

WHAT YOU GET

We provide all the materials for each program, including detailed activities manuals. Activities include pre-session planning, safety points, materials needed, guidelines, instructional points, equipment list, etc. During the sessions, Adult Leaders and Youth Mentors direct participants through Experiential Learning: a step-by-step training process using exercises that help the participants slowly build and enhance their skills, and learn by doing, not by observing.

Leaders and Youth Mentors also teach participants essential information about how to wear and use safety equipment, how to read traffic signs, and ultimately how to correctly and safely travel through their communities with their new skills. By experientially learning the skills and safety tips, participants are more likely to build on and continue to use their newly learned skills after the program is completed.

We also supply guidelines for a thorough assessment of the activities, as well as the participants' progress throughout the program. Evaluation materials include a skills passport for participants to log their progress with each new step that is completed.

The program offers skill training for older youth involved in leadership training as well as activities to deliver directly during Physical Education classes. In the school setting, the program works well if high school or junior high-aged youth were trained to offer the programming to elementary school- and junior high-aged youth, or if older youth/staff in one school offered it to other youth within that school. In the community centre setting, older youth and/or centre staff can be trained to deliver the program.



We offer detailed manuals for each program, passports that students can fill out, hoodies and even a pedometer kit!



Active & Safe Routes to School of the Ecology Action Centre seeks elementary, junior high, high schools, and community recreation organizations to participate in an exciting safety skills training project.

The “Making Tracks” program provides experiential skill training in the areas of pedestrian, cycling, skateboarding, and in-line skating safety. Participants develop contextual and hands-on skills that allow them to walk and wheel in their communities with increased confidence and safety.

TRAIN-THE-TRAINER APPROACH

Making Tracks is a “train-the-trainer” initiative. Expert trainers train older youth and/or school staff or community partners on what they need to know to offer the programming to their peers and other youth through multiple sessions (for example, five sessions over a period of two weeks).

The Making Tracks programs are designed to be taught according to the maturity level of the audiences in the program. For example, Youth Mentors teaching the walking program will have a teaching approach that reaches a younger audience (Grades P-3) whereas the cycling program will be aimed at students in Grades 4-7 and older. The inline skating and skateboarding programs are designed to be taught to participants of many ages.

CURRICULUM LINKS

The Making Tracks program can very easily be adapted to complement your physical education program. In our manuals, we outline many curricular outcomes the program meets. The Making Tracks program can provide an alternative learning environment for students in your physical education classes, while educating and promoting physical activity and safety among the various modes of active transportation.

WHAT WE ASK OF YOU

Making Tracks materials are provided for free and training is provided at a minimal cost. This is a great deal considering the effort and expense put into creating the materials and organizing training sessions! What we require of participating organizations and schools is a commitment to follow through with our evaluation process. This involves a series of surveys and other evaluation tools that are easy to use. It is an essential and necessary part of Making Tracks.

FOR MORE INFORMATION

Check us out online at

saferoutesns.ca (click Making Tracks)

To participate, or for more information,

please contact us at

walk@ecologyaction.ca, or call

(902) 442-5055

Making Tracks Partners



Thanks to St. Francis Xavier University and Skate Pass@ for their support of the Making Tracks program.