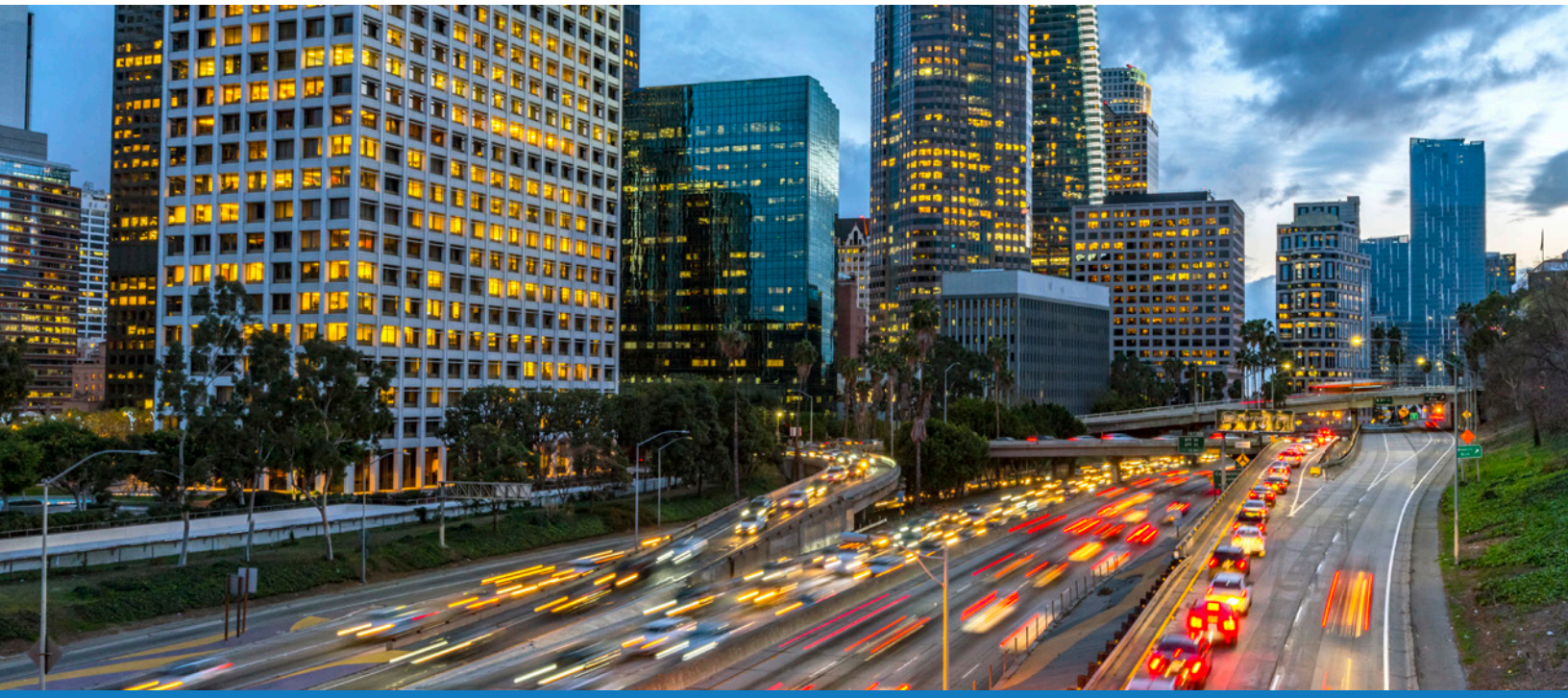
Student Activity: SPEEDING

All types of people and vehicles use the roadways to travel from one point to another. If everyone shares responsibility, the transportation system will operate more safely and efficiently.

When you speed you are increasing the risk on the roadways for everyone you interact with on the road.

