

Quick Tread Lightly! Activities

Treat Lightly! activities with simple set up and facilitation - materials follow lesson outlines.



Ethics Game

Nutshell: Participants will develop a greater appreciation and understanding of their own personal outdoor ethic and how that relates to others.

Objective: Participants will be able to describe what outdoor ethics are and their importance.

Materials: Ethics situation cards (Pages 6-7)

Time Considerations: 15 to 20 minutes

Directions: Have participants think of one of their favorite outdoor places and what it means to them. Share your favorite place then have some, or all, share theirs. Have them think - what if their favorite place was ruined? In order to have outdoor ethics, people have to have that connection to nature. But what are ethics? Ask for a definition. (what you do when no one is looking)

Tell participants they're going to have two situations to choose from each round. They will pick the situation that most offends or disturbs them. Read the two situations, direct one group to go to your right and the other to your left. Have participants make their choice, go stand with that group, discuss why they chose that situation and to come up with a brief reasoning as a group. Have a representative from each group share their perspective. Ask if anyone wants to switch which situation offends them most now that they heard the other group's reasoning. Repeat this for a few rounds. At the end explain how different people can have different reactions to various impacts that they may find outdoors; it's important to respect that so they will return the favor.

Source:

Tread Lightly! Inc. (2009, Fall/Winter). What Bothers You? In *NEWS: Tread Trainer* pp. 3.

Swat the Rule

Nutshell: Participants will go head-to-head to decide all-terrain vehicle (ATV) rules for camp and beyond.

Objective: Participants will be able to list five of the 10 ATV safety rules.

Materials: Two fly swatters, rule posters (Pages 8-17), poster stand

Time Considerations: 20 minutes

Directions: Ask participants how many have ridden ATVs before. Ask them to list some ideas to stay safe while riding an ATV. Split the group into two teams, participants will take turns being the contestant for their team, give each contestant a fly swatter. Explain the rules: each contestant will stand on either side of the board, you'll read the two options for the rule, then flip the rule over for the contestants to see the poster, the first contestant to *gently* swat the correct rule gets the point. After each round expand on the rule and the reasoning behind it. Note: If you have access to an overhead projector, make overheads for the rules instead of posters - easier to read and less likely to accidentally get hit by a fly swatter!

Source:

National 4-H Council. (2000). Swat the Rule. In *4-H ATV Safety Leader's Guide* (pp. 3-19).

Pet Peeve Role Reversal

Nutshell: Participants discover motivations for outdoor pet peeves and determine alternatives to offer for better behavior.

Objective: Participants will be able to constructively offer suggestions against two negative habits.

Materials: Pet peeve cards (Pages 18-19)

Time Considerations: 15 to 20 minutes

Directions: Give each participant, or in pairs, a pet peeve or bad habit. Have them think of an argument of why someone would think they would benefit from that action. Then have them think of a solution. Have them share both with the group.

Example: Camping in a meadow. Argument for: All of the lush plants and soft ground make for a comfy bed. Solution: Those lush plants are sensitive to trampling and can take a long time to recover, plus once one person camps in an area it gives others the idea to do the same resulting in more damage to a sensitive area. Also, meadows tend to have moisture, which means mud, so your equipment could get extra dirty.

Source:

Tread Lightly!, Inc. (2009, Winter/Spring). Why Would They Do That? In *NEWS: Tread Trainer*. pp. 3.

What Motivates You?

Nutshell: This activity introduces the Tread Lightly! principle - Respect the Rights of Others when participants compare what motivates them to participate in their favorite outdoor activity and find similarities in other recreational activity groups.

Objective: Participants will be able to identify three similarities in values of different recreational activity groups.

Materials: Post-it notes and writing utensils

Time Considerations: 15 to 20 minutes

Directions: Give each participant three Post-it notes. On the sticky side, have them write their favorite outdoor activity; the same activity should be written on all three - be sure to keep it a secret! On the non-sticky side have them write three reasons they love doing this activity - one on each Post-it. A good way to get them thinking is have them finish the sentence: I enjoy this activity because...could be solitude, adventure, scenery, etc.

Once they are finished have everyone post their notes on a board or flat surface. Once all of the Post-its are up, without talking, have the group organize and group the common values. Then look at each group and see what activities are in each value group.

Discussion questions:

- Are there common values among different types of recreationists?
- Was anyone surprised about a type of recreationist in a value group?
- What can we do with those common values to address conflicts between recreationists?

Source:

Tread Lightly!, Inc. (2010, Fall). Post-it Note Values? In *NEWS: Tread Trainer*. pp. 3.

