

Making Tracks

Great program for
after school or any time!

Looking for a fun, hands-on program to build
knowledge, fundamental movement skills and confidence?

Developed in Nova Scotia, Making Tracks has trained over 650 adult leaders and youth mentors to teach active transportation skills and safety to more than 10,000 children and youth since 2008. Making Tracks is **approved by the Nova Scotia Department of Education** and connects with **multiple physical education and leadership cross-curricular outcomes**. Its flexible modular design can easily fit your needs to get children and youth active!

Making Tracks is fun and easy to do

- **Choose from five programs:** Walking Safety, Skateboarding, Cycling, Scootering and Inline Skating
- **Choose from two delivery models:**
 - We train your staff and you deliver the program
 - Hire an Expert Trainer to directly deliver the program.
- **Follow a schedule that works for you:** These programs are flexible but are ideally run in multiple sessions one or more days a week for multiple weeks (after school for example).
- **Get the support that you need to make it all happen:** All resources such as our User Guide, individual Program Guides, and Passports to track each learner's progress are free. Some equipment is also available for loan (cycling tool kits, skateboard kits, scooters, safety gear, etc.) to support your program. Also, our on-going support is FREE!
- **Cost is minimal:**
 - Adult and older youth (high school) leader training is \$100 for a group.
 - Direct delivery training for children is available at \$30/hr (three hour minimum) but this cost may be covered through school board grants.
 - Travel costs are not charged for leader training sessions but are sometimes charged for direct delivery sessions at \$0.33/km.



Cycling

(participants: ages 7-13, training as youth mentors: ages 13-19+)

Through **Making Tracks Cycling** children and youth gain confidence learning how to cycle safely in a fun, interactive environment! Making Tracks Cycling teaches children and youth about safety, preparedness, rules of the road and etiquette, technical riding skills, equipment maintenance and community route planning.



Skateboarding

(participants: ages 7-13, training as youth mentors: ages 13-19+)

In **Making Tracks SkatePass Skateboarding**, children and youth learn about safety and equipment, skateboard control, riding, grabbing, carving on skateboard, how to pick a safe route and lots of other fun skills. It is great for youth who have never skateboarded, and those that do have some experience can still learn tips and tricks.

In-line Skating

(participants: ages 7-13, training as youth mentors: ages 13-19+)

In the **Making Tracks In-line Skating** program, children and youth learn about proper use of equipment and skating skills such as stopping, turning and speed control. They will also learn how to find safe places to skate.

Walking Safety

(participants: ages 4-7, training as youth mentors: ages 11-19+)

In the **Making Tracks Walking** program, children learn how to safely walk to school and other places in their neighbourhood. Through engaging activities, they'll learn about the rules they must follow, how to dress appropriately for weather and terrain, and how to deal with some of the dangers they may encounter.



Scoterling

(participants: ages 7-13, training as youth mentors: ages 13-19+)

In the **Making Tracks Scooterling** program, children learn all of the necessary scooterling skills including pushing, turning and stopping. Participants also learn about proper safety gear, road safety and etiquette and how to find safe routes to travel. Students will gain a lot of confidence taking part in this easy-to-learn activity.