



“Safety through the Ages”





Our Programs

The WalkSafe Program teaches crosswalk, sidewalk, and street safety to children from kindergarten through 5th grade.



WalkSafe works directly with public elementary schools to teach our in-school pedestrian safety curriculum to students through the public school system.

<http://walksafe.us>



SkateSafe is the newest addition to the KiDZ Neuroscience Center, teaching safe skateboarding skills to young riders at outreach events.

Learn more at our website:

<http://skatesafe.us>



The BikeSafe Program teaches bicycle safety to children in 6th through 8th grades, through our off-bike (and optional on-bike) educational curriculum.

BikeSafe also advocates for improved bicycle facilities and infrastructure, and works with local government, traffic planners, schools, and parks to help improve the safety of cycling to school.

<http://bikesafe.us>



UConcussion aims to educate the high-school athletic community about the management of concussions and how to safely recover and return to play.

UConcussion treats and educates athletic trainers in the public school system to identify and manage concussions through our concussion reporting protocol and surveillance system.

<http://uconclusion.com>

From the Director's Desk

Dear Readers:

Welcome to the first edition of our KiDZ Neuroscience Center newsletter, bringing all of our safety programs - WalkSafe, BikeSafe, SkateSafe, and UConcussion - under one collective, quarterly publication.

2015 has brought on new faces and new ideas to our programs in order to build our reach throughout the nation. Please join the KiDZNC team in welcoming Bryan Pomares and Matt Cushing to BikeSafe, Jonathan Siegel to both UConcussion and SkateSafe, Katrina Lopez to WalkSafe's statewide efforts, and our new administrator, Veronica Delgado.

We are expanding our WalkSafe and BikeSafe curricula to a nationwide audience, while our Countywide Concussion Program continues to lead South Florida in the education, training, management, and treatment of concussions.

Additionally, this February, we were able to consult for HBO's new series, *Ballers*, about professional football players and their lives. *Ballers* premieres this summer.

Let's continue to make a safer world for our children and young adults.

Sincerely,

Gillian A. Hotz, Ph.D.
Director of the KiDZ Neuroscience Center
Department of Neurosurgery and the Miami Project to Cure Paralysis
University of Miami Miller School of Medicine



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Upcoming Events



May 6th, 2015:
National Bike to School Day. BikeSafe is partnered this year with North Dade Middle School for the festivities.

Is your school celebrating Bike to School Day?
Register at WalkBiketoSchool.org



June 2015:
Summer camp students in the City of North Miami Beach: Look forward to WalkSafe activities at your school during the first week of the month.





Event Recap



The WalkSafe Program launched its first ever pedestrian safety gameshow this March at the Frost Museum of Science. *Scifest 2015* - an educational event hosted at the museum by [Miami-Dade County Public School's Parent Academy](#) - brought together over 2,000 children and parents throughout Miami to participate in the family fun educational activities in the museum and planetarium.



SciFair gave us an opportunity to bring an interactive educational environment to the event's participants by using the museum's large Space Gallery to host a Kahoot!-based quiz show and full-scale crosswalk simulation, with educational content extracted directly from our school curriculum (available for free on our website, www.walksafe.us).

The three-station quiz show gave children of all ages the opportunity to work in teams to answer the crosswalk safety questions - and learn about pedestrian and bicycle safety. Of course, the youngest of participants received help from our staff - everybody is a winner in the Crosswalk Challenge.



But what is a quiz show without a *live bonus round*?

Upon completing the quiz, all participants were invited to exhibit their safe street crossing skills to their peers and parents on a simulated crosswalk, featuring real crosswalk signals and a street with both bicycle and motorized travel lanes - not to mention a real car and bicycle. After all, using one's imagination is fun, but the real thing is even better!

Children in the simulation were helped along by WalkSafe's crossing guard, who shared additional pointers about eye contact with drivers, countdown signals, and street smarts.



"We greatly appreciate UM Walk Safe for creating and presenting the complex, imaginative and ever educational 'Walking Rodeo'...family members of all ages were engaged, educated and entertained," said Barbara Biggart, teacher and outreach specialist for the Parent Academy. We are equally appreciative of the opportunity to have brought this rodeo to the students at the museum.

Thank you all!

