

WHERE'S YOUR **STUPID LINE?**



Melon Splat

Hosting a melon splat competition encourages a wide range of students and community partners to become involved in injury prevention initiatives. Participants are asked to design a device to protect a melon from “splatting” when dropped from a significant height.

DOWNLOADS

- Activity resources
- Sign up sheet
- Donation letter
- Radio advertisement

CAPTURING RESULTS

- Record how many individuals participated in and attended the event.
- Take pictures of your event.
- Send any pictures, feedback, or testimonials to SMARTRISK or post them on the No Regrets Facebook page.

The Background

The human skull is only one centimeter thick. A properly fitted and correctly worn helmet can significantly decrease the risk of serious head injury in recreational activities. Getting proper training and being aware of your environment also play a significant role in reducing the risk of head and neck injury.

The Activity

Melon Splat is designed to demonstrate the fragility of the head and neck. Students are challenged to think about the reality of serious head injury and to reflect upon their own risk taking behaviours. This activity focuses on encouraging students to wear a helmet, get trained, and look first when participating in any sort of recreational activity.

Guidelines

The following steps are guidelines for you to hold Melon Splat in your school. Feel free to make the activity your own so that it is relevant to your classroom, school, or community.

- Speak with your principal and staff advisor to request an appropriate time and place for hosting the event.
- Announce the event to your school. Be sure to include information on how students can sign up and participate.
- Set up a booth for students and staff to sign up in teams. Have No Regrets team members at the booth to answer any questions the teams might have.
- Provide melon drop kits and a melon to all students who have signed up for the event.
- Select individuals to act as judges for the event and arrange to provide prizes to successful participants.
- On the day of the event set up the drop site with tarps and provide an area for spectators to watch from a safe distance away.
- Begin by dropping a melon from the drop site to demonstrate the fragility of the head and neck
- Have participants present their protective device to the spectators and judges before dropping it.
- Participants whose devices stopped the melon from “splatting” move on to the next round. Continue until only one team is left with their melon intact.



Ways to Get Students Mobilized

- Host the event in the fall and use pumpkins instead of melons.
- Be creative in choosing your drop site. Some examples are the roof of your school, outdoor bleachers, or the ladder of a fire truck.
- Many school's hold "buy-outs" where students can pay a dollar or two to get out of class to attend a special school event. Talk to your staff supervisor and principal to see if this is an option for you. This may increase the number of students participating as well as the number of spectators. It can also help to cover the cost of any refreshments you may provide, or go towards fundraising for your No Regrets program.
- Recruit participants from science and physical education classes and sports teams.
- Provide prizes to successful teams. contact SMARTRISK to assist you with securing donated prizes.
- Invite student bands to perform after the challenge is over.
- Provide food and refreshments during and after the challenge.
- Set up a booth at the event where students can come if they are interested in joining your No Regrets team.

Ways to Get Community Mobilized

- Invite teachers and other school staff to attend the event as well as create their own protective device and compete.
- Contact your local emergency services to invite them to attend and participate in the event. Participation could include acting as judges or "melon droppers" at the event, or having their own competing teams.
- Approach local businesses to ask for donations for drop kit materials, refreshments, and prizes for the winners.
- Contact local media and invite them to attend and cover the event.

Promote:

Buckle Up

look first

Wear the Gear

Get Trained

Drive Sober