Sometimes just telling people about the risks of distracted or drunk driving isn’t enough; we need to show them. What better way to do this than through a fun, hands-on obstacle course? Following are some ideas and resources that can help make your obstacle course set-up simple and successful.

**RESOURCES**

Things you will need:

**For the obstacle course set up**
- 3 rolls of colored painters tape (usually blue and can be found at any hardware store)
- Teens in the Driver Seat® pedal car (You can also use a roller chair or golf cart if you are not in Texas)
- 3 to 6 orange safety cones (one for each “obstacle” you choose to place on the course)
- Cardstock paper
- 3 to 6 broomsticks or tall wooden dowels (for your obstacle pictures)

**For the obstacle course game**
- Helmets and safety pads (safety first!)
- Drunk driving goggles or cell phones
- Stop watch
- Score cards (available as a download)
- Pen
- Teens in the Driver Seat® educational items

**GETTING THE TEENS IN THE DRIVER SEAT® PEDAL CAR**

If you are in Texas, contact your regional representative to see how you can borrow the pedal car for your event. The pedal car size is 6’ (long) x 3’ (wide) x 3’ (tall). It can be transported in a full-size SUV or a full size pick-up bed.
OBSTACLE COURSE SET UP

1. Plan out an outline of what you want your obstacle course to look like. We’ve provided an example of one below.
2. Using the colored painters tape, outline your obstacle course. Make sure to use a bright colored tape, so the obstacle course stands out. Using a lane width of about 8 feet works well.
3. You can also use the painters tape to draw out the starting line and pedestrian crossings.
4. Print out the “SCHOOL ZONE”, “ROAD WORK AHEAD” AND “PEDESTRIAN CROSSING” signs. You can find these signs in the obstacle course signs document. You can print these on an 8.5 X 11 inch card stock paper or you can go to your local printing store to get some larger prints. (The bigger the better!)
5. Once you have the signs printed out, tape it to a broomstick and stick the broomstick into a traffic cone to hold it up. Once done, you can place these signs throughout the obstacle course. (An alternative is to tape the signs to the back of plastic chairs)
6. Print out the “WATCH OUT!” signs and repeat step 5.
7. Get ready for a fun time!
RUNNING YOUR OBSTACLE COURSE

The purpose of this activity is to demonstrate how much more effective (and safely) a person can drive if they are not distracted or under the influence of alcohol or drugs.

1. Don’t forget your helmet and safety pads! Safety first.
2. Have a driver navigate the course on the TDS pedal car with no distractions or drunk driving goggles on and record their time.
3. Have that same driver navigate the course while trying to send and/or read (or both) text messages throughout the course and then record that time. You can also do this second step with drunk driving goggles. Either way, their time will likely be longer and will demonstrate how these factors have a negative impact on your driving.
4. To help illustrate the dangers, you can add a time penalty for each time a driver goes outside the course lines or hits a “WATCH OUT” obstacle.
   - Add 2 second penalty for every time the driver goes over a line
   - Add 5 second penalty any time they hit a “WATCH OUT” obstacle
5. At the end of the race, give the driver a Teens in the Driver Seat® educational item and a score card with his/her driving information from the course. You can download our score card template and obstacle course signs document.

GET THE WORD OUT

- Create posters and flyers about the event and post it around your school/community
- Make an announcement at your school
- Take some pictures and write up a short article for your school newspaper and for an activity/report for the Teens in the Driver Seat® Cup points
- Contact your local television and radio station about promoting the event in your area
WATCH OUT!

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WATCH OUT!

WATCH OUT!
ROAD WORK AHEAD
Violators of underage drinking laws often face a trip to jail, the loss of their driver's license, and dozens of other unanticipated expenses including attorney fees, court costs, and other fines.

A DUI conviction follows a teen, so there is the added embarrassment, humiliation, and potential loss and consequence related to academic eligibility, college acceptance, scholarship awards, and more.

Number of times driven off the course:

Number of people and animals hit:

Time with goggles:

Time without goggles:

Number of times driven off the course:

Number of people and animals hit:

Time with goggles:

Time without goggles:
TEXTING & DRIVING

Time without distractions:

Time while texting:

Number of people and animals hit:

Number of times driven off the course:

Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves.

Insurance Institute of Highway Safety

TEXTING & DRIVING

Time without distractions:

Time while texting:

Number of people and animals hit:

Number of times driven off the course:

Texting and driving causes reaction time to double and those drivers have a harder time staying in their lane and maintaining a consistent speed.

Texas A&M Transportation Institute

TEXTING & DRIVING

Time without distractions:

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Texas A&M Transportation Institute

DRV NOW TXT L8R KEEP OUR DRIVE ALIVE

TEXTING & DRIVING

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