<http://www.facebook.com/iwalksafe>

<http://www.twitter.com/iwalksafe>



Sharing our flyers at SciFair2015



Rachele from WalkSafe showing kids the "left hand forms an 'L' shape" memory trick for remembering left and right

2014 Poster Contest Winners:

This year, over 250 students submitted their poster to WalkSafe. Throughout March and April, our 2014 winners have been honored by their school boards:

Miami-Dade County winners:

Claudia F. Hernandez from Eugenia B. Thomas K-8 Center (K-1 grade)
Elizabeth Perdomo from Oliver Hoover Elementary (2-3 grade)
Samarra Frazier from Caribbean Elementary (4-5 grade)

Palm Beach County winners:

Max Byaonomo from Everglades Elementary (2-3 grade)
Alexis Santos from Everglades Elementary (4-5 grade)

Polk County winners:

Maria Vasquez from Wahnetta Elementary (K-1 grade)
Imani Jenkins from Wahnetta Elementary (2-3 grade)
Paul Vega Garcia from Wahnetta Elementary (4-5 grade)

Orange County winners:

Alyssa Witting from Lake George Elementary (K-1 grade)
Eva Robinson from Lake Sybelia Elementary (2-3 grade)
Maddison Anneus from Lake Silver Elementary (4-5 grade)

[Click here to see our Poster Contest pictures on Facebook.](#)



Safety Moving North

As of 2014, Jacksonville has become the third most dangerous metro area for pedestrians in the entire United States.* Because of these alarming numbers, Duval County Public Schools and WalkSafe are partnering together this year to bring our curriculum to students in the Duval area.

Lynn County Public Schools in Massachusetts is our latest nationwide school supporter preparing to teach the WalkSafe Curriculum this year.

Please join us in welcoming them to the program.



DUVAL COUNTY
PUBLIC SCHOOLS

*Dangerous By Design 2014





Event Recap



March is an important month for both the BikeSafe team and the broader Miami cycling community. With support at both the county and state levels, March is concurrently recognized as Florida Bike Month and Bike305 month. Throughout the month, there are a number of organizations hosting events aimed at raising cycling awareness, improving knowledge and safety practices for those already cycling, and encouraging those who don't cycle to give it a try.

Kicking off the month, BikeWalk Coral Gables hosted the 4th annual Coral Gables Bike Day. This event took advantage of one of Miami-Dade's most beautiful communities and helped to raise awareness about cycling in the area while bringing the community's cyclists together.

The BikeSafe team is proud to have been able to participate in this excellent event. Set up just beside Coral Gables City Hall, we offered an educational bike rodeo for kids to get a chance to practice cycling skills in a safe and supportive environment. This was especially useful at this event because many of the children in attendance had received their first bike just in time for Bike Month. They practiced on-bike skills such as starting and stopping, scanning behind to check for hazards and to prepare for a turn, signaling for a turn, and avoiding hazards.

Our informational booth helped to ensure that parents had access to bike safety tips, which will help them to be a positive role model for their children's riding habits all year long. We also made sure that children's helmets were properly fitted, which is one of the most important ways of encouraging bike safety. After all, a helmet can't do its job if it isn't worn properly!

The BikeSafe team looks forward to participating in the next Coral Gables Bike Day - in addition to getting a chance to help many children learn and practice important bike safety skills, Coral Gables Bike Day was a great opportunity to enjoy the experience of people of all ages having fun using one of our favorite methods of getting around.



<http://www.facebook.com/ibikesafe>

<http://www.twitter.com/ibikesafe>

Vision Zero: Future of Roadway Safety?

by Matt Cushing - BikeSafe Program Coordinator

As a cycling advocate, I often try to convince people to add more cycling to their life. People like the idea. Riding is pleasant and fun. However, a sense of discomfort and danger often prevents people from following through. People feel that cyclists face a danger of ending up in a catastrophic collision. To many, this is just the risk of riding a bicycle.



We don't have to accept this vision. In 1997, the Swedish Parliament introduced legislation aiming to eliminate serious injury and death on their roadways altogether. In this Vision Zero legislation, changing hazardous road design serves as a first step to avoid collisions. Following this, the aim is to limit the severity of any collision that does occur. The implementation of Vision Zero lowers speed limits in areas with unprotected road users to around 20 mph. At this speed, a collision is less likely to cause serious injury. While Vision Zero legislation has not reached some of the benchmarks on its allotted timeline, it has drastically improved the safety on Swedish streets.



