

Instructor background....

Matthew & Janet Rivers have been certified Driving Instructors and owners of Road Rules Driving School since 2005. They provide Beginner Driver Education to school boards throughout central Ontario and thousands of students have graduated from their Driving School. They are Ministry-Approved for Beginner Driver Education, Driver Rehabilitation (www.driveonrehab.com) and Remedial Courses.

Matthew grew up on the family farm in New Zealand. By age 11 he was towing a hay rake around the fields in the family SUV. By the time he was 15 (legal age to drive in N.Z) he had put thousands of hours in on tractors working for his father's hay contracting business. After graduating high school from Lakefield College School, he went on to obtain a degree in Business and Psychology. Having driven everything from go-karts to Lamborghinis, dump trucks to motorcycles, he is no stranger to driving for a living and what it takes to do so safely and to minimize risk.

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



For more information go to:

Call: 705-874-9220

Email: mrivers@roadrulesdrivingschool.ca

www.roadrulesdrivingschool.ca
www.driveonrehab.com

STUNT-ED

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*A 1-DAY, 7 HOUR,
INTENSIVE REMEDIAL MEASURES
COURSE FOR THOSE CHARGED WITH
STREET RACING.*

*50 over gets
you nowhere
FAST!*

**Road Rules
Driving School**

Making drivers safe...for life!



Your 1 stop G License shop!

STUNT-Ed is a 1-day, 7-hour, intensive remedial measures course for those charged with stunt driving.

Our approach:

Our approach is a non-judgemental, non-sense approach. Our goal is to equip our customers with knowledge and help them to avoid something devastating and/or irreversible.

During the course we will:

- 🔗 Develop a personal plan through reflective exercises and journaling. Explore future goals.
- 🔗 Help you gain a thorough understanding of the laws in Ontario - *Highway Traffic Act*; *Is driving a privilege or a right?*; *how do we lose a license (demerit point system)*;
- 🔗 Count the costs (financial and human)
- 🔗 Aggression and personality Types (Type A):
 - 🔗 Sympathetic nervous system
 - 🔗 Fight or flight response
 - 🔗 What are stress hormones
 - 🔗 Detrimental effects
 - 🔗 Genetics & socialization
- 🔗 What's at the root of Road Rage (stressors, traumatic events)
 - 🔗 Anger and its physiological effects on the heart
 - 🔗 Anger: symptoms, causes and effects

- 🔗 Stress and its effects on the body (Musculoskeletal, respiratory, Cardiovascular, gastrointestinal, reproductive systems)
- 🔗 Strategies for aggression:
 - 🔗 Being present/mindful/relaxation tools
 - 🔗 Communication
 - 🔗 Current environment/alternatives including "what's next?"
- 🔗 Defensive Driving & Skill development:
 - 🔗 Following Distance
 - 🔗 Defensive braking
 - 🔗 Friction & traction
 - 🔗 Driving in bad weather
 - 🔗 Using our eyes; scanning systems
 - 🔗 Impaired Driving
 - 🔗 Distracted driving

We will work through a risk assessment based on the precipitating scenario and identify potential triggers.

Once we know what some of the main triggers are, we can help prepare for them and make contingency plans.

What could we have done differently, what would we do next time?



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COST: \$775 +HST.

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