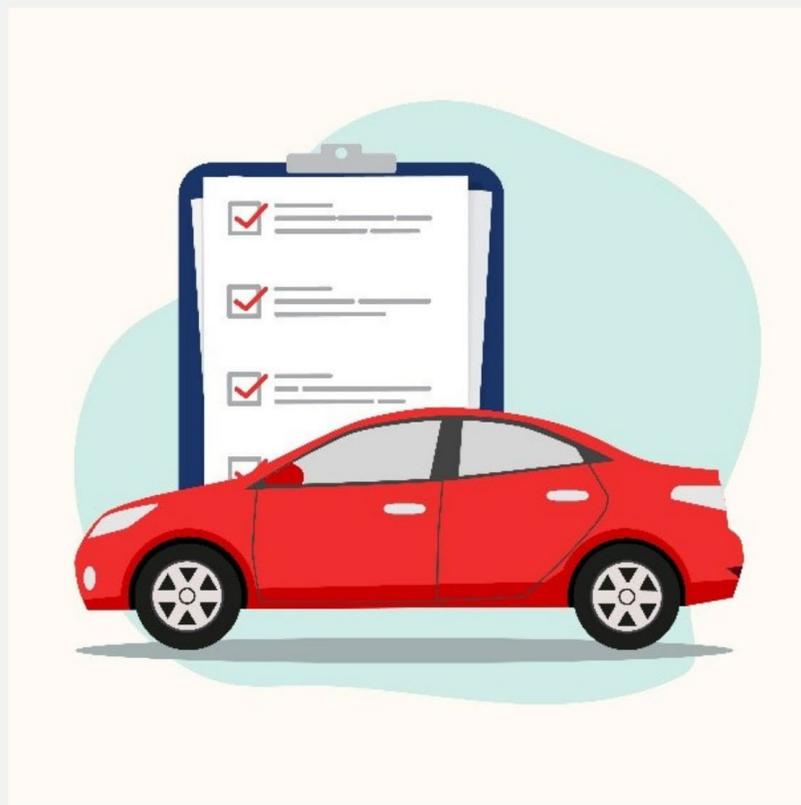




# YPRC

YOUTH  
PREVENTION  
RESOURCE CENTER

## QUICK CLICK BUCKLE UP CHALLENGE



Illinois Department  
of Transportation

Adapted with permission by Louisiana Youth Prevention Services

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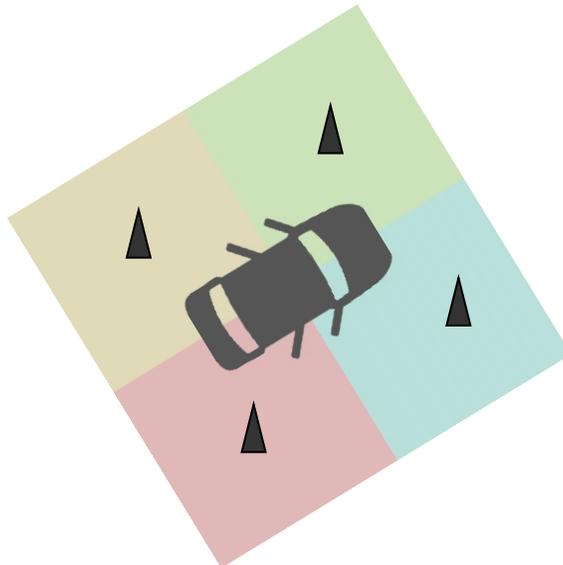
## QUICK CLICK BUCKLE UP CHALLENGE OVERVIEW

Safety belts save lives. But an alarming number of today’s teens do not wear their safety belts, and the result can be deadly. Students need to make safety belt use a priority for themselves and their peers.

The Quick Click Challenge is a competition that demonstrates the ease of putting on and taking off a safety belt. Teams of four students race against each other as they jump into a parked car, put on their safety belts, and then raise their hands in the air. When all four have raised their hands, they will unbuckle, get out of the car, and rotate in the car. Repeat the action four times so that each person sits in each seat. The team that completes the rotation in the shortest amount of time is the winner. Winning teams can compete with teams from other schools or challenge teachers to a “belt off.” When you award prizes to the winners, remind everyone that safety belts are easy to use and save lives.

