a brief introduction of the DalTRAC team and the lab. Students were then asked if they knew what Active Transportation is. Students offered several examples of active transportation, which were then summarized by the team as “self-propelled modes of transportation”. The warm-up continued with a series of questions, to which students were asked to yell out answers that were then recorded on a white board by the DalTRAC team. The questions and some of the answers were:

1. Q. What is road safety?  
A. Being safe; Don't drive crazy; Wear a helmet; Don't cross in front of a car; Check over your shoulder
2. Q. Why is it important?  
A. So people don't die; So people don't get killed; To protect the population
3. Q. What does Sharing the Road mean?  
A. Having two or more modes on the road; A car and a bike
4. Q. How can we better Share the Road?  
A. Education; Teach children; Bigger bike lanes; Attaching cameras to bikes and vehicles

**Road Safety Video:** Following the Warm-Up to Sharing the Road, the SuperNOVAs were shown *Bike Safe Bike Smart from Weinland Park Kids*, an on-line video by the City of Columbus, Ohio, Department of Public Safety and the Weinland Park Community Civic Association. The video teaches road safety for bicycles, including bike mechanics, sharing the road, and wearing a helmet. The following is a link to the video: <http://www.youtube.com/watch?v=4LdWKp4c5Ew>

**Bicycle Mechanics:** Following the video, students were introduced to the next two parts of the session and taken to the Sexton outdoor field where a bicycle mechanic and DalTRAC volunteer demonstrated how to replace a flat tire, adjust brakes, and lube a chain. After each demonstration, the group was divided into two smaller groups. Under the supervision of DalTRAC staff, each group was required to perform the same bicycle repairs on provided bicycles. Each group was successful at independently repairing each bicycle.

**Bicycle Signalling Obstacle Course:** The last part of the session involved educating the SuperNOVAs on bicycle signalling, to which most of the students expressed unfamiliarity. DalTRAC staff demonstrated how to signal for a left turn, right turn, and stop. Students were then asked to participate in a miniature obstacle course that required them to ride in a straight line and correctly signal according to several signs that were placed adjacent to the obstacle course and read 'Left', 'Right', or 'Stop'. Students were outfitted with a helmet and a youth bicycle. Almost all signals were performed correctly, and students demonstrated enthusiasm throughout the obstacle course.

**Conclusion & Share the Road Nova Scotia Certificates:** After having completed all four parts of the session, students were awarded with a Share the Road Nova Scotia certificate, buttons, and bookmarks. Overall, the session was successful in engaging with the youth on matters of road safety involving both bicycle mechanics and on-road behaviour. Several students expressed their enjoyment of the session, which lasted a total of one hour and thirty minutes.



SuperNOVA bicycle signalling on an obstacle



SuperNOVAs replacing a flat tire



SuperNOVAs watching a road safety video in a classroom setting



Brake adjustment demonstration



Certificate of completion received by SuperNOVAs at the end of the session

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