

MAUHS Safety Fair: Do the Right Thing, May 5, 2017

Primary Contacts: Sharon Koller, (802) 373-7594; James Lockridge, (802) 373-2890

8:20 Advisory for Attendance then go out immediately to 3rd parking lot via Fire Drill Route

8:30-9:15 Mock Crash/Ride to Remember w/ Bristol Fire, Rescue, Police and Attorney

General TJ Donovan

9:15-9:20 Students move inside to get food and go to advisory

9:30-9:50 Advisory (discussion, give students their workshop list for the day)

9:55-10:40 Workshops A

A1 - Big Rigs, New Car Technology, and Aftermath Trailer in 3rd parking lot

A2 - Alive at 25 in room 2008 Fitz-Gerald

A3 - VT State Police Crash Reconstruction in room 2007 Foster

A4 - Distracted Driving Simulator in small café.

A5 - SMARTrainer in room 1113 Masse

A6 - Live Without Your Phone/TextLess Live More in Aud.

A7 - Forensic Science in room 2119 Jones

A8 - Take the Pledge! In room 2116 Ferland

A9 - Healthy Relationships 101 in room 1141 Lowland.

A10 - From Forest to Firebox- Outside by log cabin near Pathways/west of school

A11 - Turn Off Texting 2nd parking lot

A12 - Fire Safety in room 1142 Skerritt.

A13 - Tire Safety and Emergency Kits in Band room

A14 - Drugs 101 in room 1115 Beckwith

A15 - Turkey Talk Meet in lobby-then picnic tables out front.

A16 - Do The Right Thing in room 2099 Kiley.

A17 - Tractor Safety in room 1137 Personalized learning.

A18 (runs A+B+C) - CPR Certification in library

A19 - AP History - Learmonth

10:45-11:30 Workshops B

B1 -Big Rigs, New Car Technology, and Aftermath Trailer in 3rd Parking lot

B2 - Alive at 25 in room 2008 Fitz-Gerald.

B3 - VT State Police Crash Reconstruction in room 2007 Foster.

B4 - Distracted Driving Simulator in small café.

B5 - Intersections in room 1113 Masse.

B6 - From Forest to Firebox Outdoor by log cabin west of school

B7 - Turn Off Texting 2nd parking lot.

B8 - Fire Safety in room 1142 Skerritt

B9 - Tire Safety and Emergency Kits in Band room.

B10 - Drugs 101 in room 1115 Beckwith.

B11 - Live Without Your Phone/TextLess Live More in Auditorium.

B 12- Turkey Talk Meet in lobby-go to picnic tables out front.

B13 - Do The Right Thing in room 2009 Kiley

B 14- Informed Choices in room 1108 Library innovation space.

- B15 - Basic Bike Mechanic in woodshop downstairs
- B 16- Forensic Science in room 2119 Jones.
- B 17- ByStander Intervention in room 1108 Library Innovation space.
- B 18- Tractor Safety in room 1137 Personalized learning.
- B 19- Take the Pledge! In room 2116 Ferland.

11:35-12:20 Workshops C

- C 1- Big Rigs, New Car Technology, and Aftermath Trailer in 3rd Parking lot.
- C 2- Alive at 25 in room 2008 Fitz-Gerald.
- C3 - Vermont State Police Crash Reconstruction in room 2007 Foster.
- C4 - Distracted Driving Simulator in small cafe
- C5 - Street Smarts in room 1113 Masse
- C6 - Live Without Your Phone/TextLess Live More in Auditorium
- C 7- End Distracted Driving in room 2100 Bronson
- C8 - Forensic Science in room 2119 Jones
- C9 - Consent – It’s the law – Keeping it Real in room 1141 Lowland
- C 10- Self Defense Far end of gym
- C 11- Turn Off Texting. 2nd parking lot
- C 12- Fire Safety in room 1142 Skerritt
- C 13- Tire Safety and Emergency Kits in Band room
- C 14- Drugs 101 in room 1115 Beckwith
- C15 - Turkey Talk Meet in lobby then to picnic tables out front
- C 16- Basic Bike Mechanic in Woodshop downstairs
- C17 - Tractor Safety in 1137 Personalized learning

