

# CAA FAMILY SAFETY BOOKLET



## CAA SCHOOL ZONE SAFETY ASSESSMENT

School zones are becoming more dangerous. Parents with young children have reported an increase in unsafe practices in school zones.

To help schools and communities observe and understand risky school zone behaviours, CAA designed the CAA School Zone Safety mobile app to conduct assessments. Using handheld devices, and with the help of volunteers, we track the specific risky behaviours schools and communities are concerned about. This information can then be utilized to move forward in creating safer school zones for everyone.

The results of the CAA School Zone Safety Assessments are shocking. The top three hazardous driving behaviours that motorists perform in a school zone are failing to stop, distracted driving and speeding. For pedestrians, the top two noted risky behaviours are jaywalking and failing to look both ways before crossing the street. See the full results of the CAA School Zone Safety Assessments at [caask.ca/schoolzonesafety](http://caask.ca/schoolzonesafety). Interested in conducting an assessment in your community? Call 306.310.6222 ext. 0983.

## CAA SCHOOL ZONE SAFETY TIPS

### Students:

- Never run out in traffic or between parked cars, buses or buildings. Always cross at intersections or at corners.
- Please don't use your cell phone for texting, phoning, or playing games, while walking or playing outside.
- Keep your head up, look around, and be aware of your surroundings.
- Always STOP, LOOK both ways, LISTEN and THINK before safely crossing the street.

### Parents and Guardians:

- Obey the "no stopping" zones in front of or near schools.
- Use the designated drop off and pick up areas only. If you're not sure, check with the school administrator.
- Avoid idling your vehicles as students can easily become obscured by exhaust and tall snowbanks.
- Children should always be supervised by an adult, older student, or sibling when playing outside.





## CAA FAMILY SAFETY TIPS

Saskatchewan winters are a great time for families to get outdoors and enjoy activities such as skating, tobogganing, building snowmen, and playing with family and friends. But the frigid cold, snow and ice can also be dangerous. Take a look at these family winter safety tips to ensure a fun and safe winter together.

### Winter Jackets and Children's Car Seats

While bundling up your children for the cold weather is necessary in Saskatchewan, bulky jackets can stop a car seat from performing properly. To see if your child's winter jacket is too bulky for their car seat do this quick test:

1. Put your child in their car seat with their jacket on and tighten the harness.
2. Take your child out of the seat, but don't adjust the harness straps.
3. Put your child back in their car seat without their jacket on (this may need to be done inside).
4. If the harness slack can be pinched between your thumb and forefinger, the jacket is too bulky and unsafe to wear under the harness.

Blankets can be put on children over top of their car seats or dressing children in multiple layers will help them stay warm.

Source: Transport Canada [www.tc.gc.ca](http://www.tc.gc.ca)



### Vehicle Safety

Whether it's a winter road trip or simply driving to school or for errands, keeping your vehicle winter ready is an important component to a safe winter.

#### Defrost your windows before you drive:

Take the time to remove ice and snow from your vehicle including headlights, taillights, windows and side mirrors. Always pack a snow brush and window ice scraper.

#### Battery, brakes and vehicle fluids:

The battery is your vehicle's life line and extreme weather weakens the battery so check it often and have it charged if necessary. Have your brakes inspected thoroughly and service them if necessary. This will help to ensure better braking power especially on icy, snow covered roads. Check your fluids - these include antifreeze, brake fluid, and window washer fluid which are all vital to safe winter driving.

**Roadside safety kit:** Always pack extra clothing, footwear, flashlight, first aid kit, mobile phone with charger, non-perishable food, water, shovel, window ice scraper, and booster cables.

**Plug in your vehicle:** It's important to plug in your vehicle when the temperature falls below -15°C.

#### Check weather and road conditions before you travel:

Allow extra time to reach your destination safely, and always plan your route ahead of time. Be prepared to reduce your speed and drive according to the current weather and road conditions. Drive with caution. Remember to slow to 60 km/h and move over for working tow truck operators and emergency personnel on Saskatchewan highways.

[caask.ca/safety](http://caask.ca/safety)





## Outdoor Safety

Properly preparing for cold weather outdoor activities is important to make sure everyone can enjoy some fresh air and physical activity.

