



ROAD
TRAVEL
REWARDS

Unit 4: I'm the driver

NRMA young driver road safety program





ROAD
TRAVEL
REWARDS

We acknowledge the land on which we gather, from places as widespread and diverse as the NRMA. In the presence of Elders past, present and future, we recognise all journeys and our mutual role in creating new paths together.

**Driving comes
with great
responsibilities.**



Identify and Act

What are the risks?

1. Speeding
2. Mobile phone distractions
3. Influences of alcohol and drugs



Speeding

Zero tolerance for L and PI with at least 3 month licence suspension



Case study #1

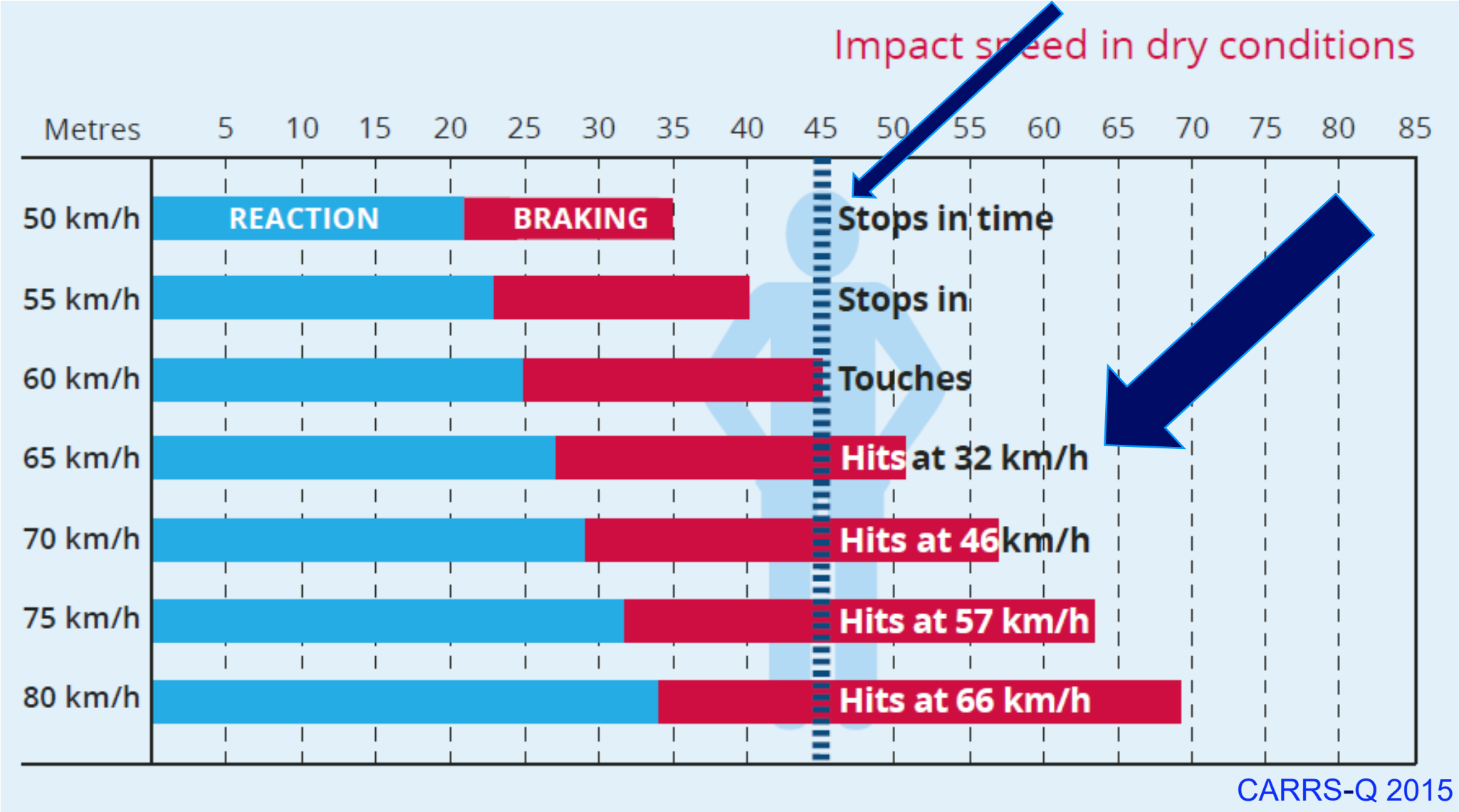


You are driving at 60 km/h and see a child run across the road 45 metres ahead of you.