Riding the Trails Match Up

Nutshell: Participants are introduced to Tread Lightly! through a match game.

Objective: Participants will be able to list at least three ways to follow TL!.

Materials: Match up cards (Page 20)

Time Considerations: 10 to 15 minutes

Directions: Distribute match up cards amongst participants, one for each participant or have them work in pairs depending on the group numbers, with the goal of having people find their corresponding action or result card to form a pair. Once all participants are matched have each pair share their action/result and have them decide what principle the situation exemplifies.

Source:

Tread Lightly!, Inc. (1995). Riding the Trails. In *As the Trail Turns* (pp. 17-18).

Youth Treadpardy

Nutshell: Participants break into two teams and go head-to-head to test their knowledge about Tread Lightly! and all-terrain vehicle (ATV) safety.

Objective: Participants will be able to list a fact from each game category.

Materials: Treadpardy key (Page 21), white board and markers

Time Considerations: 30 minutes

Directions: Split participants into two groups. Flip a coin to see which team goes first. Participants will take turns being the contestant for their team. Have the first team select the category and points they would like to play for. Read the question. The first contestant to correctly answer the question is awarded the points, the next contestant for that team selects the category and point value. No penalty is given for wrong answers. Once all of the questions are answered add up the points for each team. You can declare the winner from these points or move on to Final Treadpardy.

Final Treadpardy! Choose one of the provided questions, or select your own, and give the teams the name of the category. Have them discuss how many of their points they want to wager. Ask the question, give them a minute to write their responses. If they answer correctly, award them the number of points they wagered. If the answer is incorrect, deduct the number of points wagered.

Category: Respect Others

Question: When meeting a horse on a trail, step off to this side of the trail. (downhill side)

Category: Travel Responsibly

Question: This loss of soil often happens in spring and fall, is due to travel on wet and soggy trails and trampling of plants. (erosion)

Category: Educate Yourself

Question: Name five items of safety gear you should wear while riding an ATV. (helmet, goggles, gloves, boots, long pants, long sleeves, chest protector, etc.)

Source: Tread Lightly!, Inc. (2008, March). Respect the Rights of Others: Mythbuster and Jeopardy!. In *Tread Trainer Curriculum Manual* (pp. 62-67).

ATV Pop Quiz

Nutshell: Test your participants' all-terrain vehicle (ATV) and Tread Lightly! knowledge before you start a camp, course or activity.

Objective: To evaluate participants' ATV and TL! knowledge so you can tailor activities to them.

Materials: Copies of the quiz (Pages 22-23), writing utensils, key

Time Considerations: 15 minutes

Directions: There are two ways to conduct this activity based on your audience. For a younger audience you can do the quiz as a group, take note of participants initial answers. If you have an older group you can hand out copies of the quiz and have them take the quiz on their own. After the quiz, you can discuss the answers and tell them you'll go over these topics more throughout the camp/course/activity.

Key: 1. b, 2. c, 3. d, 4. b, 5. a, 6. a, 7. b, 8. a, 9. c, 10. c, 11. b, 12. a, 13. c, 14. b, 15. a, 16. d

Source:

National 4-H Council. (2000). Optional Pre- and Post-Evaluation. In *4-H ATV Safety Leader's Guide* (pp. xiv-xv).

TL! Beach Ball

Nutshell: Participants are introduced to Tread Lightly! or review TL! with a fun beach ball toss.

Objective: Participants will be able to list at least three of the five TL! principles and one way to follow each of them.

Materials: TL! Beach Ball - ball with TL! questions and tasks written on it (Pages 23-24)

Time Considerations: 10 to 15 minutes

Directions: Have the group form a circle and tell them you're going to test their TL! knowledge. Show the participants the TL! beach ball. Tell them that there are some questions and some tasks related to TL! on the ball. The goal is to keep the ball aloft for three bounces. On the third bounce, the person who would have bounced the ball will catch it. The person will read the question or task that their right index finger is touching and answer it or complete the task. If that item was already done, have them spin the ball and try again. Continue for 10 minutes or until their attention starts to fade - whichever happens first.



Adaptations: You can also have participants answer a question on each bounce instead of on the third bounce.

Source:

Leave No Trace Center for Outdoor Ethics. (2007). Beach ball. In *Leave No Trace 101: 101 Ways to Teach Leave No Trace* (pp. 9).

Tread Lightly! History

Nutshell: Participants discover the history of Tread Lightly! with a match game.

Objective: Participants will have a general idea of the development of TL!.

