



**An Informative Newsletter for British Columbia Published Monthly by the Block Watch Society of BC.**

[www.blockwatch.com](http://www.blockwatch.com)

### **BACK TO SCHOOL SPEED LIMITS**

Starting September 7<sup>th</sup>, school zone limits go back into effect, **30km/h from 8:00a.m. to 5 p.m., Monday to Friday.**

### **ICBC'S TOP 5 TIPS FOR TEENS BEHIND THE WHEELS**

**No. 1 — Set the right example:** Driving lessons start much earlier than you may realize – your children will observe your actions and attitude from a very young age.

**No. 2 — Get in the experts:** It's certainly a good idea to give your teen as much driving experience as possible, so consider also giving them the opportunity to take some lessons with a professional driving instructor. Many driving school courses include classroom time and road safety theory.

**No. 3 — Remember the restrictions:** B.C.'s Graduated Licensing Program (GLP) has helped lower the crash rate of new drivers by ensuring they gain the driving experience they need in a more controlled, lower-risk environment, and then expanding their privileges as they become safer on the road.

**No. 4 — Put it in writing:** You may want to consider creating a family contract and set of [house rules](#) that are in line with the GLP restrictions. Go to [icbc.com](http://icbc.com) and create your own [family contract](#) that sets out your expectations of your teen, the responsibilities you want them to show on the road, and the consequences for breaking those rules.

**No. 5 — Gearing up:** The type of car your teen learns to drive on can make a big difference. It's best to learn how to drive on a vehicle that's a manageable size and has good visibility.

As a final bonus tip, if you're letting your teen drive your car, don't forget to check that you have the right insurance coverage for that kind of use.

Source: [http://icbc.com/about-ICBC/news\\_room/2010news\\_releases/aug2010#2p](http://icbc.com/about-ICBC/news_room/2010news_releases/aug2010#2p)

# Block Watch

## News September 2010

### **SEATBELT SENSE**

Alcohol and drug impairment is the biggest killer on our roads. Approximately one third of all drivers killed in Canada had been drinking. Of these, many were under 35 years old, were not wearing their seat belt and died after having been ejected from the vehicle in a single vehicle crash.

The 7% of Canadians not wearing seat belts account for almost 40% of fatalities in vehicle collisions. Ensure that you wear your seat belt properly, and that everyone else in your vehicle is protected by a seat belt or child restraint.

Seat belts save about 1,000 lives a year in Canada.

Source: <http://www.tc.gc.ca/eng/roadsafety/tp-tp14646-menu-191.htm>

### **WHAT YOU AND YOUR BABY-SITTER NEED TO KNOW**

- Introduce the babysitter to your children and pets.
- Give a tour of your home, indicating areas which are off-limits or dangerous to the child.
- Leave emergency telephone numbers, including neighbours who can provide assistance, and the number at which you can be reached.
- Make sure the babysitter knows when to use 9-1-1 if it applies in your area.
- Show where the first-aid supplies are kept, and ensure the babysitter knows how to use them.
- Brief the babysitter about allergies, medications or other medical information.
- Indicate what TV programs, music or computer games are allowed.
- Establish rules regarding visitors, whether it be the babysitter's or the children's friends
- Overall, ensure the babysitter understands the routines of your household. Some examples include: bedtimes, snacks, chores, activities and homework.

- Let the babysitter know what time to expect you home, and be sure to phone if that changes.
- Call the babysitter at least once while you are out and make sure all is well.

Source: <http://safety-council.org/safety/public-safety/children/what-you-and-your-babysitter-need-to-know/>

## **EARTHQUAKE SAFETY**

Know the safe and dangerous places in your home. *Safe*: under heavy tables or desks; inside hallways; corners of rooms or archways.

*Dangerous*: near windows or mirrors; under any objects that can fall; the kitchen... where the stove, refrigerator or contents of cupboards may move violently; doorways, because the shaking may slam the door on you. Practice taking cover.

- Train members of your family to use fire extinguishers.
- Sign up now for a first-aid course, including CPR.
- Make an appointment now with your insurance broker to talk about your earthquake insurance. Check your coverage... it will affect your loss and financial ability to recover after an earthquake.
- Plan and practice evacuation. Talk to your children about what to do if they're at home, at school, if the quake separates your family.

Source: [http://www.pep.bc.ca/hazard\\_preparedness/prepare\\_now/prepare.html](http://www.pep.bc.ca/hazard_preparedness/prepare_now/prepare.html)

## **MAKING A PARKING SPOT SAFER**

- **Lock both the vehicle and garage** when you have parked there. Whether coming or going, close the garage door.
- A vehicle **parked on the street** is less at risk if under a light and away from fencing or shrubs that could conceal a break-in.
- If you park under your building in a **secured lot**, always watch the gate close fully before driving to your space. Someone could be waiting to walk in after you. Keep the entrance ramp or driveway well lit.

Source: <http://www.saanichpolice.ca/prevention/autolift.html>

## **BICYCLE SAFETY**

- Wear a properly-fitted helmet, and have clothes that are suited for cycling (e.g. their pants tucked in).
- Have their bikes fitted properly and in good working order. The bike should have a regular maintenance check-up and should have a bell. It is also a good idea to have a safety flag.
- Know and obey all traffic rules, signs and signals. They must signal turns and stops. Ride in a straight line in the same direction as traffic and stop at every stop sign.
- Be predictable to other road users by riding with the traffic usually on the right hand side of the roadway.

Source: <http://safety-council.org/news/archives/safety-reminders-for-back-to-school/>

## **ASSEMBLE A HOME EMERGENCY KIT.**

- Have a dedicated supply of bottled water and non-perishable or canned foods on hand in case you are unable to get to a store for a few days.
- Ensure you have a battery or crank-powered radio, flashlights, new batteries and propane to fuel a propane camping stove and/or barbecue for cooking and heating water.
- If your water supply is dependent upon electricity try to set up an alternate water source like a rain barrel or ensure you have a way to melt snow for non-drinking water needs.
- Do not use propane stoves and barbecues indoors and avoid using candles if at all possible as they can be extremely dangerous, particularly if you have children or pets.
- Check out the Government of Canada new video, "Making a Family Emergency Plan" at <http://www.getprepared.gc.ca/index-eng.aspx>

Source: [http://www.atl.ec.gc.ca/weather/severe/winter\\_tips\\_e.html](http://www.atl.ec.gc.ca/weather/severe/winter_tips_e.html)

