

DANGEROUS DRIVING

A 1-DAY EDUCATIONAL COURSE
FOR THOSE CHARGED
WITH DANGEROUS DRIVING



MAINTAINING DRIVING INDEPENDENCE WHILE LEADING SAFE AND PRODUCTIVE LIVES!



OUR BACKGROUND:

Since its inception in 1998, Road Rules Driving School has strived to help drivers maintain their driving independence while leading safe and productive lives. Our motto "making drivers safe for life" drives our vision of helping drivers across industries and at all stages of our driving careers.

Road Rules started out working with school boards to deliver driver training to beginner drivers. Thousands of students have graduated from our ministry-approved curriculum. We are also ministry-approved to instruct defensive driving (DDC) and driver improvement courses (DIC), for drivers with speeding tickets, demerit points and at fault crashes.

Road Rules has also evolved to provide comprehensive driver rehabilitation to those who have lost, or are at risk of losing their license for medical reasons. This includes mobility issues requiring adaptive equipment, as well as traumatic crashes resulting in cognitive impairments and PTSD. We work with clients before the courts charged with impaired driving (alcohol, cannabis, opioids), road rage, stunt driving and driving on a suspended license.

Founder Matthew Rivers started driving at an early age on his parent's farm. Driving professionally and doing so safely is in his DNA. Matthew has a degree in Business and Psychology from Bishop's University and is a certified in-car and in-class driving instructor.

FOR MORE INFORMATION:



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DURING THE COURSE WE WILL COVER:

Road Rage & some psychology behind addiction (likely done this or similar behaviour many times). What has been brought into the car that has led to a dangerous or careless charge?

- I. Ensure cerebral part of brain is making decisions and not "lizard" part of brain (fight or flight and the amygdala vs prefrontal cortex)
- II. Stages of change theory; how we adopt better habits (depending on the person, approximately 50% of our decisions in any one day are made subconsciously)
- I. The Type A Personality type – it's too easy in today's modern world for it to run amuck (over-exposure to stress)
- III. Continuum of road rage

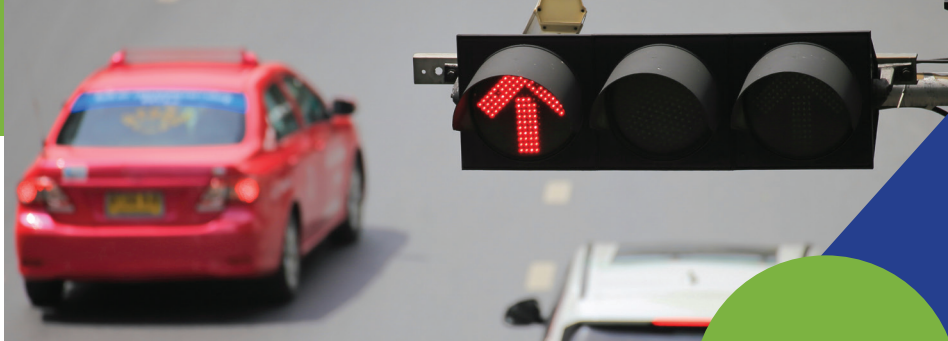
Window of tolerance (Siegel 1999): are we emotionally over or underwhelmed, therefore physiologically unable to make our best decisions?

Strategies to manage:

- I. If we are overwhelmed, techniques to get ourselves back to where our reactions can adapt to fit the situation. Conversely if we are underwhelmed, what we can do to stimulate the nervous system (some solutions in defensive driving module)

Reflective study:

- I. Events leading up to the charge. Often what happened the day of the charge is very telling. We probably need to unpack decisions made in the day(s) leading up to the charge.
- II. Alternatives - sometimes we need to examine systemic stressors such as long commutes, unsatisfying jobs, etc.



**COURSE
COST:
\$799+hst**

**Courses can be
started with a
50% deposit!**



**ONLINE
LEARNING!**

**COURSES ARE DELIVERED
REMOTELY, INCLUDING:**

- 1-on-1 video-conferencing
- Powerpoint
- Workbook
- Proprietary handouts (Changing Gears 1 & 2)
- Videos

Completion of the course is dependent on comprehension of the fundamental concepts of the course. This is achieved through a questionnaire, a test module, and a journaling exercise analyzing the circumstances of the charge and exploring constructive alternatives.

A letter of completion will be sent to client along with course brochure (both in pdf format).

Physiology of stress, aggressive driving and how it affects the body:

- I. Holmes & Rahe stress scale (our personal resources)
- II. Fight or flight response and the role of the amygdala
- III. PTSD: Not uncommon to have professional drivers come through our courses due to over-exposure to stress from driving (both on the job and/or the commute to their job)
- IV. Stress hormones and how over-exposure leads to immune system suppression (cortisol-the stress hormone)
- V. Substances - will do an overview of alcohol & drinking and driving if relevant; self-medicating (maladaptive behaviours)

Defensive Driving module (The Big 4):

- I. Using our eyes / Strategic driving
 - a. Scanning: what to incorporate - priorities; get the big picture; keep your eyes and head moving; aim high; blind spots; defensive braking
 - b. Intersections: Stale vs fresh green light & point of no return
- II. Lane position
- III. Following distance (different according to speed and conditions); space cushion driving (always have an out)
- IV. Defensive stopping (what we should do every time we apply brakes)
- V. Refresher on new rules of the road such as cycling lanes, distracted driving