

The

GOLDEN RULES

of

ROAD SAFETY

Answers in this booklet are a guide for teachers and parents to work through with students.

For more information on these rules, visit:

<http://ract.com.au/community/advocating-change/golden-rules>

<http://fia.com/3500lives>

ANSWERS GUIDE

FOR TEACHERS/PARENTS



GOLDEN RULE #1

Always Pay Attention

A lot happens on and around our roads so it's important that we always pay attention to what's going on. Whether its other road users, animals or even hazards like a fallen tree. Keep your eyes on the road while driving, riding or walking. It's a simple but important responsibility of all drivers and road users.

Activity:

Let's think about what you may need to pay attention for:

1. How many road users or other things can you think of that could be on or near our roads or footpaths?

Cars	Trucks
Buses	Farm machinery
Cyclists	Motorcyclists
Pedestrians	Dogs (footpath)
Caravans	Skateboarders (footpath)

Emergency service vehicles School students

2. A hazard is something we need to watch out for that can affect our trip in a car or on a bike, and is out of our control. For example, a fallen tree or glare from the sun. What other things can you think of that might be hazards?

Pothole on the road	Animal on the road
Water over road from rain	Child running across the road
Icy roads	Heavy rain
Fog	Flat tyre
Sign (footpath)	Rubbish bin (footpath)

GOLDEN RULE #2

Wear A Helmet

Always wear a helmet to protect your head when you're getting on a bike, scooter or skateboard. Make sure that you don't wear a beanie or hat underneath your helmet as it can make it difficult to fit the helmet correctly and safely. If you notice any damage on your helmet, let your parent know as it's time to replace it as it's no longer safe to wear.

Activity:

It's always a great idea to get your parent to fit your helmet and check your straps, but today we want them to help you learn how to correctly and safely fit your helmet yourself.

Extra items you will need:

- Helmet
- Parent to help

1. Put your helmet on and check key points to make sure it is fitted correctly:

- Can you fit two fingers between your eyebrows and the front of your helmet?
- Can you slide two fingers between the strap and your chin? This makes sure it is tight enough but still allows you to talk (make the peace sign with your fingers, bring your two fingers together and then bring them under your chin).
- Do the straps make a V shape under your ears?
- Check that the helmet is not covering your eyes.

2. Does your parent or sibling have a helmet? Put it on them and check that theirs is fitted correctly as well.



GOLDEN RULE #3

Slow Down for Kids

More than 3,000 children around the world are involved in bad crashes when they're on their way to school every day. That's scary to think about! Kids are one of the most vulnerable road users and our drivers must slow down around school zones and other areas where children may be.

Activity:

We're going to see that going slow can cause much less damage than going fast.

Extra items you will need:

- Hard boiled egg (with shell on)
- Spoon
- Parent to help

1. Sit the hard boiled egg on a plate or table. Hold steady with your fingers.
2. Take the spoon in your other hand and get ready to tap the egg.
3. Start by slowly tapping the egg, and increase to hitting faster. Stop once the shell breaks.
4. What did you observe during this exercise? When you sped up hitting the egg, did your force increase?

Students will hopefully see that when you're going slow, there is less damage. Once they start hitting the egg quicker, they may notice that they are also hitting the egg harder, and that when speed increases, they can cause damage to the egg shell.



GOLDEN RULE #4

Never Drink and Drive

Alcohol is estimated to be a contributing factor to 1 in 3 bad crashes around the world. In Australia, 19% of bad crashes in 2017 were caused by alcohol. Drivers, if you're having a drink, leave your car behind and you could save someone's life.

Activity:

DIY beer goggles and brainstorm.

Extra items you will need:

- Empty cardboard roll from toilet paper or paper towel
- Scissors
- Tape
- Cling wrap
- Vaseline

1. Create your own beer goggle glasses and experience what the effects can be like when you have alcohol in your system.

- Create the frame. With scissors, cut out 2 rings from the cardboard roll, roughly 4cm wide.
- Create the lenses. Cut out two circular pieces of cling wrap that will fit over the rings you cut out. Tape the cling wrap over each of the rings.
- Smear Vaseline over the cling wrap lenses. This will help distort your vision when you look through the rings, similar to how it may be if you had alcohol in your system.
- Hold the rings up over your eyes and try to see through.

