

ENJOY THE RIDE

A 1-DAY EDUCATIONAL COURSE
FOR THOSE CHARGED
WITH ROAD RAGE



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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Road Rules

DURING THE COURSE WE WILL COVER:

Defensive Driving module (The Big 4):

- I. Lane position
- II. Following distance (varies depending on speed and conditions); space cushion driving (always have an out)
- III. Defensive stopping (what should we do every time we apply brakes?)
- IV. Strategic driving / what we do with our eyes

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

- I. The Type A Personality type – it's too easy in today's modern world for it to run amuck
- II. Holmes & Rahe stress scale (our personal resources)
- III. Fight or flight response and the role of the amygdala
- IV. 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)
- V. Stress hormones and how over-exposure leads to immune system suppression (cortisol-the stress hormone); adrenaline & hypertension
- VI. Substances - will do an overview of alcohol/drinking and driving if relevant; factors that contribute to individual B.A.C

How do we make time good vs make good time?

- I. Window of tolerance: hyper-arousal, hypo-arousal and the optimal zone for our best decision making

- II. Correct breathing: critical to make sure the cerebral part of our brain can make it's best decisions and not the fight or flight brain part
 - amygdala vs prefrontal cortex & their roles

Habits/Strategies to manage:

- I. Stages of change theory; habit formation and how to reprogram (many of our decisions on any day are subconscious i.e., no decision-making process)
- II. Neuroplasticity: how habits are formed and that new ones can be learned
- III. Supernormal stimuli: how our bodies have not kept up to the complexities of today's society and it's stresses

Reflective study:

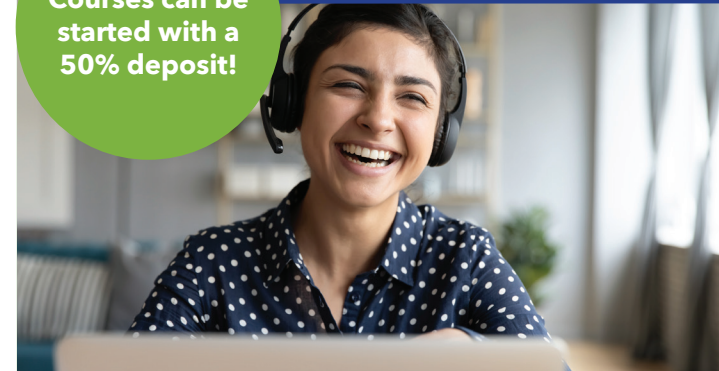
- I. Events leading up to the charge
- II. Alternatives--what tangible things can we do differently moving forward; re-examining stressors such as long commutes, current jobs.
- III. Important for client to understand that if stress is too high, then something has to give. Ultimately this course is to help people choose a different path next time (zig vs. zag); if underage - manage pressures (peer) etc.

Law:

- I. Implications of a criminal record (relationships, work, financial)
- II. Ontario - Highway Traffic Act (driving as privilege vs right); Federal & Provincial; ways we can lose our license

**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).