Will you be able to stop in time?

1. Yes, comfortably
2. Yes, just in time
3. No

Stopping distance = reaction + braking time



At what speed could a human survive?

Car against human on road 20 - 30 km/h

Car against a tree or pole 30 - 40 km/h

Car against car (side impact) 50 km/h

Car against car (head on) 70 km/h

Case study #2





Speeding – tips for reducing risk

- **Be present:** keep checking your speedometer and speed limit signs
- **Reduce speed:** in bad weather and poor traffic or road conditions
- **Leave at least a 3 second gap:** more on highways and poor conditions
- **Don't risk it:** avoid cutting in front of trucks and buses
- **Stay in control:** never let others influence you to drive faster



Drink driving

Zero tolerance in L, P1 and P2 with BAC
(Blood Alcohol Content) = 0

Case study #3



Melita
Aged 18
P1 licence

6 mixer drinks
from 10pm to 2am
9 standard drinks
BAC = 0.24



How many hours to get to zero?

Melita

1. 8 hours
2. 12 hours
3. 16 hours



Ben
Aged 19
P2 licence



10 schooners from 6pm to midnight
15 standard drinks
BAC = 0.17

How many hours to get to zero?

Ben

1. 9 hours
2. 11 hours
3. 13 hours

Case study #3

Melita
Aged 18
P1 licence

6 mixer drinks
from 10pm to 2am
9 standard drinks
BAC = 0.24

0.24 **Over 16 hours** 0
before Melita is back to zero

Ben
Aged 19
P2 licence

10 schooners from 6pm to midnight
15 standard drinks
BAC = 0.17

0.17 **Over 11 hours** 0
before Ben gets back to zero

Melita

1. 8 hours
2. 12 hours
3. **16 hours**

Ben

1. 9 hours
2. **11 hours**
3. 13 hours



Alcohol & driving – tips for reducing risk

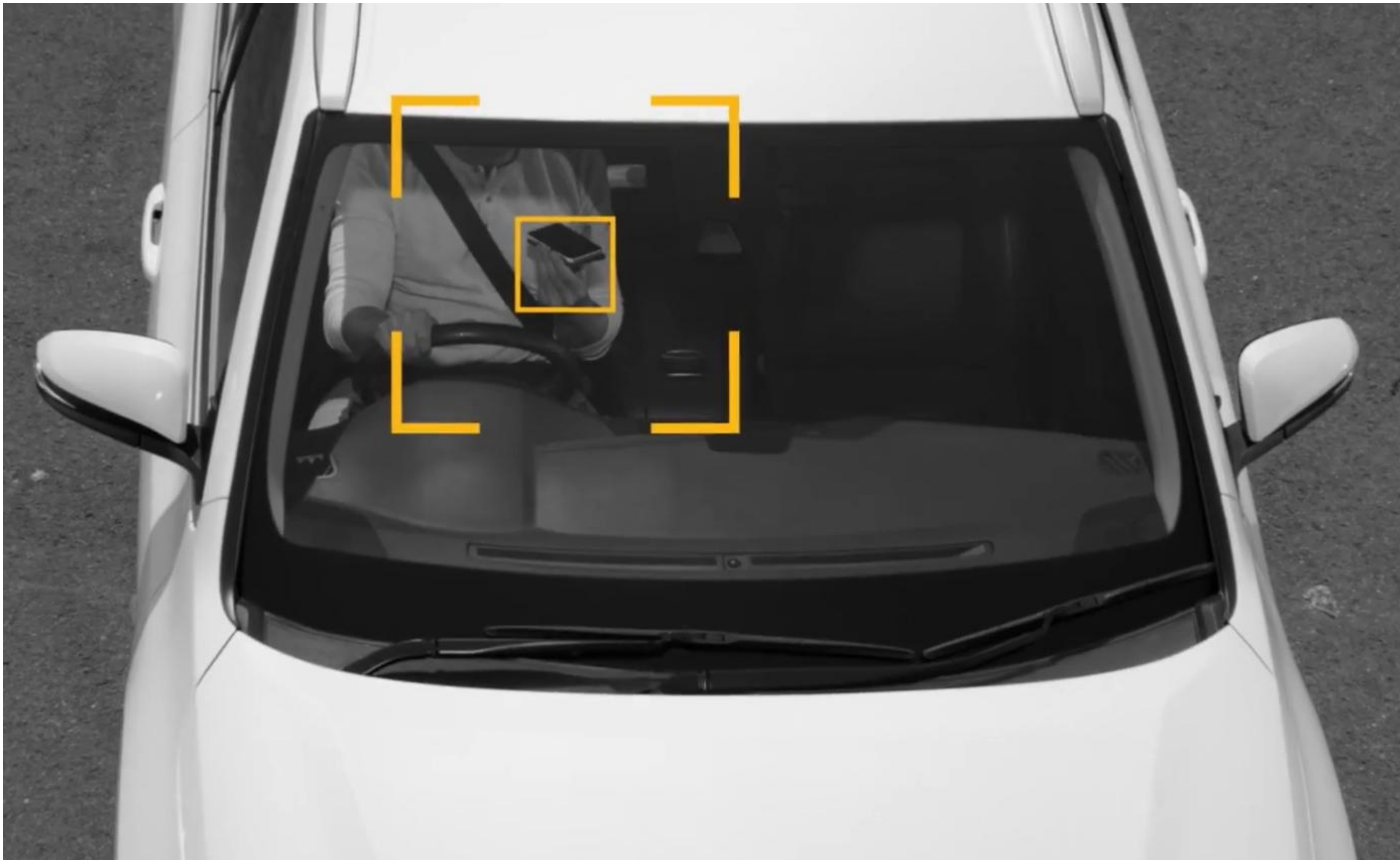
- Don't drink if you plan to drive
- Organise a Plan B
- Leave EXTRA time to get back to BAC zero before driving again
- Don't walk home drunk



