

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 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:

www.roadrulesdrivingschool.ca

Call: 705-874-9220

Email: mrivers@roadrulesdrivingschool.ca

Text: 705-875-6145

enjoy THE RIDE!

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A 1-DAY, 7 HOUR,
INTENSIVE REMEDIAL MEASURES
COURSE FOR THOSE CHARGED WITH
DANGEROUS DRIVING.

Road Rules Driving School

Making drivers safe...for life!



Your 1 stop G License shop!

www.roadrulesdrivingschool.ca
www.driveonrehab.com
705-874-9220

Enjoy the ride is a 1-day, 7-hour, intensive remedial measures course for those charged with dangerous driving.

Our approach:

Our approach is a non-judgemental, no-nonsense 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 exercise and explore future goals.
- 🔗 Help you gain a thorough understanding of the laws in Ontario including Highway Traffic Act (is Driving a privilege or a right?); how do we lose a license (demerit point system); insurance costs and how they are affected; what a criminal record does for job prospects, travel etc.
- 🔗 Count the costs including financial (fines, programs fees, court costs, legal fees, employment), and human (impact on relationships, injury)
- 🔗 Psychology of Road Rage including:
 - 🔗 Definition
 - 🔗 What's at the root of Road Rage (stressors, traumatic events)
 - 🔗 Mental, emotional and physical processes + detrimental effects on the nervous system

- 🔗 Precipitating factors (PTSD symptoms including ongoing exposure to stress, catastrophic event, childhood neglect)
- 🔗 Key indicators/what should we be looking for?
- 🔗 Look at best practices organizations that help their people work through the stress of the job (military and first responders)

- 🔗 Strategies to keep anger at bay
 - 🔗 Being present/mindful/relaxation tools
 - 🔗 Cognitive restructuring
 - 🔗 Personality types
 - 🔗 Communication
 - 🔗 Environment/alternatives including "what's next?"

- 🔗 Skill development:
 - 🔗 Following Distance
 - 🔗 Defensive braking
 - 🔗 Friction & traction
 - 🔗 Driving in bad weather
 - 🔗 Using our eyes; scanning systems
 - 🔗 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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