12:30-1:25 Lunch in Cafeteria and Info Tables in Gym

1:30-2:15 Workshops D

- D 1- Big Rigs, New Car Technology, and Aftermath Trailer in 3rd Parking lot
- D 2- Alive at 25 in room 2008 Fitz-Gerald
- D3 - Vermont State Police Crash Reconstruction in room 2007 Foster
- D 4- Distracted Driving Simulator in small cafe
- D5 - Street Smarts in room 1113 Masse
- D 6- End Distracted Driving in room 2100 Bronson
- D 7- Outdoor Survival in room 2006 MacDonald
- D8 - Forensic Science in room 2119 Jones
- D 9- Take the Pledge! In room 2116 Ferland
- D10 - Self Defense Far end of gym
- D 11- Turn Off Texting 2nd parking lot
- D 12- Fire Safety in room 1142 Skerritt
- D13 - Tire Safety and Emergency Kits in Band room
- D 14- Drugs 101 in room 1115 Beckwith FULL
- D15 - Do The Right Thing in room 2099 Kiley
- D16 - Informed Choices in room 2097 Learmonth

2:20-2:45 Assembly in Auditorium for prizes. Must be present to win!!

Mount Abraham Union High School Safety Fair - May 5, 2017

Primary Contacts: Sharon Koller, (802) 373-7594; James Lockridge, (802) 373-2890

8:30-9:15 - Mock Crash and Assembly with Bristol Fire, Rescue, Police

9:20-9:50 - Advisory discussions for students

9:55-10:40 - Workshops A

10:45-11:30- Workshops B

11:35-12:20 -Workshops C

12:30-1:25 - Lunch and Information Tables

1:30-2:15 - Workshops D

2:20-2:45 - Final Assembly

Big Rigs, New Car Technology, and Aftermath Trailer: This workshop will give you a chance to visit several different hands on experiences: climb into a tractor trailer truck from Barrett's to see what it is like behind the wheel; explore firefighting equipment up close with the Bristol Fire Department; experience the aftermath of a crash in a trailer simulation; and check out the safety technology in the newest cars from Heritage Toyota and Ford. **A, B, C, D**

Alive at 25: Norman James, of the Associated General Contractors of Vermont will present a young driver's awareness course designed by the National Safety Council. This course will help you develop defensive driving skills, decision-making and strategies to keep safe on the road. **A, B, C,D**

Vermont State Police Crash Reconstruction: Interested in law enforcement? Forensic Science? CSI? Come hear about the work of a real life crash reconstruction team with Sergeant Tim Gould. This team helps law enforcement agencies investigate and reconstruct more than 40 serious or fatal crashes every year. They work with electronic optical survey and distance measuring equipment, diagramming applications, and data from air bag computers to learn how a crash happened. Sgt. Gould will share first-hand accounts of this team's important work as well as what can go wrong just before and during crashes and how the drivers could have made different decisions. **A, B, C, D**

Distracted Driving Simulator: Try out Distracted Driving Simulators and experience firsthand the distraction that happens when someone tries to text and drive. A gaming steering wheel, foot pedals, and a large screen monitor help place you in the simulation while you navigate a real-life driving scenario in the safety of the classroom under the guidance of Chrissy Keating, Injury Prevention Coordinator for the UVM Medical Center and Stephanie Busch, Emergency Medical Services for Children Coordinator at the VT Department of Health. **A, B, C, D**

SMARTrainer - Work with Bill Mitchell, seasoned motorcycle rider and coach for the VT Rider Education Program and Ride Safe VT, to increase your road hazard awareness. With simulations under a variety of road and environmental conditions there are plenty of challenges. Realistic traffic situations are presented that require the participants to evaluate and address traffic hazards and traps -- in a controlled, risk-free environment. Both car and motorcycle drivers can benefit from these situational awareness lessons. **A**

