

## 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), distracted driving, road rage and stunt driving.

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.

# MAINTAINING DRIVING INDEPENDENCE, WHILE LEADING SAFE AND PRODUCTIVE LIVES!



## FOR MORE INFORMATION:

 **705-874-9220**

 **[mrivers@roadrulesdrivingschool.ca](mailto:mrivers@roadrulesdrivingschool.ca)**



# DISTRACTED DRIVING

**A 1-DAY EDUCATIONAL COURSE  
FOR THOSE CHARGED WITH  
DISTRACTED DRIVING**



**ROADRULESDRIVINGSCHOOL.CA**

# Distracted Driving

## DURING THE COURSE WE WILL COVER:

### Defensive Driving Module:

1. Lane position
2. Following distance (varies depending on speed and conditions); space cushion driving (always have an out)
3. Defensive stopping (what should we do every time we apply brakes?)
4. Strategic driving / what we do with our eyes
5. Scanning system: what does a good system incorporate? (multiple things and what to prioritize)
6. Technology works with us, but it doesn't work without us. Who's doing the driving?

### Is the distraction coming from inside the vehicle?

1. Touch & navigation screens (professional drivers)
2. Is hands free, risk free? (reduced field of vision)
3. Types of distraction behind the wheel (cognitive, manual, visual, visual/manual)
4. Distracted driving or digital addiction?

### Law:

1. Federal and Provincial laws around distracted driving including the Highway Traffic Act (driving as privilege vs right)
2. Implications of a criminal record including relationships, work, travel, financial

### Aggressive driving and Road Rage- Physiology of stress and how it affects the body:

1. The Type A Personality type – it is too easy in today's modern world for it to run amuck
2. Holmes & Rahe stress scale (our personal resources)
3. Fight or flight response and the role of the amygdala
4. 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)
5. Stress hormones and how over-exposure leads to immune system suppression: cortisol (the stress hormone); dopamine (addictive) vs. true happiness (serotonin)
6. Substances/impaired driving - will do an overview if relevant; factors that contribute to our individual Blood Alcohol Concentration (B.A.C); know your prescription (interactions)

### How do we make time good vs make good time?

1. Window of tolerance: hyper-arousal, hypo arousal and the optimal zone for our best decision making
2. Habits/Strategies to manage: 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)
3. Neuroplasticity: how habits are formed and that new ones can be learned
4. Supernormal stimuli: how our bodies have not kept up to the complexities of today's society and its stresses

### Reflective Study:

1. Events leading up to the charge
2. Alternatives--what tangible things can we do differently moving forward; HALT (hungry, angry, lonely, tired)
3. Interrupting triggers: proper breathing; why being mindful and present is important

**Course Cost:**  
**\$519<sup>+HST</sup>**



## 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 the client along with the course brochure (both in pdf format).