Materials: TL! history cards, key (Pages 26-28)

Time Considerations: 10 minutes

Directions: As a group, have participants put the TL! milestones in order. Once they have matched all of the cards, go through the answers with them, rearranging any milestones that need to be moved. Tell participants it's important to know the background of organizations you are involved in so you know the purpose of the organization and are knowledgeable when talking to the public.

Source:

Tread Lightly! Overview. [Brochure]. Utah: Tread Lightly!.

Tread Marks Evident In Cryptobiotic Soil

Riders Repeatedly Revving Engines To Make Noise

Toilet Paper Flowers

A Trail Widened To Go Around An Obstacle

Cigarette Butts Along The Trail

Names Carved On Trees

Evidence of Motorized Vehicles Traveling In Closed Areas

People Getting Close To Wildlife For A Photo

Children Riding Without Safety Equipment

Litter On The Side Of The Trail

Someone Chasing Wildlife With An OHV

An Unattended Campfire

Lots of Braided Trails In An Area

Livestock Wading In A Water Source

Several Fire Rings In One Area

OHV Riders Riding In Streams

Deep Ruts In Muddy Areas On The Trail

People Feeding Wildlife

Cultural Area Devoid of Artifacts

Pet Waste On A Trail

Donut Tracks In A Pristine Meadow

Multiple Passengers On A Single-Rider OHV

Someone Passing At Excessive Speeds

Create Your Own For Your Unique Area!!

To be safe....

**Take a certified ATV
Rider Safety Course.**

or

**You've never ridden an
ATV, but how hard can it
be, you ride a bicycle...**

To be safe....

If you can reach the foot-rests you're old enough to operate the ATV.

or

You should be trained before operating an ATV.

To be safe....

Wear a helmet and other safety gear when on an ATV.

or

It's ok not to wear a helmet as long as you're extra careful.

To be safe....

**Operate an ATV only
on unpaved trails.**

or

**Operate an ATV on
paved roads so you
can go faster.**

To be safe....

Operating ATVs without passengers.

or

Carry passengers as long as they're grasping handholds securely.

To be safe....

Speeding is OK if you're late.

or

Keep your speed at or below the limit, depending on conditions.

To be safe....

**Don't drink alcohol or
use other substances.**

or

**Life is short - go ahead,
drink and operate
ATVs.**

To be safe....

**Scout new terrain only
if you haven't had an
ATV safety course.**

or

**Always know the area
where you'll ride.**

To be safe....

Know and follow the laws that govern ATV use in your area.

or

Only the federal government makes laws about ATVs, so you don't have to know them.

To be safe....

**The size of your ATV
doesn't matter as long as
you can use the throttle.**

or

**Follow the FIT guidelines
to make sure your ATV is
the right size for you.**

Carving Name on Trees	Not Packing Out Toilet Paper
Feeding Wildlife	Cutting Switchbacks
Taking an Arrowhead	Washing in Lake with Soap
Starting New Fire Ring	Picking a Wildflower
Playing Loud Music	Donuts in a Meadow
Not Yielding to Hikers when on Dirt Bike	Driving on Cryptobiotic Soil

Repeatedly Revving Engine in Camp	Riding Double on a Single-Passenger OHV
Getting Close to Wildlife for a Photo Opportunity	Not Packing Out Trash
Riding OHV in Wilderness Area	Having your Dog Off Leash
Camping on Lake Shore	Using Branches from Standing Trees for a Fire
Riding Without a Helmet	Throwing Banana Peel on Ground to Decompose
Passing Others at Excessive Speeds	Not Washing Equipment Between Trips

Don't do this: Ride vehicles or horses in stream channels.

Or you may cause this: Disturbance to spawning fish and aquatic vegetation and reduced water clarity due to stirring up sediment.

Don't do this: Stray off trails designed for off-highway vehicles use.

Or you may cause this: Destroyed vegetation and creation of an unauthorized route that others may follow.

Don't do this: Ride without a helmet.

Or you may cause this: You could have an accident and crash, resulting in a head injury, potentially leading to worse - death.

Don't do this: Leave your campfire unattended.

Or you may cause this: A wildfire.

Don't do this: Speed past horseback riders.

Or you may cause this: Startle the horses, resulting injury of the rider and/or the horse.