Intersections- Learn how you and other drivers can prevent tragedy through increased awareness of motorcycles. Bill Mitchell will combine personal stories, a dramatic look at a crash scene that's all too common, and discussion to help increase car and motorcycle safety. **B**

Street Smarts- In this interactive workshop, you will learn how to improve your perceptive abilities in traffic to help you avoid situations before or as they develop to keep yourself and others out of trouble. Car or motorcycle drivers will learn the "Search" and "Evaluate" components of the "SEE" strategy, as well as an Improving Perception, Analysis of Collision Traps, Road Sign & Collision Trap Practice and activities to help you assess your peripheral vision and field of view. **C, D**

Live Without Your Phone/TextLess LiveMore: Sharon Huntley brings her personal story of loss to focus on the dangers and ultimate cost of distracted driving. Sharon will share her personal story along with important information about the physiological limitations of the brain. Joining her will be students from TextLess LiveMore who will share their positive action steps including taking the text less and live more pledge and getting a bracelet to remind you and others to never 'go digital' behind the wheel. **A, B, C**

End Distracted Driving: This educational, informative, and inspiring talk will present the sobering statistics of our current safety crisis, share true stories of the costs of Distracted Driving, and offer simple steps that drivers can use immediately to help themselves and others end distracted driving. Presenter Emily Joselson is a law partner at Langrock Sperry & Wool and represents individuals harmed by the wrongful conduct of others. **C, D**

Outdoor Survival: Learn backcountry safety skills from Tom Rogers of Vermont Fish and Wildlife and Stowe Mountain Rescue. Tom will share important tips and tricks that you can apply to your hiking, hunting, fishing and skiing adventures. **D**

Forensic Science: Love science? Interested in understanding the effects of drugs and alcohol on the human body? Then this workshop is for you! Amanda Bolduc, Senior Forensic Chemist at the Vermont Forensic Laboratory, will share her toxicologist's perspective on the impairing effects of various drugs and alcohol and the current trends in DUI/DUID testing. **A, B, C, D**

Take the Pledge! Did you know that there were 3,477 distracted driving deaths in 2015? Come to this workshop to hear from AT&T It Can Wait expert Andy Kingman about what you can do to make yourself and your friends safer! **A, B, D**

Healthy Relationships 101 – Keeping it Real: Statistically 3 out of 5 young adults experience dating violence! The presentation with Heather Harrington of WomenSafe will explore healthy and unhealthy characteristics of relationships to broaden your ability to recognize "warning signs" of potential signs of abuse. The group will explore communication styles and how they impact our relationships. Participants will have a chance to look at real life situations through discussion, individual and group work, and role-plays. **A**

Consent – It’s the law – Keeping it Real: Join in an open, non-judgmental discussion around what consent is and what it is not. We will examine the importance of the equal balance of power so that each person is valued and respected, and will explore the importance of clear and honest communication when engaging in any kind of sexual activity. Ask questions and explore your personal values and boundaries around sexual activity. **C**

Self Defense: Learn some basic and effective standing and ground self-defense techniques, as well as the importance of everyday situational awareness that has atrophied in our modern culture. “It is better to be a warrior in the garden, than a gardener in the war.” Instructor Elliot Cluba has taught martial arts for the past 6 years with Tae Kwon-Do as the foundation, while cross training in Kung Fu, Tai Chi, Aikido, Brazilian Jiu Jitsu, and Karate. He has a 3rd degree black belt in Tae Kwon-Do, and holds rank in Brazilian Jiu Jitsu. He has spent most of his life studying the application and culture of various martial arts around the world. **C, D**