Mobile phones

**L, P1 and P2 drivers must not operate a
phone while driving**

**5 demerit points per offence with 10
lost in double demerit periods**



Case Study #4



Mobile phone = distraction

You are **not allowed** to use **ANY** function of a phone (including hands-free/ Bluetooth) whilst driving on your L or P plates.

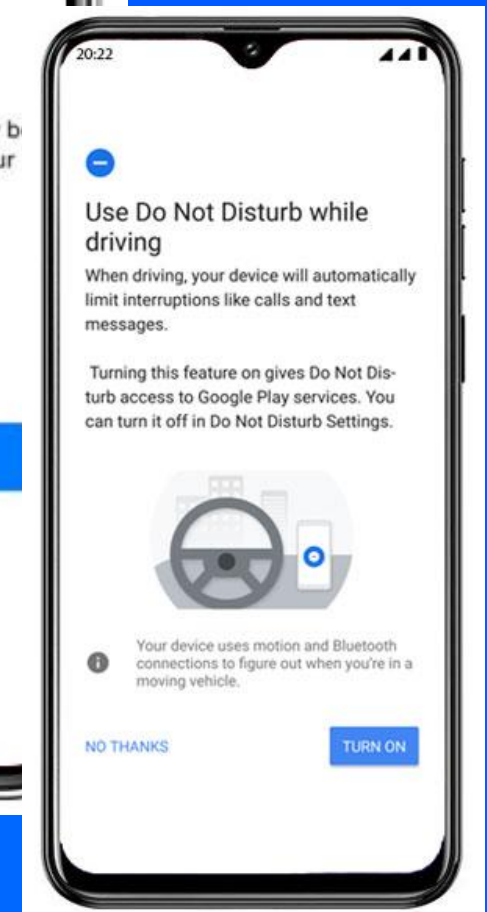


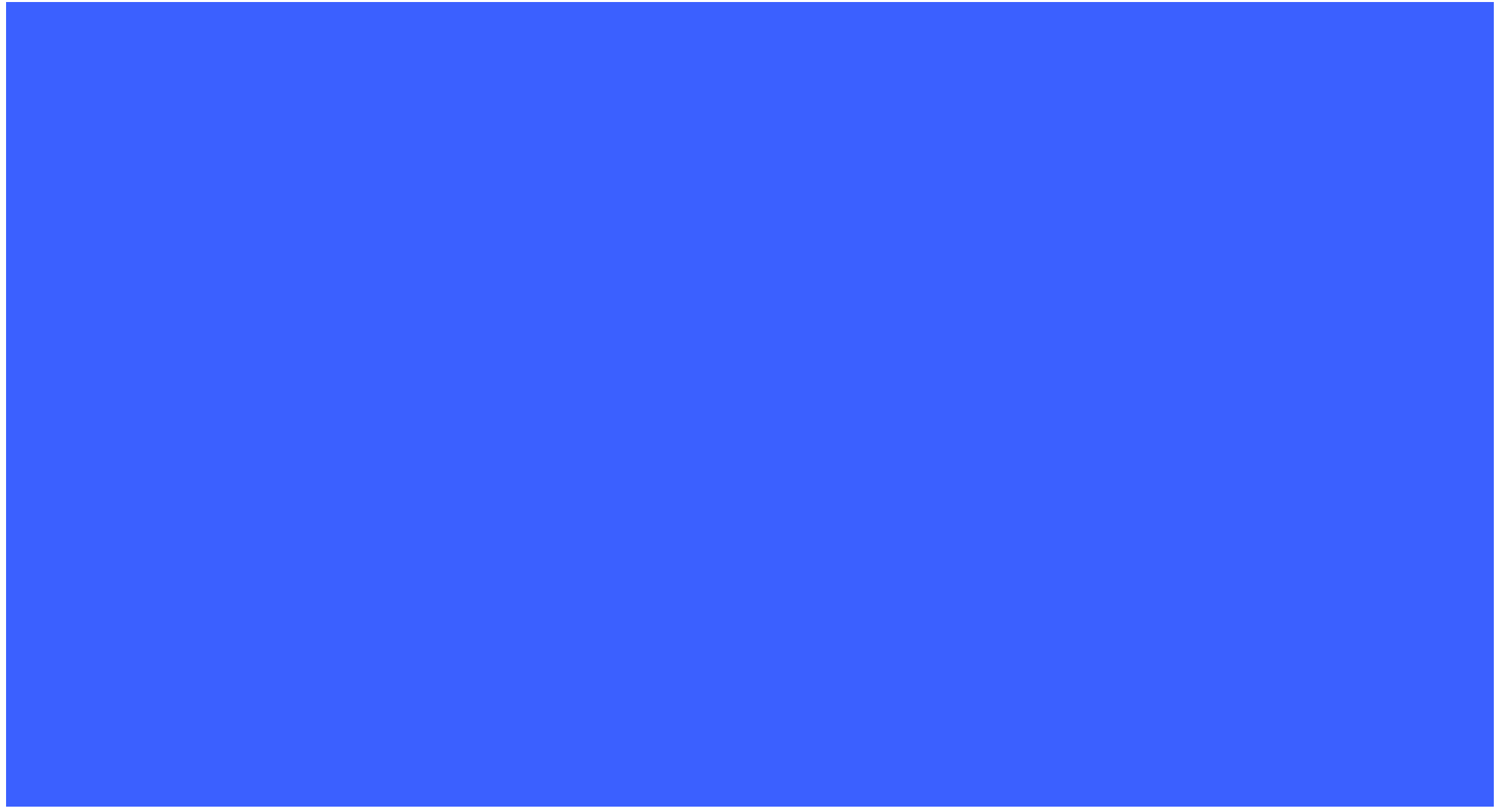
Safety Strategies

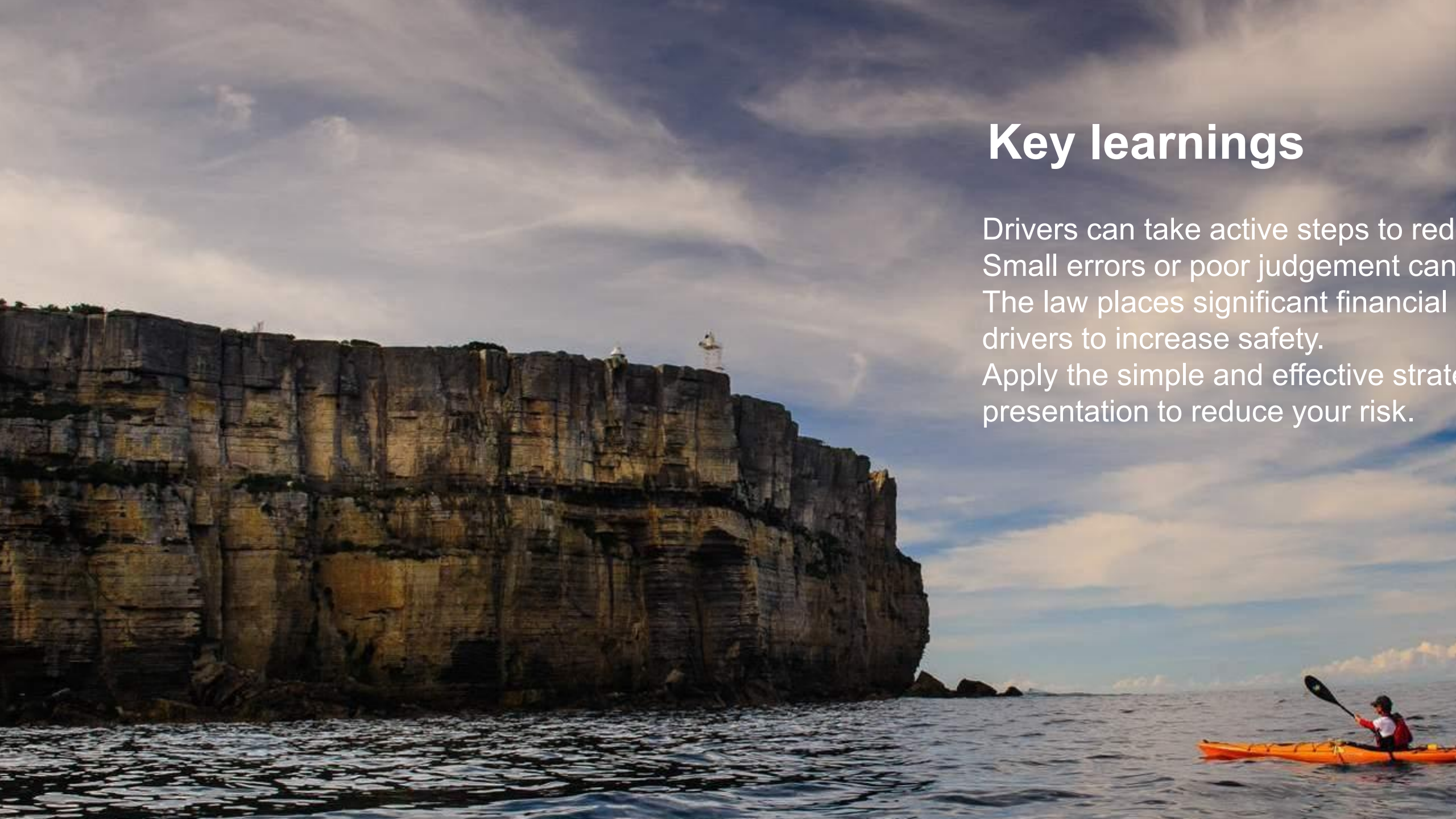
- Put your phone in the glovebox whilst driving.
- Passengers: turn off notifications / keep on silent.
