



SafeStart for Youth

Journal

Unit #1
Basic Concepts

Introduction

Welcome to the first unit of SafeStart for Youth!

This SafeStart Journal will be your place to find games, exercises and fun facts. It will also be a place to complete your take-home tasks.

Use the worksheets to write down what you have seen or learned.

Unit 1


SafeStart will teach you about how the states:

- Rushing
- Frustration
- Fatigue
- Complacency

can cause us to make the critical errors:

- Eyes not on task
- Mind not on task
- Line-of-fire
- Balance/traction/grip

When you make one or more of these critical errors, it's easy to get hurt or make a mistake that can waste time or effort. SafeStart will help you learn how to deal with these states so you make fewer critical errors and mistakes.



SAFESTART®

These four states...

- Rushing
- Frustration
- Fatigue
- Complacency

can cause or contribute to these critical errors...

- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/Grip

...which increase the risk of injury.

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Comments from Travis Pastrana

*“When you’re doing a **triple backflip**, suddenly a single backflip doesn’t seem like a big deal, but you’re still flying 40 mph upside down. You know, it still is a big deal. So for us, the hardest part is to understand the risk doesn’t get less even though it’s easier for us to do.”*

*“A lot of people bring up **[Eric] Roner**, and it was so devastating for us.” **Roner died in September 2015** during, what was, for him, a routine skydive. “Roner had really cut back on most of the gnarly stuff. But, it’s like Evil Knievel crashing his motorcycle driving down the street. The people we have in the show aren’t getting hurt doing the bigger stuff.” The real danger, suggests Pastrana, is complacency.*



For the full article see <http://mpora.com/articles/want-see-something-thats-never-done-travis-pastrana-interview#MZhAtEwVsQOVdsjx.97>.

Word Search

N G I I E O S Y J W J V K G E S F W Y M
 C J F E O L M I N D N O T O N T A S K H
 L L U Y J L F R U S T R A T I O N Z A X
 L W O E W O R K O N H A B I T S Y A U U
 T V J S G H W J Y X T N J T I L H N D O
 J T C N E O A J L B N X D H U E U A W G
 Q B O O X C A B U O S Z B Z Z D C L T J
 F R M T S C A A Y Z O C R X J K A Y W A
 G U P O X J A L E E Y K T D L I J Z F F
 X S L N N A L A L I V E A J W R O E S P
 O H A T C S I N D S L K I T E N U Y Z G
 M I C A Q S N C C F C M O G O C A E W J
 B N E S M D E E I X G I G I Q T U Q V Y
 Y G N K R G O S B I Q I T F C I H G W A
 G R C Z G X F W B Y R C P U Z R A E U T
 Y D Y X K J F F W T A I A N I E S C R H
 H C R T S O I W F R R J L K E K D K J S
 M V L C E R R L T G C I L F A T I G U E
 S R P Z A X E F V T C N R H O Z R S Y Y
 A Y Y M O S L P E L R W R W T G G R S H

Find the following words:

RUSHING

FRUSTRATION

FATIGUE

COMPLACENCY

EYES ON TASK

MIND ON TASK

LINE OF FIRE

BALANCE

TRACTION

GRIP

SELF TRIGGER

LOOK AT OTHERS

ANALYZE

CLOSE CALLS

WORK ON HABITS

Look at Others



How many people did you see this week texting and driving?

What state or states do you think these people were in?

- Rushing
- Frustration
- Fatigue
- Complacency

What critical errors were most often involved?