2. While you're trying to look through the distorted lenses, answer the following questions:

- How is your vision when you're only looking through the beer goggle glass?
- How much can you actually see when you're walking around?
- Can you navigate around obstacles?
- Are you walking slower than normal?

Note: If you can see somewhat clearly through these, add a bit more Vaseline and note any change.

Warning: Be careful when holding these over your eyes as you may not be able to see too well. Don't hold them over your eyes for too long at a time.

3. Now you've experienced what alcohol can do to your vision, let's think about ways to avoid drink driving. List as many options someone could have to plan ahead to make sure they don't drive after they've been drinking:

Designated driver

Taxi

Uber

Arrange lift from family/friend

Bus

Stay over at a friend's place

Walk home (preferably with others)



GOLDEN RULE #5

Obey the Speed Limit

There's no excuse for speeding. It's the single biggest reason for serious crashes in Tasmania. 31% of bad crashes in Australia in 2017 were caused by speeding.

Activity:

Find out how much time is really saved travelling just 5km over the speed limit in a 60km/h zone by completing the following worksheet.

Extra items you will need:

- Calculator

Here's the formula you're going to use:

$$\text{Time (hours)} = \text{Distance (km)} / \text{Speed (km/h)}$$

Take a look through the example below to see how this formula can be applied to working out how long it takes for a car to travel before you have a go at doing your own calculations. We're going to work out the time it takes for a car to travel 10km at 60km/h:

Time (hours) =	Distance (km) / Speed (km/h)
Time (hours) =	10km / 60km/h
Time (hours) =	0.1667 (carry the decimal number to next line)
Time (minutes) =	0.1667×60 (<i>for the number of minutes</i>)
Time (minutes) =	10.002 (carry the decimal number to next line)
Time (seconds) =	0.002×60 (<i>for the number of seconds</i>)
Time (seconds) =	0.12
Time taken to travel 10km at 60km/h = 0 hours, 10 minutes and 0 seconds	

Now let's work out how much time it takes for a car to travel 10km at 65km/h, following the same pattern as above:

Time (hours) =	Distance (km) / Speed (km/h)
Time (hours) =	10km / 65km/h
Time (hours) =	0.1538
Time (minutes) =	0.1538 x 60
Time (minutes) =	9.228
Time (seconds) =	0.228 x 60
Time (seconds) =	13.68
Time taken to travel 10km at 65km/h = 0 hours, 9 minutes and 13 seconds	

We now know how much time it takes for a car to travel 10km at 60km/h and at 65km/h.

What is the difference between these two answers? **47 seconds (10mins - 9mins, 13sec)**

This is how much time a car would save travelling 5km above the speed limit in a 60km/h zone, over a 10km stretch. It's not very much is it? Speeding is not worth the risk.



GOLDEN RULE #6

Check Your Tyres

You should always check your tyre tread and air pressure.

Activity:

Check the tread on your parent's car tyres.

Extra items you will need:

- 20c coin
- Parent's car
- Parent to help

1. The minimum legal tread depth for car tyres in Australia is 1.5mm. If a tyre is below this, any grip on the tyre is significantly reduced. It is recommended however to get your tyres replaced once the tread depth gets below 3mm just to be safe. A quick and easy way to check if the tread depth is below 3mm is by using a 20c coin:

- Place a 20c coin upright in the tyre groove.
- Does the tread reach the bill of the platypus on the coin? _____
- If it does, the tyre has at least 3mm tread depth and does not need replacing yet.
- If it doesn't, the tyre has less than 3mm tread depth and it is recommended to get these replaced.



GOLDEN RULE #7

Check Your Vision

1 in 5 drivers all around the world are unable to see the road clearly due to uncorrected poor vision. In Australia, 93% of people aged 55 years and over had long-term vision disorders in 2017-2018. Your vision is crucial to ensuring a safe journey on the road. Always keep an eye on your sight.

Activity:

Let's think about what a driver may need to see while driving.