- Park and turn the car off before using a device.
- Work out where you are going - before you leave!
- Keep your phone on 'Do Not Disturb' whilst driving.



Try 'do not disturb' function now





A kayaker in an orange kayak is positioned in the lower right foreground on a body of water. In the background, a massive, layered rock cliff rises vertically, extending across the left and center of the frame. The sky is filled with dramatic, grey and white clouds, suggesting an overcast or late afternoon setting. The overall scene conveys a sense of scale and potential risk.

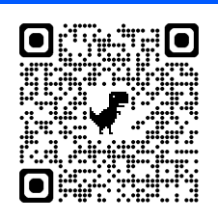
Key learnings

Drivers can take active steps to reduce risk.
Small errors or poor judgement can have significant consequences.
The law places significant financial penalties on drivers who do not increase safety.
Apply the simple and effective strategies from this presentation to reduce your risk.



NRMA support services

- ✓ Driving Lessons
- ✓ Safer Drivers Course
- ✓ Free2Go membership
for 16-20 year olds

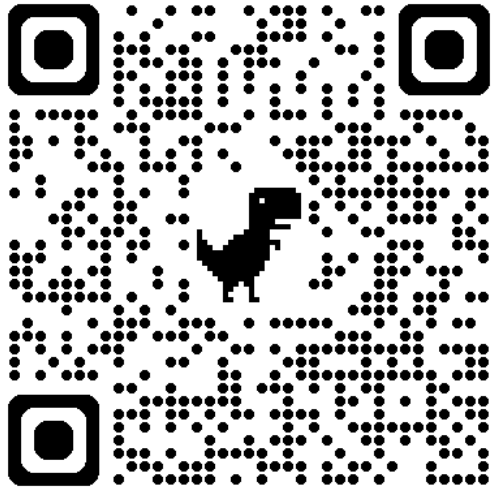


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Next up: Unit 5 – In my Car