



CAA FAMILY SAFETY BOOKLET

CAA SCHOOL ZONE & PLAYGROUND ZONE SAFETY

School zones and playground zones are becoming more dangerous. Parents with young children are reporting an increase in unsafe driving and pedestrian practices. According to a CAA survey, the top hazardous driving behaviours that motorists perform in a school zone are speeding, distracted driving, and parking in a no-stopping area. The top risky pedestrian behaviours are jaywalking and failing to look both ways when crossing the street. Together, we can make the safety of everyone in school zones a number one priority.

STUDENTS:

- Never run out in **TRAFFIC** or between parked cars, buses or **BUILDINGS**.
- Eliminate distractions such as using your headphones and electronic devices for **TEXTING**, listening to music, social media, or gaming.
- Keep your head up, look **AROUND**, and be aware of your surroundings.
- Follow traffic signs and signals. Only cross at designated locations or **CROSSWALKS**. Do not jaywalk.

PARENTS AND GUARDIANS:

- Obey the “no stopping” zones in front of schools and use the **DESIGNATED** drop off and pick up areas only. Check with local police for school zone traffic laws.
- Park a couple of blocks away to avoid traffic **CONGESTION** and safely walk the rest of the way with your children. Don’t park illegally.
- Teach **CHILDREN** about the rules of the road – always stop, look both ways, listen, and think before safely crossing the street.
- Plan children’s walking **ROUTES** to and from school. Walk with them to help familiarize them with the route.
- Always have an adult, older student, or sibling walk with **YOUNGER** children.

CAA SAFETY WORD SEARCH

Find the words in the puzzle below from the content on the left. The words are highlighted in blue.

B	D	D	D	U	A	F	F	D	N	U	W	A	N	U
H	U	M	Z	L	D	K	P	G	F	V	M	D	E	U
R	S	I	F	H	N	Z	W	W	Y	T	E	T	R	K
O	J	S	L	J	X	T	R	A	F	F	I	C	D	X
H	X	K	L	D	S	F	L	D	V	F	F	F	L	L
R	W	C	K	B	I	M	T	G	D	K	T	P	I	O
O	K	F	H	N	F	N	D	T	G	M	E	C	H	L
X	T	J	U	A	X	C	G	D	S	J	X	E	C	F
W	O	Y	S	Y	R	L	N	S	Z	Y	T	U	C	F
S	K	L	A	W	S	S	O	R	C	S	I	R	G	A
D	S	R	Y	F	D	E	Q	L	E	E	N	F	R	C
U	E	E	U	G	L	M	B	T	N	V	G	O	X	O
X	U	T	B	V	H	F	U	B	Q	P	U	A	E	N
I	W	Y	A	X	V	O	J	U	O	N	O	R	N	G
T	T	R	C	N	R	A	S	X	D	G	A	G	E	E
X	C	T	S	Y	G	Y	O	U	N	G	E	R	V	S
X	D	F	T	O	Z	I	X	R	D	B	L	W	U	T
Y	C	L	G	L	K	Z	S	I	O	E	W	B	B	I
Z	S	M	A	G	R	V	B	E	J	V	T	O	Z	O
U	J	V	O	G	Q	A	S	K	D	R	V	B	I	N

CAA SCHOOL SAFETY PATROL® PROGRAM

CAA Saskatchewan School Safety Patrollers have acknowledged that they gain confidence, learn responsibility and leadership through the program. They are able to model these traits to other students in their communities. Patrollers help keep Saskatchewan school zones safe by assisting their peers to cross the road safely on their routes to and from school. The program is successful thanks to the combined support from CAA Saskatchewan and local law enforcement, school divisions, teachers, parents, and of course the student volunteer patrollers.

CAA Saskatchewan has coordinated and managed the CAA School Safety Patrol program since 1951. CAA Saskatchewan supplies training materials, stop paddles, reflective vests and other supplies free of charge to all registered CAA Saskatchewan School Safety Patrols. Caps and toques are available to purchase. Patrollers are trained annually through a formal program provided by CAA Saskatchewan with assistance from local police before participating in the program. For more information or to start a patrol at your school, visit caask.ca/patrollers or email schoolsafetypatrol@caask.ca.



Patrollers at Ethel Milliken School

CAA SCHOOL SAFETY PATROL® MONTH

May is CAA School Safety Patrol Month here in Saskatchewan as proclaimed by the Minister of Education.

CAA School Safety Patrollers are leaders in their school communities who practice and demonstrate pedestrian and road safety. Thank you, patrollers for the valuable volunteer work that you do to help keep students and school zones safe.

Thank you, safety patrol coordinators and law enforcement, for working with our patrollers for the safety of all students.

Check us out on Facebook and X!