**Frostbite:** Know the signs of frostbite, how to treat it and prevent it. Symptoms of early stages of frostbite include feelings of tingling, stinging, numbness, and/or burning. Changes to the colour of the skin may also occur. The first thing to do when treating frostbite is to get to a warm place, remove any wet clothing and rewarm the affected area. Don't rub the skin, because it can damage the skin if it is frozen. Prevent frostbite by dressing in layers and covering as much exposed skin as possible without obstructing your vision or hearing.

### TOQUE

Most body heat escapes from the head. Wear a warm toque that covers the ears but doesn't obstruct your vision or hearing.

### JACKET

Your outer layer of winter gear should be waterproof and windproof. You may also want to wear insulated pants for added warmth.

### SOCKS

Thick, warm, high socks will help keep the snow out. Pack an extra pair in case they get wet.



### LAYERS

Children lose body heat faster than adults, so dress them in warm layers. If they get too warm, simply remove one of the layers.

### MITTENS

Mittens insulate heat better than gloves. Choose insulated, waterproof ones. Pack an extra pair in case they get wet.

### BOOTS

Wear warm, insulated waterproof boots. If you go up a size to fit thick socks it will improve the insulating effects.

**Time spent outside:** A safe timeframe to spend outside will vary from day to day, and from child to child. Playing outside is fun, but as soon as children become cold and uncomfortable it's time to go inside. Sometimes they may just need a dry pair of mittens.

**Tobogganing:** Children should always be supervised when tobogganing. Don't toboggan on hills that end anywhere near a roadway, and avoid hills with lots of trees, fences and any other obstacles. It is also recommended that children wear a ski or hockey helmet – bicycle helmets are only tested up to -10°C.

**Skating and hockey:** Make sure children wear a ski or hockey helmet and properly fitted skates. Ice rinks are safer to skate on than lakes and ponds. If you will be skating on a lake or pond, make sure the ice is least 15 cm thick for walking on or skating alone, or at least 20 cm for skating parties or games. Children should be supervised when skating or playing hockey.

**Snow forts:** While building and playing in snow forts is a fun outdoor winter activity, it can be dangerous. Snow can collapse on children, causing suffocation. Children should never build or play in snow forts without adult supervision.

For more winter safety tips, visit *Caring for Kids*, developed by the Canadian Pediatric Society [www.caringforkids.cps.ca/handouts/winter\\_safety](http://www.caringforkids.cps.ca/handouts/winter_safety)

## Outdoor Safety Word Scramble

Unscramble the words below:

OOGNAGGNTBI

CHKOYE

TUOODRO

ITBTOFRSE

TEASBCSOL

WAAORYD

IDNREHCL

NITTSME

QTOSEU

SKTGNAI

EEMLHT

CJKATE

ANSWERS: TOBOGGANING, HOCKEY,  
OUTDOOR, FROSTBITE, OBSTACLES,  
ROADWAY, CHILDREN, MITTENS, TOQUES,  
SKATING, HELMET, JACKET

# CAA SASKATCHEWAN SCHOOL SAFETY PATROL® PROGRAM

CAA School Safety Patrollers have told CAA that they gain confidence, learn responsibility and leadership through the program and they 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 between CAA Saskatchewan and local police, RCMP, 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, reflective stop paddles and vests, and other supplies free of charge to all registered CAA Saskatchewan School Safety Patrols. Caps and toques are available at cost. Patrollers are trained annually through a formal program provided by CAA Saskatchewan with assistance from local school safety patrol coordinators and law enforcement before participating in the program. For more information or to start a patrol at your school, visit [caask.ca/patrollers](http://caask.ca/patrollers) or call 306.310.6222 ext. 0983.



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**SCHOOL  
SAFETY PATROL®**

## CAA Saskatchewan School Safety Patrol® Jamboree

In 1990, CAA Saskatchewan initiated the first CAA School Safety Patrol Jamboree to honour, recognize and thank patrollers for their volunteer commitment. The Jamboree is held annually in May during CAA School Safety Patrol Month as proclaimed by the Minister of Education and Government of Saskatchewan. For more information visit [caask.ca/patrollers](http://caask.ca/patrollers).

## Visit the CAA SK School Safety Patrol Facebook Page

[Facebook.com/CAASKSchoolSafetyPatrol/](https://Facebook.com/CAASKSchoolSafetyPatrol/)



## CAA School Zone Safety Word Search

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

CAREFUL  
CROSSWALK  
FAMILY  
ICE  
KIDS  
LISTEN  
LOOK  
SNOW  
STOP  
SUPERVISED  
TRAFFIC  
WINTER