

Obstacle Course

MEDIUM



Planning Hours: 2

Event Hours: 2

Best Time to Conduct: Any time of day

BRIEF DESCRIPTION OF EVENT – Set up obstacle course for riders to drive the pedal kart or trike while distracted or impaired

Items Needed

Distractions could be:

- A rider's phone. Ask them to type in a paragraph into their messenger app. i.e. Pledge of Allegiance; a nursery rhyme, such as *Mary had a Little Lamb*; or other commonly known text.
- A handheld game that can be performed with one hand.
- Someone on the side of the obstacle course holding up a series of signs that the rider must look at, remember, and recite at the end of the course.

Impairments could be:

- Drunk goggles (Fatal Vision Goggles).
- Arm or leg weights on one side of the body (drugs can often impair coordination).
- Safety glasses with smeared Vaseline on inside of lenses.
- Hazards, such as Traffic Signs, pictures, cones, caution tape
- Tape or chalk to mark the obstacle course
- Large Scoreboard
- TDS Volunteers in their TDS t-shirt
- Adult supervision

Steps

1. Speak with your TDS sponsor and principal of school to select a date, place and time to conduct event.
2. Promote the event around school through flyers or over announcements.
3. Before the day of the event, the student leader(s) should confirm the event with principal and make sure to have all the required TDS items.
4. The day of the event, TDS volunteers should be wearing TDS t-shirts.
5. Create an obstacle course:
 - Place hazards in the obstacle course that the rider must avoid. If you make these movable, you can also move them around to make it more challenging.
 - If using a Trike, read the CAUTION section below.

6. Ask the rider to go through the course with the distraction/impairment first. Count the hazards they hit. Then, ask the rider to go through the course again without distractions/impairments, challenging them to beat their score.
7. If they get through the course distraction/impairment-free without hitting any hazards, write their name on a large scoreboard.
8. Place information in the area where students are waiting for their turn. Or, conduct smaller safety activities to keep students occupied while in line.
9. Take pictures to send to us, post on social media and your school website!
10. Complete an activity form on t-driver.com under the "Be Involved" tab to earn TDS Cup points. *If in Texas, submit affidavit or sign in sheets as well.*

Don't Forget

Remind students the risks of distracted / impaired driving. Connect the activity to a lesson. Ensure the rider understands that the risky task they are experiencing is on a closed track so they can learn how distractions/impairment cause the rider to perform a task worse than if there were no distraction/impairment. These poor performances can also happen while driving if they choose to drive distracted or impaired, but with much worse results.

Follow-up questions:

- Watching other riders, would you be able to tell if they were distracted/impaired just by the way they were operating the trike?
- What are some ways to AVOID distracted/impaired driving?
- What would you do if the person you were riding with started driving distracted or began drinking/taking drugs?

Make it GREAT

- Reach out to your local media to inform them of the impact you're making.
- Contact the local police department and ask them to give a presentation about the consequences of driving under the influence.
- For fun: you can issue traffic tickets to those who could not maneuver around the obstacle without hitting a cone or going out of the boundary.

Trike Caution

Please be aware that rounding corners fast may cause the trike to overturn. For a safe event

- Ask rider to remain upright on the trike – do not lean forward, to one side, or back.
- Do not allow riders to build up speed before a turn and Keep obstacle course in small areas to avoid riders being able to build up speed.
- Do not time the riders. Score the rider by ability to stay between lines or avoiding hazards.
- Schools may also choose to purchase a helmet for riders as an extra safety precaution.
- An adult should always supervise the use of the trike.

Texas A&M Transportation Institute nor the Youth Transportation Safety program is responsible for accidents, injuries, deaths, or damages to property as a result of actions by use of the trike or pedal kart. Please make every effort to remain away from hazards and always take proper safety precautions.