



Pre RYDA Workshop Discoveries

You and your peers are about to attend the RYDA road safety workshop. During the workshop you'll be discussing a number of topics and coming up with strategies that will help keep you and your friends safe. Come to the workshop prepared to discuss your experience.

OPTION

1

MIND-STATE

Practice a grounding exercise designed to relieve anxiety and help you stay in the moment: Close your eyes and slowly take 3 deep breaths. Open your eyes and identify and name the following: 5 things you see; 4 things you feel; 3 things you hear; 2 things you smell; 1 thing you taste. After you've completed the exercise, take a moment and then record your findings (ie, impact on focus, mood, etc).

OPTION

2

DISTRACTIONS

Have a look in your family car and see how many potential distractions you can identify. Find and comment on one distraction that you think can be removed, and one distraction that can't be removed but can be managed.

OPTION

3

SAFER ROADS

Research a local road or one that you regularly drive on (say, for family holidays) that has undergone an upgrade. Jot down the improvements that were made, research why they were made and bring the information along to the RYDA workshop.

OPTION

4

SAFER VEHICLES

Research the kind of car you might buy as your first car. Start by setting your budget and looking at your options (eg, new or second hand/ 'must have' features). Once you have decided on your car run a search and write down the safety features it comes with. Bring your list along to the RYDA day and compare with the safety features discussed.

OPTION

5

SAFER SPEEDS

Do an online search to find a comprehensive definition of speeding as it relates to driving and determine the percentage of road crashes, in this country, where speeding is found to be a direct factor in fatality crashes.

OPTION

6

VULNERABLE ROAD USERS

Create and conduct an online survey of vulnerable road users (pedestrians, cyclists, motorbike bike riders, roadworkers, etc). Analyse the behaviour (positive and negative) of these road users and, from their perspective, the behaviour (positive and negative) of vehicle drivers as they interact with them. Identify the three most reported negative/ dangerous behaviours for each of the two road user groups and bring your findings to the RYDA workshop.