The Challenge is easy to set up and carry out. The list of props is short:

- ◆ A recent model, full-size, four-door sedan with manual lap/shoulder belts in front and rear
- ◆ Four traffic cones or other items to keep the relay area safe
- ◆ Proper footwear
- ◆ A stopwatch (included)
- ◆ A loud whistle (included)
- ◆ Score sheet for recording times (included)
- ◆ Four pennants (included)
- ◆ A clipboard (included)
- ◆ A pen



## Setup and Rules

### **Challenge Area**

Area should be level and paved to provide good footing. Ropes or cones should be used to keep spectators out of the competition area.

### **The Setup**

One of four traffic cones will be placed around the car approximately four inches from each bumper. One monitor will watch and blow the whistle. Another monitor will score the relay using the stopwatch. You may wish to have four additional monitors for each position or two along the side of the car to ensure that safety belts click. The monitors can raise pennants in the air when the belt is connected.

- Automobile: The vehicle should be a recent model, full-size, four-door sedan with manual lap/shoulder belts in front and rear. Doors should remain open during the relays. Remove personal items from the vehicle that might impede relays.
- Traffic Cones: Four cones are positioned at each corner of the vehicle, approximately four inches from the bumpers.
- Stopwatch: A stopwatch that registers hundredths of a second (0.00) for timing the relays.
- Signal: A loud whistle to signal team movements during the relays.
- Pennants: Four pennants for monitors to raise when participants are correctly buckled up.
- A clipboard: One clipboard to hold the score sheet.
- Score Sheet: The score sheet in this section of the manual for recording times.

## The Rules

- I. Each team will consist of four members.
- II. The four members will start buckled in their seats.
- III. When the whistle is blown, the stopwatch is activated. Each person will unbuckle and move to the next seat (of a clockwise rotation).
- IV. Once the participant is in his/her seat, it's time to buckle up.
- V. After buckling up, participants raise their hands in the air.
- VI. Monitors positioned outside of the car will raise their pennants once they have seen the safety belts buckled.
- VII. The whistle will sound, and each member unbuckles and moves to the next seat.
- VIII. When each member is back in his/her original seat, the time is stopped and recorded.
- IX. Seconds will be added to the time as a penalty for knocking over cones or for incomplete buckling.
- X. The team that completes the entire rotation in the shortest amount of time is the winner.

## Suggestions for Making Your Quick Click Challenge Relay a *Success*

- ◆ Hold your relay at a time when many students can participate. Consider getting permission from your administration to hold the relay during school time. If the event looks fun and engaging, students will be more likely to participate. Use your pennants to decorate the information table or contest site.
- ◆ Consider challenging the winning team to a youth versus adult “belt-off.” Encourage your school’s administration, teachers, counselors, nurses, and/or local law enforcement to challenge the winning teams.
- ◆ Consider acknowledging the winners by making a school announcement or giving the winning team a perk (e.g., if you have a “no hats” policy, you might gain permission from the administration and allow the winners to wear hats to school one day).

## Quick Click Challenge Teams

### Morning Start Times

9:00	10:35
9:05	10:40
9:10	10:45
9:15	10:50
9:20	10:55
9:25	11:00
9:30	11:05
9:35	11:10
9:40	11:15
9:45	11:20
9:50	11:25
9:55	11:30
10:00	11:35
10:05	11:40
10:10	11:45
10:15	11:50
10:20	11:55
10:25	12:00
10:30	12:05

## Quick Click Challenge Teams

### Afternoon Start Times

9:00	10:35
9:05	10:40
9:10	10:45
9:15	10:50
9:20	10:55
9:25	11:00
9:30	11:05
9:35	11:10
9:40	11:15
9:45	11:20
9:50	11:25
9:55	11:30
10:00	11:35
10:05	11:40
10:10	11:45
10:15	11:50
10:20	11:55
10:25	12:00
10:30	12:05

## Score Sheet

Team Name	Time	Penalty	Total	Place
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2.				
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