

**Community Participation
Skills Inventory
Personal and Pedestrian Safety**

Skills	Rating						
	Emerging		Developing			Mastery	
	1	2	3	4	5	6	7
Personal Safety Skills (1 of 2)							
Understands the role of community helpers – fire, police, paramedics, other emergency personnel, etc.							
Understands what type of emergency situation(s) warrant contact with community helpers							
Carries or wears personal identification							
Can differentiate between a trusted and non-trusted individual							
Can tell or show a trusted person their name, address and phone number							
Wears clothing appropriate to the weather conditions							
Wears sunscreen or mosquito repellent, as appropriate							
Keeps valuables close to self and in a safe place							
Carries money (change) should a phone call need to be placed from a pay phone							
Demonstrates alertness/confidence to decrease vulnerability							
Uses caution with strangers							
Walks away if a stranger continues to interact with them							
Understands and uses “Run, Yell, Tell” personal safety concept							
Accesses help from a trusted adult (community helper, store personnel, etc.)							
Can call 911 for help, from a business phone							
Can call 911 for help, from a payphone							
Can call 911 for help, from a cell phone							
Can tell a trusted person if they have been injured or have become ill							
Understands that his/her disability, illness or medications can effect his/her judgment							
Recognizes or reads safety and community survival words							
Understands and applies the meaning of safety and community survival words							
Can locate appropriate restroom (Men’s or Women’s)							
Stays with group while in the community							
Informs others if they are going to leave the group and when they will return							

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Pedestrian Safety Skills							
Walks on the sidewalk							
Maintains a safe distance from the street and cars							
Stays to the right while on the sidewalk							
Walks in the street, close to the curb and facing traffic, when there is no sidewalk							
Observant of hazards (uneven surface, potholes, men working signs, etc.)							
Walks around obstacles to avoid tripping, falling or bumping into them							
Stays away from dangers such as downed power lines, thin ice, etc							
Understands the use of cut-out-curbs							
Stops at curb or corner							
Identifies if an intersection has a 2 or 4-way stop							
Stops at all driveways, alleys and parking lot crossings							
Looks for traffic in all directions (to the left, to the right, turns head far enough around to look behind for cars that are turning) before crossing							
Looks for cars that may be traveling behind large trucks							
Uses crosswalk							
Crosses street safely (uses quick pace, maintains straight path, does not run)							
At a controlled intersection, locates the Walk/Don't Walk signal							
Presses Walk button for correct direction of crossing							
Obeys Walk/Don't Walk sign							
Crosses street when sign says Walk							
Continues to look for cars while crossing							
Increases walking speed if the Don't Walk sign starts to flash – doesn't stop in the crosswalk							
Ignores people who disobey safety rules							
Stays with others if traveling in a group							
Knows what to do at a railroad crossing							
Recognizes and reads safety and survival signs							
Understands and applies the meaning of safety and community survival words.							
Requests help from a trusted person, if needing assistance with travel							

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Biking Safety							
Understands if bike fits properly and is in good repair, to prevent injury							
Bike is licensed to help prevent theft and to help recover it, should it be stolen							
Wears a helmet							
Wears reflective clothing and uses a bike light at dusk or dark							
Demonstrates an understanding that bikers follow the same rules as pedestrians while bike on bike paths and sidewalks (please refer to skills inventory for pedestrian safety)							
Demonstrates an understanding that bikers follow the same laws as vehicles, when using the road – for example, stop at stoplights, yield, etc.							
Transportation							
Fastens/unfastens seatbelt							
Tolerates seatbelt use							
Locks/unlocks vehicle doors							
Demonstrates appropriate riding behavior and respects others' personal space, to decrease distractions for the driver							
Remains calm should an emergency occur (accident, bus fire, etc.)							
After exiting the vehicle, looks in all directions for oncoming vehicles							
Crosses parking lot safely to desired location/entrance							

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Stairs							
Locates stairs							
Approaches stairway and stays to the right							
Puts one foot up onto first stair							
Grabs onto hand rail							
Climbs/descends stairs by alternating feet							
Climbs/descends stairs by consistently placing dominant foot on stair first and then bring the then brings the other foot to the stair							
Stay visually attentive to avoid stumbling							
At landing, releases rail and proceeds forward							
Demonstrates an understanding if there are too many stairs (physically challenging, fatiguing) and uses a ramp or elevator instead							
Entrances							
Safely uses Handicapped Accessible Door							
Safely uses Push/Pull Door							
Safely uses Revolving Door							
Safely uses Motion Activated Door							
Elevator							
Locates elevator							
Locates Up/Down panel							
Pushes Up or Down button							
Waits for appropriate elevator							
Approaches elevator and waits for others							
Enters quickly							
Holds door open if needed, or use door open button							
Pushes button for desired floor							
Keeps personal belongings safe							
Moves to back of elevator if others enter							
Watches floor indicator							
Recognizes correct floor number							
Says "excuse me" if someone is in front of them when they need to exit							
Exits quickly							

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Escalator							
Locates Up or Down escalator							
Moves toward escalator with a steady, consistent speed, does not hesitate at the bottom of it							
Steps up on the first step and quickly brings the other foot up onto the step							
Hold handrail							
Stays on the same step and holds handrail entire way up							
Stays visually attentive to avoid stumbling							
Cautiously steps onto the landing and walks forward							