Facebook.com/
CAASKSchoolSafetyPatrol

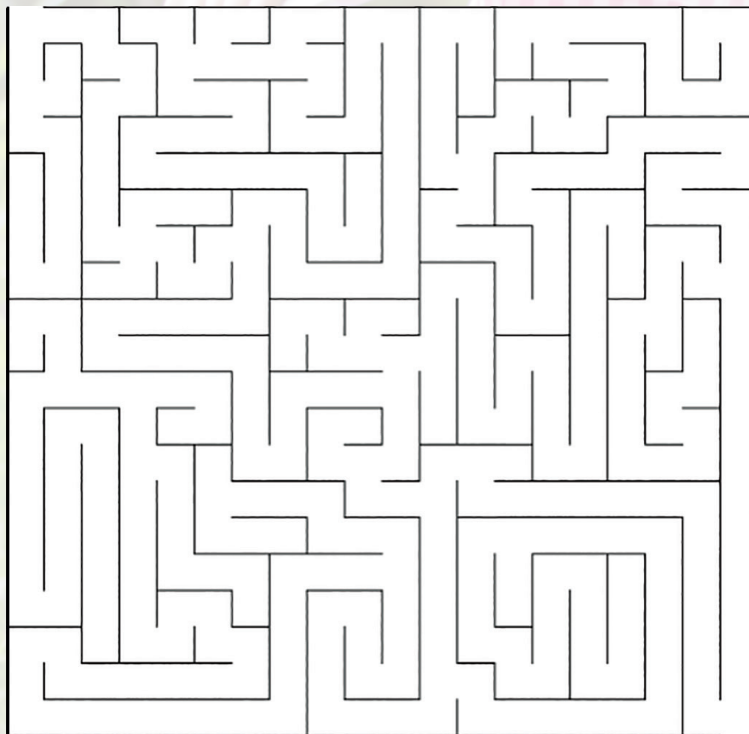


(X) Twitter.com/
CAASKPatrollers



Trace the path through the maze to help the patroller find the stop paddle!

← START HERE



END →




caask.ca/patrollers

CAA BIKE SAFETY

BEFORE YOU BIKE

- Consider size, frame, and seat height, as well as the type of roads or trails you ride on.
- Ensure your bike functions properly by remembering your ABC's - Air, Brakes, Bar, Chain, and Crank.
- Make sure you have a properly fitting helmet and wear it every time you ride. It increases your chances of surviving a fall or collision and helps prevent brain injury. Visit skprevention.ca to learn more.
 - » Your helmet should sit level on your head (not tilted back). The front edge should be one inch (two fingers) or less above your eyebrows.
 - » The straps should join right under your ear to form a "V". Adjust the straps around both ears until you have a comfortable fit. One finger should fit between the strap and your chin.

Before you ride your bike, make sure it functions properly. Use this checklist to ensure a safe ride.



A is for **AIR**
Check if tires are inflated. Inspect for worn, cracked, or gouged tires.

B is for **BRAKES, BAR & BELL**
Squeeze brake levers to make sure that they stop the bike. Inspect brake pads for wear. Set handlebars at the right height. Test bell.

C is for **CHAIN & CRANK**
Adjust and lubricate chain. Test the gears of the crankset.

If any of these things are not working correctly, visit a local bicycle shop to have repairs made.

BE SEEN, BE READY, BE HEARD



BE SEEN
Wear lightly-toned or brightly coloured clothing

BE SEEN
Use reflectors and reflective tape on your helmet, clothes and bicycle

BE READY
Equip your bike with a cage and water bottle that can be easily and safely accessed

BE SEEN
Equip your bike with a headlight and taillight for night riding

BE READY
Avoid loose fitting pants that can get tangled in your bike chain

BE HEARD
Equip your bike with a bell or horn to signal pedestrians and drivers, and to pass other bikes safely

BE READY
Always wear running or cycling shoes while riding

SHARE THE ROAD

- Bicycles are considered – by law – a vehicle on the road and cyclists must obey the same rules when travelling on the road.
- If you dismount and walk alongside your bike, you are considered a pedestrian and have the same rights as a pedestrian.
- Never carry more people than the bike was designed for and ride in a single file.
- Teach your kids the rules of the road. Always ride on the right in the same direction as traffic.
- Keep both hands on the handlebars, except when making hand signals.
- Be aware of your surroundings and avoid distractions. Never ride your bicycle while wearing headphones.
- Motorists, leave at least one metre of space between you and cyclists. Use your turn signals, obey traffic signals and signs, and shoulder check before turning, changing lanes, passing, or merging.
- When parked on the street, do the Dutch Reach and check your blind spot first. Open the car door with your hand furthest from the door, it naturally turns your body to look for cyclists before slowly exiting the vehicle.
- Watch our helpful videos on the CAA Saskatchewan YouTube channel. [youtube.com/@caasaskatchewan9521](https://www.youtube.com/@caasaskatchewan9521).

Thanks to CAA Rewards® partner, Bruce's Cycle Works for their help with our bike safety videos.