INFORMATION ABOUT SAFE DRIVING SPEED

- **Leave earlier:** If you leave earlier than the time it takes to reach your destination, you won't feel rushed or stressed to make up time by driving faster. For example, if your drive normally takes 20 minutes, leave 25–30 minutes before you need to arrive. This gives you a time buffer, makes the drive less stressful, and reduces the temptation to speed.
- **Basic Speed Law:** Drive a speed that is safe and cautious for existing conditions. If it is raining and there is a lot of water on the road drive 5-10 miles per hour under the speed limit because the speed limit is the fastest allowed speed in the best conditions.
- **Stopping distances increase:** Your stopping distance doesn't double when you double your speed, it quadruples. When we speed we are increasing our stopping distance more than we realize.
- **Increased risk of crash:** Speeding increases the risk of motor vehicle crashes, injuries, fatalities, and property damage. No matter how safe the car is there is only so much a car can do to protect us when we are speeding. The faster we go, the less we need to steer. As we speed it is easier to oversteer our vehicle and crash, which creates injuries and fatalities.
- **Decreased perception:** As speed increases, our field of vision narrows and driving situations develop more quickly. When driving situations approach faster, we have less time to see, understand, and process what is happening around us. Perception is the ability to understand what we see. With less time to perceive the situation, important details may be missed, leading to less effective driving decisions.
- **Increase following distance:** Following distance directly affects reaction time. As driving speed increases, the amount of following distance needed also increases.
- **Speak up as a passenger:** If you are a passenger do not hesitate to speak up and ask the driver to slow down. Remind them they will not make up as much time as they think they will by speeding.
- **Obey the speed limit:** Drivers must obey speed limits and there are worse consequences for speeding than getting a ticket.



YOUR ABILITY TO PERCEIVE HAZARDS DECREASES AS SPEED INCREASES

PART 1

Read each statement related to speeding. Decide whether each statement is True or False based on what you know or what has been discussed. Place a checkmark in the True or False column for each statement.

Understanding Speed and Its Impact on Driving Safety	True	False
You can make up a lot of time by speeding.		
Speeding increases your stopping distance.		
As speed increases, perception decreases.		
Your stopping distance doubles when you double your speed.		
A police officer cannot pull you over if you are speeding five miles per hour or less.		
Higher speed increases the risk of motor vehicle crashes, injuries, fatalities, and property damage.		
Reaction time becomes more important as speed increases.		
Speeding only affects the driver and not other people on the road.		
Speed limits are set based on safety conditions such as road design, traffic, and visibility.		
The definition of a speed limit is the fastest allowed speed in the best conditions.		

PART 2

Have students work in groups of four to determine their stopping distance and perception at different speeds.

Take students to an open area with sufficient space to run safely. Students will identify a straight path approximately 50 feet long and establish a clearly marked starting line and finishing line.

Each student will complete the 50-foot distance three times: once walking, once jogging, and once running/sprinting. After each trial, the student will continue moving past the finish line without stopping. The class will then determine and record how far beyond the finish line the student traveled for each movement type (walking, jogging, and running/sprinting).

During each trial, a second student will stand approximately five feet in front of the finish line. When the moving student is about 10 feet from the finish line, the observer will hold up a random sign.

After the student crosses the finish line and comes to a stop, the students will ask the student to identify what was displayed on the sign. This process will be repeated for each movement type.

PURPOSE OF THE ACTIVITY

To help students compare momentum and stopping distance at different speeds

To demonstrate how speed affects reaction time and perception

To reinforce focus and visual awareness while moving

SAFETY NOTES

Ensure the running surface is clear of obstacles

Space students out to avoid collisions

Remind students not to stop abruptly at the finish line

TIPS FOR DRIVING AT A SAFE SPEED

- Plan ahead and leave early so you're not in a rush.
- Remember the speed limit is the fastest allowed speed in the best conditions.
- The faster you go, the less time you have to react; obeying the speed limit allows more reaction time if something unexpected happens.
- Good perception is essential while driving, but speeding reduces your ability to see and process what's happening around you. Driving at a safe speed helps you notice hazards and react in time.
- As a passenger, don't be afraid to speak up if the driver is speeding. Your input can help keep everyone in the vehicle safe.

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