

Activity: Buckle Up Battle

OVERVIEW & PURPOSE

Engage with teens through a timed relay related to seatbelts. Groups of 4 stand by each car door and when the signal is given, they jump into the car, buckle their seat belt, and raise their hands signaling completion of the BUCKLE relay. When the next signal is given, they unbuckle, open and close the car door before raising their hands signaling completion of the UNBUCKLE relay. Each relay score is recorded. At the end of the event, optional gifts can be given for the fastest scores or just recognition in some way.

Preparation

- Ideally an officer and one staff member will run the station and keep track of times; but two staff members can run the station.
- Park and secure a 4-door car in an amphitheater where all students have access/view.

Materials Needed – Baseline Pathway

- (1) Vehicle, secured on school site
- (1) stopwatch
- (1) Poster Board or paper to jot down the best times.
- Optional prizes can be given to the 1st place winners at the end of the event.

Explain the Task

1. Groups of 4 participants at a time will be timed getting into a car and buckling up.
2. Each person stands outside one of the four doors with their hands raised. A Timekeeper using a stopwatch stands watching, ready to start the timer when the Officer yells.
3. Once the officer confirms all are in place—by the students putting two hands up—then s/he yells “BUCKLE”. Participants must open the door, sit down, buckle their seatbelt and raise both hands in the air then freeze. The time stops when the last person raises their hands. The officer yells, “DONE”, when all hands are raised. The Timekeeper marks down the total BUCKLE TIME on a poster board for all to see.
4. Once the officer confirms all participants have both hands raised, s/he yells “UNBUCKLE”. Participants unbuckle their seatbelt, get out of the car, close the door and raise both hands. The time stops when the last person raises their hands. The officer yells, “DONE”, when all hands are raised. The Timekeeper marks down total UNBUCKLE TIME on a poster board for all to see.

5. Team names and times are recorded throughout the day, and the winning team for BUCKLE and the winning team for UNBUCKLE receives a prize at the end of the day.

Nutshell Lessons:

- Half of all teens who died last year from a car crash would be alive today had they worn their seat belts.
- Your seat belt is your number one line of defense in a car crash! Please ensure everyone in your vehicle has their seat belts on, as those who choose not to wear them can become projectiles in a crash.
- Wearing your seat belt incorrectly (shoulder strap behind back or lap belt not on hips) can cause serious injuries.