	Where is Your Parent?	Habitat is My Home	I Have the Scars to Prove It	Look Before You Leap
20	What is the age of the youngest person hurt on an ATV in the past five years? <i>(Less than 1 - someone else driving while holding a child. Small children have been killed driving themselves too.)</i>	Stay on these while riding to protect habitat. <i>(Trails!)</i>	What is the most important safety gear item? <i>(Helmet)</i>	Apply pressure to this gadget to stop your ATV. <i>(Break - on handle bars and some have near footrest.)</i>
40	How many people can ride on an ATV? <i>(One, unless the machine is built for two.)</i>	Which of these is most likely to be harmed by off-trail riding: birds, bears, or goats? <i>(Birds - ATVs can run over nests and hurt birds.)</i>	Flip flops or boots when riding? <i>(Boots - keep your feet on foot pegs, maintain stability, help prevent injury.)</i>	If you run out of this on the trail, it can be a long walk back. <i>(Gas - there are no gas stations on ATV trails.)</i>
60	When riding, who should you always have with you - Rover, your friend, an adult? <i>(Adult, it is important that a knowledgeable adult teach and supervise young riders.)</i>	Stay on trails! These areas may look like wastelands, but they have fragile soils that are filled with billions of living things. <i>(Deserts - they look harsh and hardy, but they are fragile.)</i>	Shortcut on the highway or stay on trail? <i>(Dirt trail - highways are meant for automobiles.)</i>	You should be able to smoothly use this device on your ATV to control your speed. <i>(Throttle)</i>
80	Is it ok to ride an adult-size machine if you're under 16? <i>(No, it has to be the right size and power, so you can maintain control while riding.)</i>	If you ride through streams, you may harm the places that fish need to do this. <i>(Spawn - low, rocky areas in streams are areas where fish spawn or lay their eggs.)</i>	What piece of protective gear keeps gnats and bugs out of your eyes? <i>(Goggles)</i>	When riding up a hill how should you be positioned on your ATV. <i>(Leaning up hill)</i>

ATV Pop Quiz

1. What size ATV engine is the best for kids youth ages 6 through 11.
 - a. 70 to 90 ccs
 - b. Less than 70 ccs
 - c. Less than 10 ccs
2. How should your upper legs be positioned when you are riding the right sized ATV?
 - a. Pointed up
 - b. Pointed down
 - c. They should be about horizontal
3. Why do you need about three to six inches of space between your rear and the ATV seat?
 - a. It makes it easy to absorb shocks through your legs on bumpy roads
 - b. It helps so that the seat will not hit you during a ride and throw you over the handlebars
 - c. It's easier to see and more comfortable.
 - d. All of the above.
4. What is the top safe speed of an ATV for a young rider?
 - a. Less than 5 mph
 - b. Depends on the rider, as you get older and better at riding you will be able to drive faster and still be riding safely
 - c. It depends if the rider has eaten lunch.
5. What is the safest trick to do on an ATV- flip, aerial, or wheelie?
 - a. None of these tricks are completely safe, even for really skilled riders. ATV tires should always be kept on the ground.
 - b. Flip, because the rider stays on the ATV
 - c. Wheelie, because at least two tires stay on the ground
 - d. Aerial, because most people can hold on tight without falling off
6. Where should you never ride an ATV?
 - a. Ditch and paved road
 - b. Farm field and dirt trail
 - c. Private land and dirt trail
7. What piece of protective gear can help keep things like bugs and dust from getting into your eyes?
 - a. Chest protector
 - b. Goggles
 - c. Gloves
8. What is the most important piece of protective gear?
 - a. Helmet
 - b. Boots
 - c. Chest Protector
9. What piece of gear helps you stay on the footrests?
 - a. Helmet
 - b. Chest Protector
 - c. Boots

Continued...

10. What keeps the helmet on your head?
 - a. The Velcro hair net
 - b. The head weight
 - c. The chin strap
11. How many people total can an ATV carry?
 - a. None
 - b. One, unless the ATV is made for a driver and a passenger
 - c. Two to three, depending on how small the passengers are
12. Which is a safer riding surface for an ATV, paved or dirt?
 - a. Dirt
 - b. Paved
13. When are you too old to take a riders course?
 - a. 21
 - b. 16
 - c. Never, all riders need training before they go out on an ATV
14. What is better for the environment, riding in open country or on trails?
 - a. Open country! The wind feels good and there are more bumps.
 - b. Trails! By staying on trails, you help keep habitat in tact- good for birds, bees and other flying and hopping things!
15. True or false: You can ride across deserts because they're just a bunch of sand and dirt.
 - a. False. Desert soils are home to millions of tiny living things and riding on these places can hurt them.
 - b. True. Most living things stay away from the heat and other bad conditions of the desert.
16. Which one of these birds might be harmed by riding ATV's off trails?
 - a. Killdeer
 - b. Vesper sparrow
 - c. Wood duck
 - d. All of the above
 - e. None of the above