From Forest to Firebox: Cutting and splitting your own firewood can be economical, ecologically responsible, health-promoting, and fun. It can also be hazardous—lots of sharp tools and moving parts at work! This hands-on workshop will introduce you to a safe and efficient approach to firewood preparation from tree felling to splitting, including trying out a splitter with Vermont Family Forest’s Sandra Murphy and David Brynn. **A, B**

Turn Off Texting: This workshop will allow you to navigate a golf cart through a course of traffic cones to experience first-hand the dangers of distracted driving. **Learners permit or drivers’ license required. **A, B, C, D**

Fire Safety: Learn the why and how of fire safety from Fire ProTec and Bristol Fire Department expert Lt. Matt Lathrop! This workshop will give you hands on practice extinguishing a real fire and will leave you prepared to do the right thing in an emergency. **A, B, C, D**

CPR Certification: In this extended workshop you can complete your Certification in Child and Adult CPR with American Heart Association instructor Sharon Compagna. This special session runs during Workshop Session A, B and C and upon completion you will receive a certification card for CPR/AED and choking techniques for adults and children over 1 year of age. Cost is \$26 with scholarships available (contact Sharon Koller for scholarship). **A+B+C**

Tire Safety and Emergency Kits: AAA Northern New England will help you be prepared when you drive! Harri Sterling will show you what to carry in your vehicle in case of emergencies, how to use the items of a well-stocked emergency kit, as well as important things to add during the cold winter months. And what about your tires? How do you know when they are inflated properly or what PSI to inflate them to when you are filling them? What’s the big deal about tire treads and how do you know when to get new tires? Is it really dangerous to drive with worn tires? Check out the safety equipment first hand and learn all this and more! **A, B, C, D**

Drugs 101: Ever wonder how drugs and alcohol affect the body and brain? Drug Recognition Experts Deputy Jill Grant and Trooper Brett Flansburg will share the what, how and why of various drugs in the body and you will have a chance to see how impairment affects driving by wearing "impairment goggles" that simulate the visual impairment caused by alcohol and marijuana. Come to this hands on workshop and learn why and how to do the right thing. **A, B, C, D**

Turkey Talk- Interested in safe turkey hunting this spring? Join this hands-on outdoor workshop led by VT Fish and Wildlife experts to learn about basic turkey hunting safety, hunting tactics, and how to get started with VT Fish and Wildlife. **A, B, C**

Do The Right Thing: Students will participate in an interactive learning opportunity that is humorous, real and serious. The Experts (Jim Carter and Tammy Shacket) use car parts and scientific items as props to communicate their message, showing you how to do the right thing whether you are a car driver or passenger. **A, B, D**

Informed Choices During this engaging workshop with Pierre Cotton and Samara Coble, you will examine informed choices and discuss ways to navigate healthy choices in relationships! How do we know if a relationship is verbally, emotionally, and sexually healthy? What about sexting? What are the social, emotional and legal consequences? Come to this workshop to find out! **B, D**

Basic Bike Mechanic: This workshop with Local Motion will give you the skills you need to be able to roam far and wide with confidence. At the end of this hands-on workshop, you will know how to :

- Fix a flat
- Check to make sure your bike is safe to ride
- Adjust brakes
- Be safe while riding a bike
- And more! You will receive a free patch kit and tire lever!

Bringing your own bike is ideal but not mandatory. **B, C**

ByStander Intervention: Everyone will be a bystander at some point..... Do you know what you will do? Barbara McCall, Director of Health and Wellness Education at Middlebury College, will share simple steps you can take to make the choice to reduce the chances of someone getting hurt in situations where someone is using their power, control or intimidation over another to cause harm. Even a small action can make a difference! **B, C**

Tractor Safety: Like many Vermonters, you might operate a tractor, ATV, skid steer or other equipment at home. In this workshop, we'll take a look at how these machines work, and the physics of risk. How much do you know about working on hills, using a trailer, and the dangers of the PTO? Become a more competent operator in this session with Liz Kenton of University of Vermont Extension. **A, B, C**