Road redesign proposal by the Florida Department of Transportation

Such a philosophical and legislative shift demands re-examining the role of the street planner. Following the Vision Zero philosophy, an accident may be the fault of an individual but any serious injury is the fault of the infrastructure where it occurred, e.g.: "Perhaps the road where the accident occurred should have had speed bumps or a protected bike lane." Either way, the Swedish implementation argues that planners are the ones responsible for the safety of a road.

On the surface, Vision Zero seems utopian and potentially impractical. Indeed, 18 years after the Vision Zero legislation was implemented, Sweden still experiences transportation related fatalities. Intuitively, it seems unlikely for a locality to ever reach 0% rates of transportation related injury.

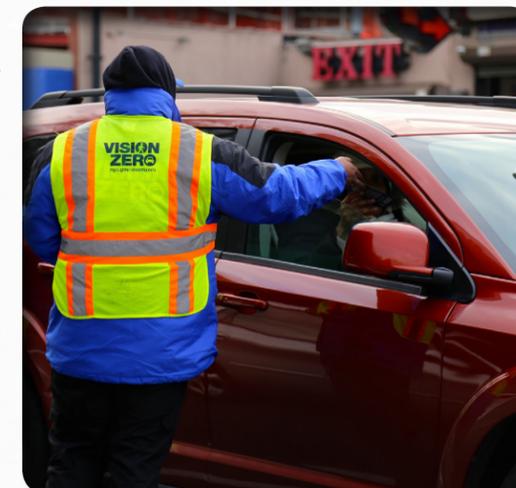
This begs a question: At what point does the safety of one cyclist or pedestrian outweigh the cost of ensuring 100% safety? Won't there be a point of diminishing returns, where accepting a certain number of fatalities actually provides greater value to society? The Vision Zero philosophy says that accepting this trade - lives for ease of use and minimalized transit expense - is morally problematic.

Whether this appeals to us depends on what we are willing to accept: The current paradigm accepts hazards and injury. Vision Zero emphasizes that we should feel a sense of failure every time a serious injury occurs, rather than inevitability; and that some people are going to ride whether or not they live near existing bike infrastructure. It notes that these people deserve safety as much as anyone else.

No longer solely a Swedish goal, Vision Zero has made its way to the United States. If bill H.R. 1274 - proposed on 03/04/2015 - passes, \$30 million will be made available to government Vision Zero plans around the country. If successful, the Vision Zero bill will not only benefit the cycling community but the general transportation community as well.

The problem of transit related injury seems bigger than any one organization. BikeSafe will continue to follow the implementation of Vision Zero policies in cities like San Francisco, New York, Portland, and Boston and their deviations from the Swedish model to fit local and state necessities. While Sweden's approach emphasizes infrastructure, many of these cities are realizing the need for education and enforcement - in addition to infrastructure development - to succeed in their Vision Zero goals.

BikeSafe will continue to do our part in minimizing bicycle injury, always looking outside for further inspiration. As this movement grows we will take from it what we can, aiming for a day when all modes of transit come without an attached fear.



New York Vision Zero advocacy by NYPD's Street Team



SkateSafe's Tuck and Roll:

If you ever find yourself falling while skateboarding, don't be alarmed and tense up. Doing so can cause more injury than you think. Instead, be ready to perform the "Tuck and Roll" safety maneuver at any time (plus, it often looks cool):



The "tuck and roll" maneuver begins as you start falling. As quickly as you can, tuck your arms and legs as close to your body as possible, while shifting your body weight forward, so you tumble over your shoulder. Doing this transfers the kinetic energy stored in your forward motion into the less-harmful action of rolling, instead of a direct, flat impact with the ground.

Doing this tuck-and-roll maneuver will minimize potential injury, especially to the head and neck. Sure - you may get a few scratches or bruises, but it's better than taking a visit to the hospital for broken bones - or a concussion.

