

Appendix F

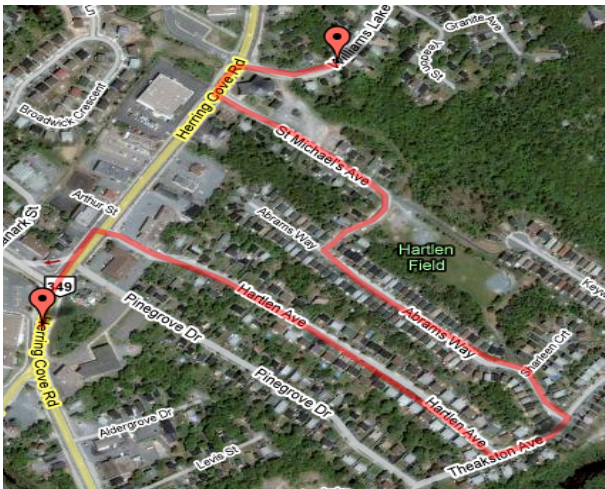
Making a Route Card

The route card is a method of planning and identifying outside teaching locations. It is useful for several reasons:

- It encourages you, the MTL, to examine details of your outside environment such as direction, distance, time, and hazards. This close examination of the area will often reveal points that were unnoticed in early planning.
- It is a written record to use during instruction. If you are not going at the right pace you will be able to make changes to maintain program flow.
- It gives a sense of the outside teaching locations. This avoids leaving the learning to chance as you will know where to go and what to expect. It also provides you with time frames associated with completing each activity.

The creation of a route card is essential when planning a path to allow participants to safely walk, cycle, or in-line skate to and from their home program location. Using the online program “Gmaps Pedometer” (see instructions below) a person can make an accurate map including the route and distance of the trip. The MTL and/or CLs must walk along this route to note hazards (e.g., construction) and obstacles (e.g., steep hills) not noticeable on a map. You, the MTL, must write down or make use of a computer to mark the risk potentials and instructional locations along the route. When possible it is advisable to create a backup route that can be communicated to other leaders (CLs) in case new obstacles or hazards emerge on the route.

Example Route Card



To the left is an example of a personalized route map. It lays out the main roads from the side streets and allows you to gauge the distance, route and the nature of the terrain quite easily.

Creating Your Own Safe Route Card

You and your family can create your own route cards that go to and from your favorite places in your community. Using “Gmaps Pedometer” at www.gmap-pedometer.com, simply follow the step-by-step instructions below to create your own route map.

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Materials

- ✓ Computer
- ✓ Printer
- ✓ Microsoft Word (any version after 1998)
- ✓ Cardstock paper (optional)

Instructions

Setting up the Map

1. Go to www.gmap-pedometer.com
2. A page opens showing a large map.
3. At the top of the toolbar is the address bar. The box on the left shows the route distance. Switch it to metric as it should read in kilometres.
4. In the address bar, pick a location where you would like to start. Usually this location will be the first meeting spot along a route. For this example, the starting point was "24 Williams Lake Road, Halifax, NS".
5. Before pushing go, adjust the zoom to 16. You may want to change the zoom later on if the map is not the appropriate scale.
6. Locate a proper starting point on the map. This is usually your home, school, or community centre. Make a mental note of where your route will start off.
7. On the left hand side, push "record". On the map, double click the starting point you chose in Step 4.
8. You should notice a large red balloon with a dot appear on your map.
9. Determine your route's end point. Double click small segments along the route, following the roads on the map and imagine yourself cycling along the route. Notice that the total distance changes as you add these line segments.
10. Notice that another red bubble shows up as you trace your route. You may want to click the "hybrid" button on the map. This shows an image that is a mix of a drawn map and the satellite view and shows greater area detail and allows you to see the possible dangers along your route. It may help you choose a more appropriate route.
11. Examine the map for potentially dangerous areas.
12. Keep tracing along the map until you meet your final destination. When you meet your destination, click the recording button once more. The cursor should look like a cross.
13. Adjust your map so that you can see the route fully. You can do this by clicking the map and dragging the map around. You may have to zoom in or out to see your full route.
14. Notice on the left hand side that the total distance is recorded. You may switch the button from English to Metric to convert from miles to kilometres (or vice versa) at any point.

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15. To see a part of the map that is not in view, click and hold on the map to drag areas into view.

16. If you decide to select a new route, click on “Clear points and start over” in the information box and proceed through the steps again.

Questions to ask yourself as you make the route:

- ✓ How much traffic will be encountered while cycling along this route?
- ✓ Is the route well lit when cycling in darker conditions?
- ✓ Is the neighborhood safe?
- ✓ Are there any wild animals that frequent these areas?
- ✓ Are there any other possible dangers along the route?

Note: When you first ride the route, be sure to identify any potential hazards and obstacles not visible on a map.

Printing the Map

If you want to print the route map without bringing it into a document, then you can simply click on “Print Map” in the information box. There are other ways to print and incorporate the map into a document using a PC or MAC.