TL! Beach Ball Questions and Tasks

- Principle #1: Travel _____ (responsibly)
- Tell a friend/classmate a cool fact about TL!
- Write a short poem/story about respecting the rights of others.
- Name one land management agency.
- How old do you have to be to follow TL! practices? (any age)
- Principle #2: _____ the Rights of Others (respect)
- How many feet away from water should you camp and dig cat holes? (200 ft)
- Drive _____, not around obstacles to avoid widening the trail. (over)
- Principle #3: _____ Yourself (educate)
- Is snow a durable surface? Why? (yes, the effect of travel is temporary if there's enough depth to prevent vegetation damage)
- Name one way you can minimize your campfire impacts.
- What is your outdoor ethic?
- What does TL! stand for? (Tread Lightly!)
- What is your most memorable outdoor experience?
- Name one sponsor of TL! (Jeep, Yamaha, Polaris, Honda, Google, BLM, Goodyear, etc)
- If wildlife begins to change its behaviors you are probably too _____. (close)
- Pack _____ what you pack _____. (out/in)
- How long does it take for a glass bottle to decompose? a) 100 years b) 1,000 years c) 100,000 years d) 1,000,000 years (d)
- Principle #4: Avoid _____ Areas (sensitive)
- Name two animals you may see on an outdoor adventure close to your home.
- What is an alternative to a campfire when camping?
- How many principles of TL! are there? Name two?
- Why is it important to TL! when enjoying the outdoors?
- What are two things you should always bring with you on an outdoor adventure?
- What is a cat hole? (a means of waste disposal)
- Principle #5: _____ Your Part (do)
- It is illegal to take cultural artifacts from public lands: T/F? (true)
- What is a non-durable surface: gravel or native grasses? (native grasses)
- Why should you leave what you find?
- How deep should you dig a cat hole? (six to eight inches)
- Where might you find cryptobiotic soil? (desert environments)
- You should wash your dishes directly in a stream: T/F? (false)
- Snow and ice are durable surfaces: T/F? (true)
- The best campsites are found, not _____? (made)
- Continued...

TL! Beach Ball Questions and Tasks Continued...

- What is one way you can respect wildlife?
- When should you leave a campfire unattended? (never!)
- Do a TL! cheer!
- Show us your TL! boogie!
- What is cryptobiotic soil? (living soil that can be destroyed by one footstep)
- Dig a cat hole to the best of your ability.
- Describe your favorite outdoor place.
- What's your biggest TL! pet peeve?
- What is your favorite outdoor activity? Why?
- How long does it take for a banana peel to decompose? a) up to 2 years b) up to 3 years c) up to 4 years d) up to 5 years (a)
- For campfires use _____ and down wood. (dead)
- Name two things you should do before an outdoor adventure.
- Why is it bad to feed wildlife?
- You are supposed to pack out toilet paper: T/F? (true)
- TL! is just for OHV riders: T/F? (false)
- Cross streams only at _____ fording points. (designated)
- _____ gates as you find them. (leave)
- Yield the right-of-way to those passing you or traveling uphill: T/F? (true)
- Keep the noise and dust _____. (down)
- Name five things you should wear while riding an OHV. (helmet, eye protection, long pants, long sleeves and gloves)
- What should you do after a ride to avoid the spread of invasive species? (wash your OHV)
- Why is it important to stay on designated trails?
- What should you check on your ATV before a ride?
- When is it ok to have two people on an ATV? (When it is designed for two people)
- How do you walk through a meadow that doesn't have a trail? a) single-file b) spread out (b)

The US Forest Service launched the Tread Lightly! program as a means of addressing concerns about the impacts from increasing numbers of recreational visitors to the great outdoors.

Several corporations were interested in buying Tread Lightly! to improve their image.

To maximize the program's effectiveness, management responsibilities were transferred to the private sector, making Tread Lightly! an apolitical, nonprofit organization.

Tread Lightly! signed memorandums of understanding with major government agencies including: US Forest Service, Bureau of Land Management, National Park Service and the US Army Corps of Engineers.

Tread Lightly! expanded their mission to include water-based recreation.

The Restoration for Recreation program was designed to keep the great outdoors beautiful, healthy and accessible by providing much needed resources for backlogged maintenance, along with critical education and communications initiatives to allow for environmentally sustainable outdoor recreation.

Lightfoot, Tread Lightly!'s mascot promotes their Kids Club, visits events and schools, and is featured on educational and promotional materials.

The Tread Trainer program was launched to spread the outdoor ethics message through a grassroots network of volunteer trainers.

Respected Access is Open Access, a new campaign, was launched with the goal of improving behavior and reducing property and natural resource damage, visitor conflict, and unsafe and irresponsible actions.

Tread Lightly! History Key

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