

Making Tracks

Active Transportation Safety Skills Program

Cheyenne Dickinson

Active & Safe Routes to School

ASRTS in NS



ASRTS-NS Menu

- Full meal deal = School Travel Planning
- A la carte programs
 - Walking & wheeling
 - Active transportation safety
 - Special events
- Policy & Infrastructure
 - Ongoing advocacy

Program Development

- Developed as one of our “a la carte” programs
- Pilot began April 2007
- Experiential safety skill training in:
 - Walking
 - Cycling
 - In-line skating
 - Skateboarding



Making Tracks Objectives

- Main objective:
 - Increase safety skills of children and youth
- Secondary objectives:
 - Increase provincial partners
 - Decrease duplication
- Program partners:



Program Details

- Multiple sessions
- Hands-on, experiential
- Fun, activities-based
- Links to school cross-curricular outcomes
- Train-the-trainer

Training Model

Delivery Model

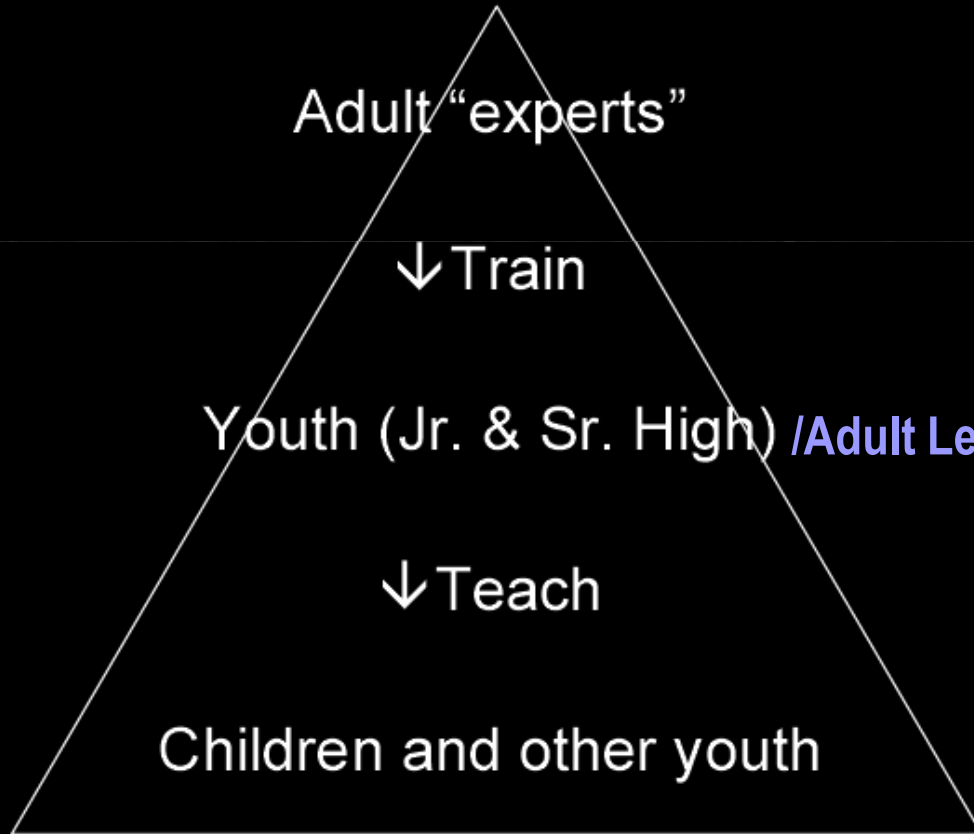
Adult “experts”

↓ Train

Youth (Jr. & Sr. High) / Adult Leaders

↓ Teach

Children and other youth



Program Resources



Pilot Results

- 16 train-the-trainer sessions
- 7 community/recreation groups
- 7 schools
- 430+ children and youth reached
- Walking, cycling and skateboarding tested
- In-line skating not yet piloted

Moving Forward

- Over 25 school and community groups interested
- In-line skating to be piloted this summer
- Presenting program at multiple workshops and conferences
- Summer institutes for all four modes
- Evaluation agreement introduced

Program Evaluation

- For participants and parents/caregivers:
 - Pre-program questionnaires
 - Post-program questionnaires
 - Follow-up questionnaire
- Group discussion with participants
- For Youth Mentors and Adult Leaders:
 - Post-training questionnaire
 - Post-program questionnaire
 - Follow-up group discussion

Making Tracks Quotes

- Youth Mentors/Adult Leaders (re: Walking)
 - *"It makes learning a fun experience, at the same time educating the children on important aspects"*
 - *"I cannot wait to put the program on and see how the children respond. The instructors were well versed and very helpful."*
- Child/Youth participants (re: Skate Pass®)
 - *"You got to do really fun things like skateboard, play games and that was just plain fun"*
 - *"(I liked) learning new skills because I think it's good when you feel as if you've finally accomplished something"*

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Questions or comments?