

IMPAIRED AWARE

ALCOHOL

A 1-DAY EDUCATIONAL COURSE FOR
THOSE CHARGED WITH DRIVING
UNDER THE INFLUENCE OF ALCOHOL



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:

Defensive Driving module (The Big 4):

- I. Lane position
- II. Following distance
- III. Defensive stopping
- IV. Strategic driving / what we do with our eyes

Law:

- I. Highway Traffic Act (privilege vs right); Federal & Provincial; ways we can lose our license; Criminal Code of Canada
- II. Implications of a criminal record / costs including: financial, work, travel, relationships, etc.

Look at how alcohol affects us from a physical standpoint:

- I. What is a serving of alcohol?
- II. Blood alcohol concentration (BAC) and the many factors that go into creating our individual BAC/ level of intoxication; how much does it take to get us to 0.05/0.08; how long to wear off?
- III. Effects on different organs in the body including diabetes, cirrhosis; effects on the brain/cognition at different levels of impairment

Look at the psychology of addiction & strategies to manage:

- I. Stages of change theory; habit formation
- II. Supernormal stimuli: how our bodies have not kept up to the complexities of today's society and its stresses
- III. Ensure cerebral part of brain is making decisions and not "lizard" part of brain (amygdala vs prefrontal cortex)
- IV. The type A personality & the Holmes & Rahe stress scale (over-exposure to stress)

Personal context (risk vs protective factors); incumbent upon us to consider:

- I. Genetics (chemical predispositions)
- II. Socialization (role models)
- III. Environment

Reflective study based on what the night out looks like:

- I. Events & triggers leading up to the arrest
- II. Alternatives--what tangible things can we do differently moving forward; strategies to not end up with car keys in our pocket at the end of the night.

COURSE COST:
\$775^{+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).