



Safety Expo: March 10 & 11, 2021

Theme: Mental Health & Emotional Safety

Liveable Streets Session: Additional Information for Teachers

OVERVIEW:

Our goal at Liveable Streets is to help create a happy and healthy city by enabling participation in community through active, creative mobility. Some examples of the work we do includes Complete Streets Retrofits, Active and Safe Routes to School Program, and Neighbourhood Streets projects. Our team helps design and build new roadway/pathway/walking/cycling links that facilitate safer, active travel within and between communities. With much of our work focused on active transportation – what we often call “walking and wheeling” - regardless of the way people choose to travel, making it safer for folks to do so is always top of mind.

Safety Questions (asked in video):

- 1. When getting ready to cross the street, what are the “3 P’s”, and why are they important?** Point, Pause, Proceed – remembering these three steps will help you to “be safe and be seen”, the 3 P’s help you cross the street safely and can help to make it easier for people driving to see you and anticipate your movements.
- 2. What are three things you should check *before* riding your bike?** (hint: think of ABC’s)
Air – is there enough air in your tires? Brakes – are they working properly? Chain – is it clean and moving smoothly on the hub?
- 3. When riding your bike, what are the 3 items you are *legally* required to have?**
A helmet – anyone under the age of 18 is required to wear one; a bell or horn; and lights & reflectors
(*Bonus points for colours of lights: red rear light, white front light*)

PRINTABLE WORKSHEETS:

- [Bicycle Safety Find & Count](#)
- [Spot the Difference Activity Sheet](#)

ADDITIONAL INFORMATION & RESOURCES

[Cycling on City Streets & Pathways](#) - Calgary.ca

[Point, Pause, Proceed](#) - Get Kids Out

[Hand in the Air \(Point Pause Proceed\)](#)

[Ever Active Schools](#)

Safe Streets Calgary

Supporting healthy school communities

Thank you for tuning into our video for the 2021 Safety Expo! After watching, if you would like to receive a class set of reflective wrist bands please contact Jacquelyn Oriold with your name, number of students in your class, and school. Wrist bands will be distributed in order of request, based on availability, and number of requests received.

***Please note, only teachers are permitted to enter on behalf of their students.*

CONTACT INFORMATION

Jacquelyn Oriold, Transportation Safety Education Specialist

jacquelyn.oriold@calgary.ca 403-807-2241