1. How many things can you think of that a driver may need to read while on the road?

Road signs Street signs

Roadworks signs Speedometer

House numbers Car park signage

2. Can you think of anything else a driver may need good vision for on the road?

Traffic lights Brake lights

Indicators Signs on vehicles (e.g. trucks, buses, roadworks vehicles)

Line markings Road markings (e.g. arrows in lanes)

Hazards (e.g. animals, car stopped on side of road, bollards from roadworks)



GOLDEN RULE #8

Stay Bright

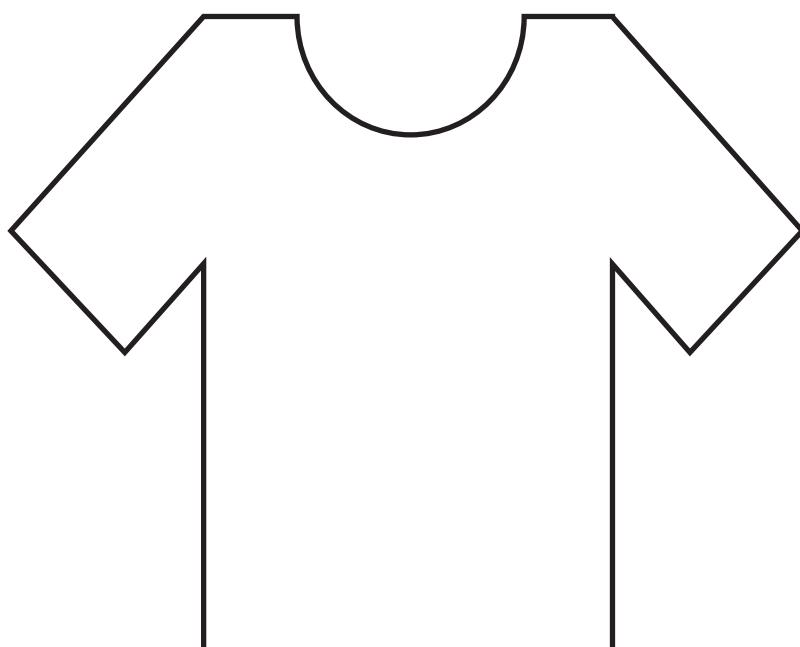
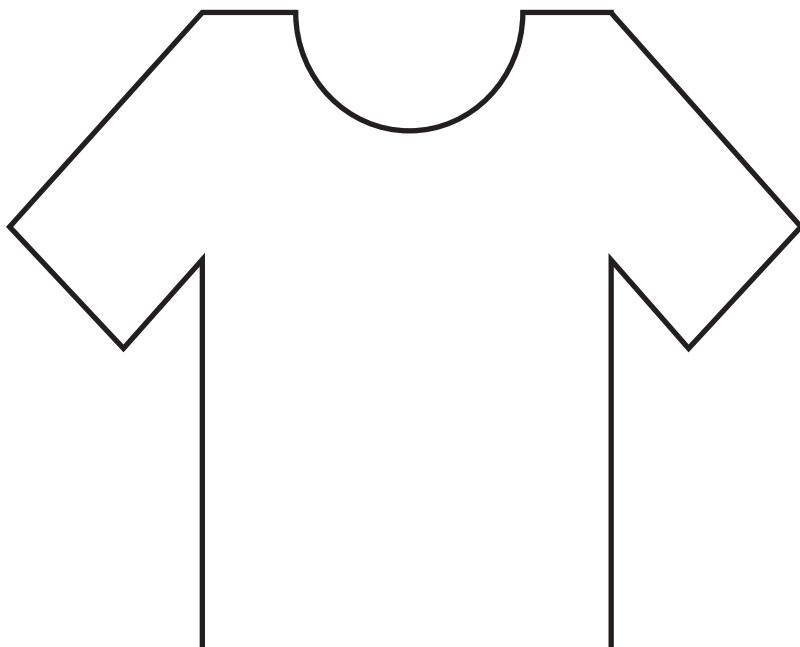
Pedestrians and cyclists are two of the most vulnerable road users and therefore need to be seen on our roads. Bright colours make pedestrians and cyclists more visible to other road users.

Activity:

Let's create some bright tops that either a cyclist or pedestrian could wear.

Extra items you will need:

- Coloured pencils or markers



GOLDEN RULE #9

Use a Child Safety Seat

Keep your family safe and secure inside the car by using the right car seats for children. Car seats can reduce the likelihood of bad crashes for infants around the world by up to 70%. Once children reach a height of 145cm, they may not need a car seat anymore. However, there is a 3-step check to do with your parent to make sure.

Activity:

Let's check if you or your siblings should still be in a car seat.

