

## 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, DriverRehabilitation 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](http://www.roadrulesdrivingschool.ca)

Call: 705-874-9220

Email: [info@roadrulesdrivingschool.ca](mailto:info@roadrulesdrivingschool.ca)

Text: 705-875-6145

# IMPAIRED aware

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

## Road Rules Driving School

*Making drivers safe...for life!*



**Your 1 stop G License shop!**

[www.roadrulesdrivingschool.ca](http://www.roadrulesdrivingschool.ca)  
[www.driveonrehab.com](http://www.driveonrehab.com)  
705-874-9220

## Impaired Aware



Impaired Aware is a 1-day, 7-hour, intensive remedial measures course for those charged with drinking and 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 exercises and journaling. Explore future goals.
- Help you gain a thorough understanding of the laws in Ontario & Canada; the Highway Traffic Act (is driving a privilege or a right?).
- Count the costs including financial (fines, programs fees, court costs, legal fees, insurance, employment), and human (impact on relationships, injury); what a criminal record does for job prospects, travel etc.



- Give you a thorough knowledge of the science behind alcohol including serving sizes/different types of alcohol; know your body type and what the legal limits are; what affects Blood Alcohol Concentration (BAC); how the body processes alcohol; how it affects the various organs; how our cognition is affected by alcohol (different parts of the brain at different stages); history and scientific basis behind law enforcement testing; physician requirements to report drug/alcohol addiction.
- Psychology of addiction (stages of change model); where can my habits lead; analysis of risk when one engages in risky behaviour.
- Neuroplasticity and the emerging science/facts behind how we can retrain our brain.



- Canada's guidelines for low risk drinking; take a look at our consumption levels compared to drinking habits of Canadians; a culture of moderation; healthy lifestyles and when 'zero' is the limit.
- We will work through a risk assessment/reflective study based on what a night out might look like and/or the events leading up to the charges; exploring potential triggers along the way; what would we now do differently; what can we do in the future.

Cost for the program is \$775 +HST.

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