



Making Tracks



Teaching Resource

Scootering Safety: Scootering Equipment Check



*Suggested Time: 20 minutes

Purpose

- ✓ To educate students on how to do a thorough safety check of their equipment prior to heading out on their scooters
- ✓ To have students do a safety check

Location

- ✓ Open space, which is free of obstacles

Materials

- ✓ New or slightly used scootering safety equipment (helmets, knee pads, and elbow pads)
- ✓ Scooters, helmets, knee pads, and elbow pads for each student (students can bring their own)
- ✓ Scootering Equipment Checklist (for each student)
- ✓ Allen key (to adjust handlebar height) (Optional)
- ✓ Pencil (for each student)

Safety Considerations

- ✓ Ensure activity space is clear of any objects.

Guidelines

- ✓ Students will gather in a large group to discuss the importance of safety when scootering.
- ✓ Ask students for some pointers they think are important to keep them safe when scootering.
- ✓ The teacher/assistant will inform students that they are to divide into small groups. Each group will visit a safety station.
- ✓ The teacher/assistant will use the Scootering Equipment Checklist to check and record if students' equipment passes the safety inspection. This checklist and a pencil should be passed out to each student before they head off to their first safety check station.

- ✓ Students will rotate in their groups from station to station, performing safety checks on their own equipment. Assistants should be placed at each station to help guide students through their learning about safety equipment.
- ✓ If a student does not have a certain piece of equipment up to the safety check standards, a note will be made for the student to get it properly fixed.
- ✓ Safety stations may include:
 - Helmet
 - Knee pads
 - Elbow pads
 - Clothing – what to wear and what not to wear
 - Scooters – ensure that all scooters' handlebar heights are not lower than their hips or higher than their waists
- ✓ Note: The safety stations are an option if there are an adequate number of assistants. If resources are limited and there is only a teacher, go through all of the safety stations as a large group.

Instructional Considerations

- ✓ Be clear on the importance of having safe equipment.
- ✓ Inform students about the proper fitting techniques for each piece of safety equipment.
- ✓ Be sure to check all students' gear once they have checked it over to give it the safety inspection "OK."
- ✓ Ask questions as students check their equipment to check for their understanding of safety.
- ✓ At each safety station, the teacher/assistant will check participants' equipment for signs of wear and damage.
- ✓ Where appropriate, the teacher/assistant will show examples of worn and damaged gear and then compare it to examples of new, quality scooters and safety equipment.



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Scooting Safety: Scooting Equipment Check continued

- ✓ As a group, go through a head-to-toe safety equipment check-and-try.

Things to Observe

- ✓ Students are actively participating in each station.
- ✓ Students show concern for the safety of their equipment.
- ✓ Students ask questions if they do not understand, or to further their knowledge.
- ✓ Students properly wear the safety equipment.

Debrief

- ✓ Reinforce the importance of safe scooting practices, including wearing a helmet.
- ✓ At the end of the activity debrief with students. Ask them to respond to this question:
 - How can you stay safe when riding your scooter?
- ✓ Each group can present their findings from one of the stations (designate a certain station to each group for them to present).



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Scootering Safety: Scootering Equipment Checklist

Remember that safety is your biggest concern when doing any activity, whether it is walking, scootering or cycling. Make sure you use common sense when preparing to go on a trip.

This safety checklist will provide you with some of the key things to check before going out to scooter.

KNEE/ELBOW PADS

- Knee pads are not torn
- Elbow pads are not torn
- No cracks in either knee pads or elbow pads
- Knee pads fit properly and comfortably over the knee (i.e. not too small/tight)
- Elbow pads fit properly and comfortably over elbow (i.e. not too small/tight)

CLOTHING

- Bright and colourful
- Form-fitted (not baggy)
- Appropriate for the season
- Appropriate for dark conditions (i.e. reflective strips)
- No loose objects like jewelry, drawstrings, etc.
- Closed-toe shoes

HELMET

- Safety approval sticker (CAN/CSA, Snell, ANSI, ASTM, BS, AS or CPSC)
- No cracks
- Up-to-date helmet (not past expiry date)
- Properly fitting (2-V-1)