

# IMPAIRED AWARE

## CANNABIS

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



## 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:



705-874-9220



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# IMPAIRED AWARE CANNABIS

## DURING THE COURSE WE WILL COVER: Cannabis:

- I. Harmful effects
  - a. Methods of consumption and effects incl smoking/vaping, edibles
  - b. Contaminants: testing, pesticides, moulds, fungicides
  - c. How and why medical benefits are derived (such as pain relief and nausea)
- II. Youth: increased risk to brain i.e., susceptibility to dependency and mental illness
- III. Psychotic disorders including: anxiety, depression, schizophrenia; genetic tendencies (family history of mental illness; AKT1 gene)
- IV. Synthetic (skunk): untested and superstrong; effects including seizures, panic attacks, hallucination and even death
- V. How long stays in system: saliva, blood, hair, urine
- VI. How it affects driving including mixing with alcohol (multiplier effect)

### 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 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 (amygdala vs prefrontal cortex); fight or flight; PTSD

### Personal context (risk vs protective factors);

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

### Reflective study based on what the night out looks like:

- II. 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

### Defensive Driving module (The Big 4):

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

**COURSE  
COST:  
\$775<sup>+hst</sup>**

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).