CAA PEDESTRIAN SAFETY

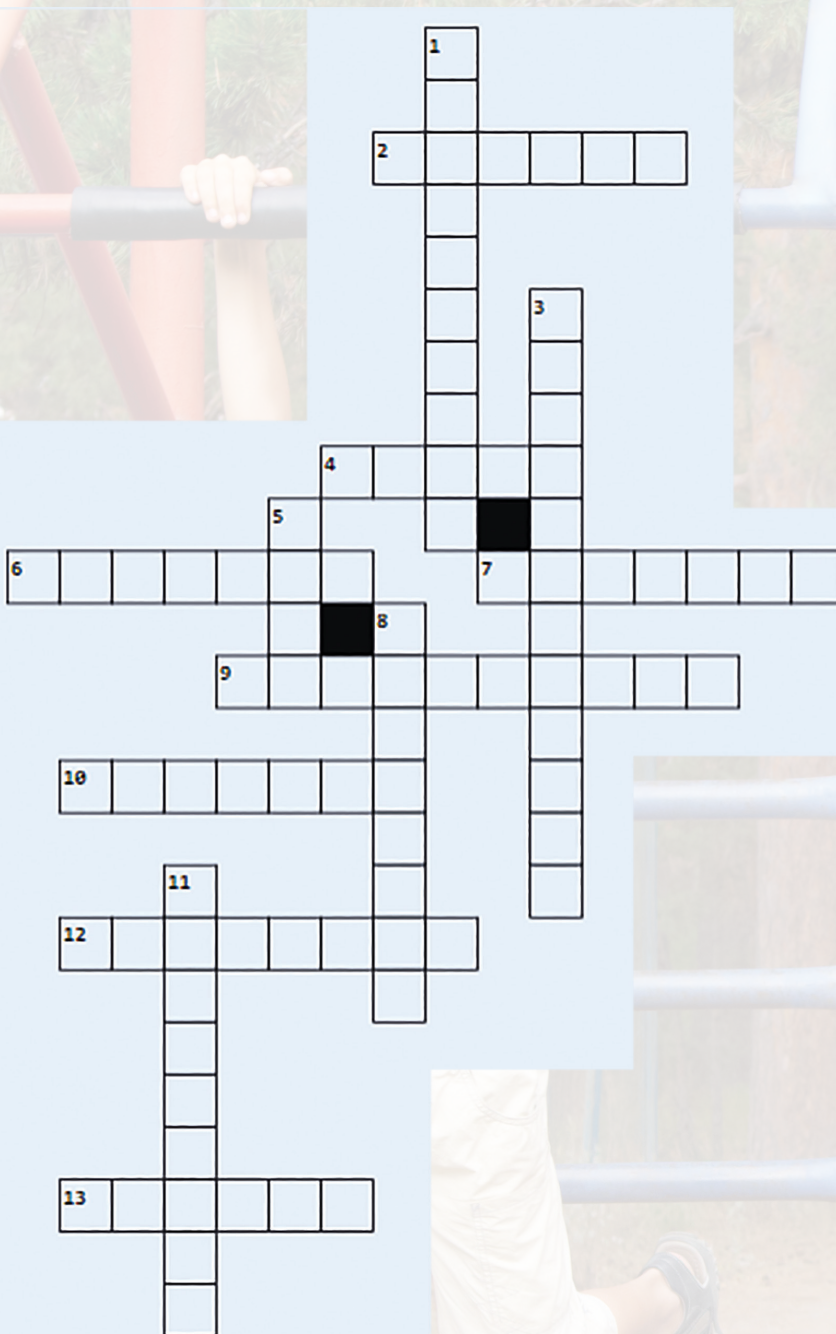
Learn some helpful pedestrian safety advice by solving the crossword puzzle.

ACROSS

- 2** Teach children about the _____ rules of the road.
- 4** Be _____ and aware of your surroundings.
- 6** Never run out in _____ or between parked cars, buses, or buildings.
- 7** Do not _____.
- 9** Wear _____ clothing or accessories at night to make yourself more visible.
- 10** Follow traffic signs and _____. Only cross at designated locations or crosswalks.
- 12** Parents, caregivers, or older children should hold hands with younger children when _____ the street.
- 13** Stop, look both ways, _____ and think before safely crossing the street.

DOWN

- 1** Avoid wearing _____ or anything that can obstruct your vision or hearing.
- 3** Eliminate _____ such as using your mobile devices for texting, listening to music, social media, or gaming.
- 5** Allow extra _____ to cross the street safely with older adults, individuals with mobility issues and younger children.
- 8** At a traffic light, start crossing when the walk light first starts _____. Do not cross when the final countdown is on signaling the light will change as you will not have enough time to cross the street safely.
- 11** Ensure all vehicles come to a complete stop and make eye contact with _____ before crossing the street – never assume that drivers can see you or know your intentions.



Answers:
Across: 2 - safety; 4 - alert; 6 - jaywalk; 7 - traffic; 9 - reflective; 10 - signals; 12 - crossing; 13 - listen.
Down: 1 - headphones; 3 - distractions; 5 - time; 8 - flashing; 11 - motorists.