Extra items you will need:

- Tape measure
- Parent to help

1. How tall are you? _____

2. If you're under 145cm, how much more do you have to grow? _____

3. Can you measure how tall your parents or siblings are?

3-step check

If you do measure over 145cm, the three-step check for parents is as follows. Sit your child on the backseat with their bottom firmly back and fit the seatbelt across their body. Now, check the following:

1. Check the belt is running across your child's shoulder.
2. Check the belt is running low across your child's hips.
3. Check that your child's legs bend over the end of the seat.

If all of these are correct, you may no longer need your car seat. If you still need your car seat however, that's fine as it will keep you safe.



GOLDEN RULE #10

Buckle Up

Seatbelts keep us safe in vehicles, and reduce any chance of injury in a crash. Putting on your seatbelt should be the first thing you do when getting into a car.

Activity:

Unjumble words and complete the safe travel story.

1. Unjumble the following words relating to seatbelts:

- STBEAETL **Seatbelt**
- KEUBLC **Buckle**
- NHRSSAE **Harness**
- FYTASE **Safety**

2. Complete the safe travel story by filling in the blanks:

When Bobby went to the **SHOP/PARK/DESTINATION**, he travelled in a vehicle with four wheels. It was his Mum's **CAR/VEHICLE**. When he opened the **DOOR** to get in the backseat of Mum's **CAR/VEHICLE**, he remembered there was something he needed to do as soon as he sat down. He remembered he had to put on the **SEATBELT**.



GOLDEN RULE #11

Don't Text and Drive

Texting is one of the most dangerous things you can do while behind the wheel.

When a driver uses their mobile phone, it distracts them in 3 ways:

1. Physically, as at least one hand will be off the wheel to hold the phone
2. Visually, because the driver will either be watching, reading or typing on their phone
3. Mentally as the driver will be thinking about what's on their phone

When attention is divided between driving and using their mobile phone, drivers may:

- Poor concentration and judgement
- Have slower reaction times
- Drive with inconsistent speed
- Limited awareness of surrounding (and remember rule #1, always pay attention!)

Activity:

We know using a mobile phone while driving is one of the most dangerous things you can do, how can we stop people from doing it?

1. List as many things as you can about how a driver can make sure they're phone won't distract them.

Put it on silent

Use the 'Do Not Disturb' feature

Turn it off

Put it in the boot

Put it in the glove box

Put it in the console

Flight mode

Plan a break to pull over and check your phone

2. What can you do to make sure your parents aren't tempted to text and drive?

- Make sure they have both hands on the steering wheel (unless changing gears)
- Ask them before leaving where their phone is, to make sure it is out of reach
- Check their phone is on silent/off/flight mode/do not disturb before leaving

GOLDEN RULE #12

Stop When You're Tired

Fatigue is how your body feels when you're tired. Signs that you're fatigued include yawning, poor concentration, daydreaming, sore and heavy eyes, restlessness, drowsiness, slow reaction times and low motivation levels. Fatigue can reduce someone's ability to drive as it can make them oversteer, drive at inconsistent speeds and slow to react to conditions or situations.

Drivers are encouraged to:

- Plan regular breaks on long drives, at least every 2 hours
- Avoid alcohol before driving
- Make sure they are well rested before getting behind the wheel, get a good night's sleep
- Share the drive
- Avoid driving at night.

Activity:

Thinking about what's mentioned above and any other tips you can think of, look at the scenarios below and see what you might recommend the driver do in their situations to avoid driving fatigued (tired).

1. Mary wants to visit her family who live 3 hours away. She's unsure if she should leave when she finishes work at 4pm on Friday or wait until Saturday morning. Mary has been working all day since 7am, but this would mean she could make in time for dinner if she just drove straight there from work. Considering what we've learnt from the above information, what would you suggest Mary do?

Mary needs to have a good night's sleep after working all day before taking on the long drive to her family. She is best to wait until Saturday morning to leave, and ensure that she plans at least one stop during the 3-hour trip, to break up the drive. This will make sure Mary gets to her family safely, and she can enjoy dinner with them on Saturday night.

2. Tony was called into work at 10pm last night to help with a job. He finished at 6am, and has not slept for over 24 hours. He was planning on going to the beach with his mates but they won't be heading to there until 10am. Tony is quite tired from working an extra shift and not having slept for a long time. What do you suggest Tony does with his day?

Tony needs to stay home and rest from his night shift. He feels quite tired, which is his body telling him that he needs sleep. Tony will need to reschedule the catch up with his mates and arrange to go to the beach another day when he is well rested.