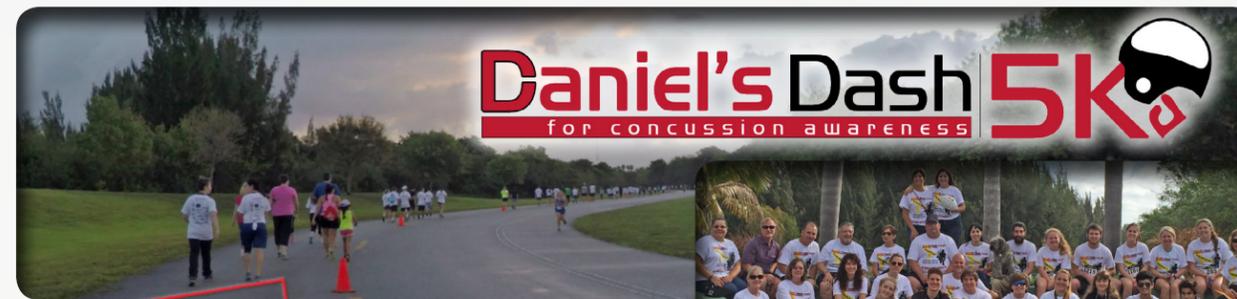
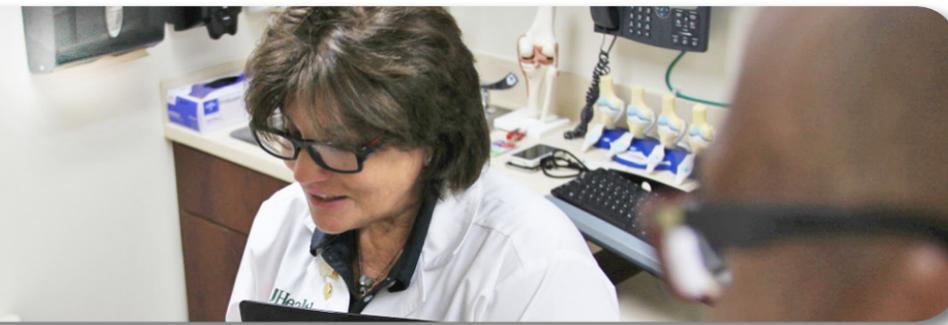
Don't forget to wear your helmet, but make sure you have the correct size. A helmet can only protect you when it is properly fitted to your head. Use the two finger rule to verify good fit: Two fingers between your eyebrows and the lid of your helmet, two fingers worth of space between your chin strap and chin, and ensure that the helmet makes a V around your ear.

Be cognizant and smart about where you skateboard so that the only thing you have to worry about is a fall.



<http://www.facebook.com/kidznc>

<http://www.twitter.com/kidznc>



Event Recap

For the past four years, the Daniel Brett Foundation has held the annual *Daniel's Dash for Concussion Awareness 5K Run/Walk*. The foundation, founded by Diana Brett, was created in honor of her son,

Daniel Brett, who passed away as a result of multiple concussions that led him to take his own life. UHealth Sports Medicine's UConcussion Program has long been a supporter of Diana and the Foundation.

Approximately 500 people made their way out to Markham Park for the 4th annual Daniel's Dash to support the Foundation, Diana's family, and to help raise awareness about concussions. Participants were of all ages and ran or walked the 5K at their own paces on a beautiful morning in Sunrise, Florida.

It was readily apparent the passion Diana Brett and other members of her foundation have for raising awareness about concussions and it has not gone unnoticed. Former NFL and Hurricane, Tyler Horn; former Hurricane football player Shane McDermott, and current Hurricane football player Justin Vogel presented Diana a football signed by all the current University of Miami Hurricane football players and staff, in appreciation and support for the Foundation's hard work in spreading the word about concussions.

Daniel's Dash will return to Markham Park in March of 2016. Learn more at: <http://www.danielsdash.org/>



Watch our Daniel's Dash video on YouTube

<http://www.twitter.com/USportsConcussion>



Our Mission:

The University of Miami KidZ Neuroscience Center is dedicated to reducing the number of children and adolescents that sustain brain and spinal cord injuries.

KiDZNC is comprised of a number of programs that includes clinical management, research, outreach, training and education to prevent injuries that occur in daily life. Our center promotes safety currently through four major injury prevention programs; WalkSafe, BikeSafe, SkateSafe, and UConcussion. These programs span the journey from early childhood to teenage years - focusing on *safety through the ages* - and are developed with evidence-based methods and lessons.

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