

Transportation Safety Quiz

Name: _____

Period: _____

1. What is active transportation?

2. In your everyday life, when do you use active transportation?

3. In your own words, explain what the ALPACA principles mean?
Aware:

Legal:

Predictable:

Assertive:

Courteous:

Able to be seen:

4. Explain each step of the 3-step model of assertive communication?
 - 1) Name it:

 - 2) Frame it:

 - 3) Change it:

5. Explain why/how the following are benefits of active transportation:
 - 1) Health:

 - 2) Mobility:

 - 3) Neighborhood livability:

 - 4) Economy:

 - 5) Environment:

6. When crossing the street, a pedestrian must give vehicles _____ and _____ to stop.
7. Why are residential streets 20 miles per hour?
8. What is the “double threat” when pedestrians are crossing the street?
9. List three resources you can use to: plan a trip, ride, or keep yourself safe while using transit:
 - 1)
 - 2)
 - 3)
10. Name two actions that an *active bystander* should DO and two actions they should NOT DO:

1)	1)
2)	2)
11. Where are you legally allowed to bike, skate, roller-skate, scoot, rollerblade, e-scooter?
Where are you not allowed?
12. List at least three conflict points when rolling in a bike lane or protected bike lane?
 - 1)
 - 2)
 - 3)



13. List a benefit and a challenge of a shared-use path.

Benefit:

Challenge:

14. What is a right hook and how can it be prevented?

15. What are the four steps to prevent crashes while biking or skating?

1)

2)

3)

4)