- Eyes not on task
- Mind not on task
- Line-of-Fire
- Balance/traction/grip

My SafeStart Story Worksheet

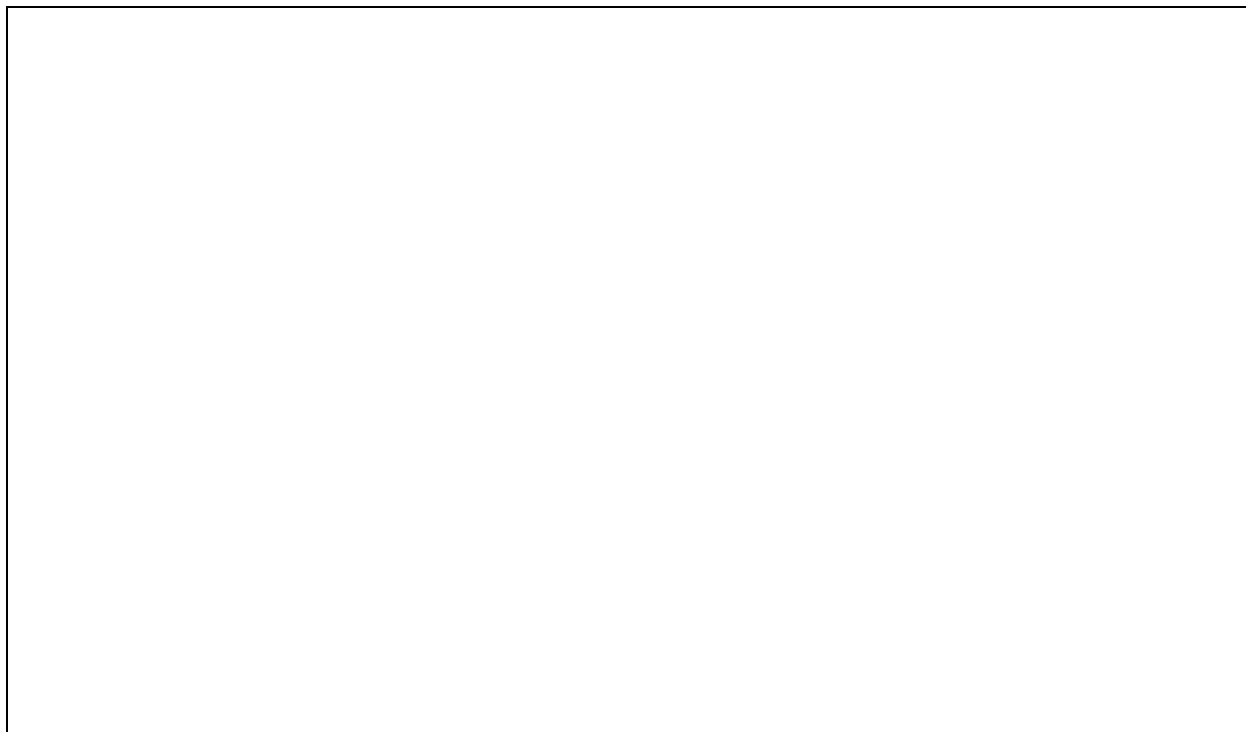
Use this worksheet to write out your SafeStart story about a time when you fell off your bike, skateboard, scooter or rollerblades.

Name of Story: _____

When did this happen? _____

What happened?

Draw what happened (optional).



What was the injury, close call or performance problem?

What state or states were you in and why?

- Rushing _____
- Frustration _____
- Fatigue _____
- Complacency _____

What errors or errors did you make?

- Eyes not on task
- Mind not on task
- Line-of-fire
- Balance/traction/grip

How could it have been worse?

Conclusion

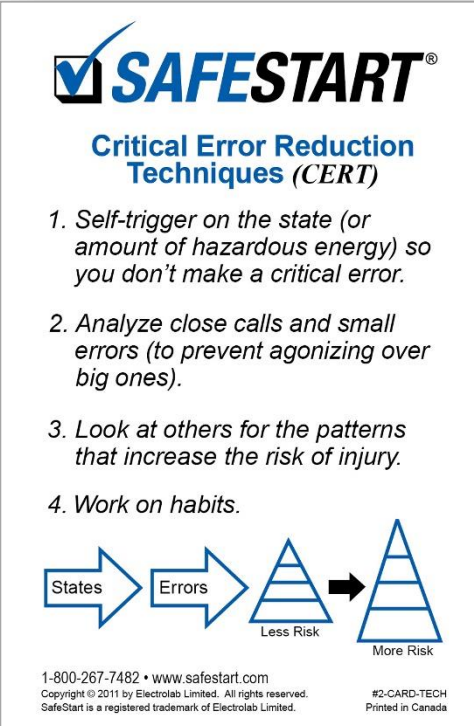
Now that you have finished writing or drawing your SafeStart story you are almost ready for the next session. Try practicing your story by telling it to a family member or friend. Use the worksheet for help.

In the next session we'll take a look at the four critical error reduction techniques (CERTs):

1. Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error.
2. Analyze close calls and small errors (to prevent agonizing over big ones).
3. Look at others for the patterns that increase the risk of injury.
4. Work on habits.

The CERTs will help you control your states so that you don't get hurt, waste time or effort.

Remember to keep track of all the people you see texting and driving this week.



SAFESTART®

Critical Error Reduction Techniques (CERT)

1. Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error.
2. Analyze close calls and small errors (to prevent agonizing over big ones).
3. Look at others for the patterns that increase the risk of injury.
4. Work on habits.

States → Errors → Less Risk → More Risk

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Please bring this journal to our next session.

Session Materials

Maze Runner Times:

Walking: _____

Running: _____

Texting: _____

SafeStart Story:

SafeStart for Youth


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First Story

- What states was Zach in?



- What errors did Zach make?

ZACHARY MOXLEY



These four states...

- Rushing
- Frustration
- Fatigue
- Complacency

can cause or contribute to these critical errors...

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