

TRAFFIC OFFENDERS REHABILITATION PROGRAM **WORKBOOK**



Name: Guilherme Luís Escher

www.trafficoffenderprogram.com.au
0426 994 769

Welcome

Welcome to the Traffic Offenders Rehabilitation Program (TORP). TORP is a NSW Court approved road safety program designed specifically for traffic offenders; we provide participants with the information and skills necessary to develop positive attitudes towards driving and to change negative driving behaviour.

We strive to have every single participant benefit from our program; whatever circumstance that has led you to attend TORP we encourage you to see this as an opportunity- an opportunity to learn from this experience, to become a better road user and to become a better role model for all of those around you.

If you require any assistance during the program please speak to your Program Coordinator.

Objective

The Traffic Offenders Rehabilitation Program seeks to provide expert information of an educational nature about the dangers of illegal and unsafe driving. Utilizing a variety of reality checks, impact methods and personal reflection the program aims to achieve its' ultimate purpose: reduce the amount of traffic offences committed in Australia.

Structure

Participants must attend the following six (6) sessions delivered by a variety of presenters and complete the activities in the Traffic Offenders Rehabilitation Program Workbook.

1. Road Safety
2. The Crash Site
3. Legal Information
4. Alcohol and other drugs
5. Road Trauma
6. Policing

The participant is also required to complete the Final Reflection task in their own time. This encourages participants to reflect on the Traffic Offenders Rehabilitation Program and what they have learnt from the sessions. The Final Reflection task is often considered by the Judge / Magistrate along with a program behaviour report when determining a final sentence / outco- me of an individual case.

Assessment & Overview

As a participant you will be assessed on the following:

- ✓ Complete attendance at each session. ✓ Active participation in the sessions.
- ✓ Completion of Workbook Activities.
- ✓ Completion of Final Reflection Task.

Behaviour Standards

Please read the following conditions of attendance:

- I will arrive at least 5 minutes prior to each session. I understand that if I am late from a break, leave early or miss part of a session I may receive an unsatisfactory attendance report.
- I will behave in a courteous and respectful manner to Presenters, other participants, Coordinators, members of the public and anyone else present throughout the duration of the course.
- I will complete my TORP work booklet to the best of my ability
- I will complete the Final Reflection task.
- I must not consume alcohol or illicit drugs during or prior to attending TORP. I understand I may be breath tested.
- I will not use my mobile phone during the sessions; it will be switched off or in silent mode and out of sight.
- I will actively participate in the program.
- I will not display anti-social behaviour including disturbing other participants, interrupting or arguing with presenters, swearing or disengaging from learning.

Please read and place a cross ☐ in the box next to the following:

- ☐ I have read and understood the behaviour standards and I agree to comply with the conditions as set out above.
- ☐ I understand this Workbook has been issued at enrollment and is now my responsibility. I agree to a replacement fee of \$20 for a lost or damaged workbook.
- ☐ I understand that non-compliance with the minimum standards of the program may result in an immediate expulsion with no refund given. I also understand if this occurs my attending Court House will be notified and provided details of why I have failed to complete TORP.

Name: _____ Signature: _____

Date: _____

Road Safety

Are the following statements true or false?	True	False
The driver must obey the laws. T	☐	☐
The driver does not need to understand environmental factors which may affect driving factors. F	☐	☐
Alcohol was a factor in over 50% of all crashes on a Thursday, Friday and Saturday night. T	☐	☐
Seatbelts are only necessary when travelling at speeds above 50km F. Motor Vehicle maintenance is not the responsibility of the driver. F	☐	☐
Alcohol and other drugs can impair my driving performance. f	☐	☐
Mobile phone use is permitted at traffic lights. f	☐	☐
Mixing Medicine and Alcohol can be dangerous. t	☐	☐
•	☐	☐
•	☐	☐
•	☐	☐
•	☐	☐

Does a small amount over the speed limit really matter? Why?

yes, even a small amount of speed increases the chance of chritcal injury

What are the four (4) Biggest Killers on NSW Roads that equal 95% of ALL crashes?

1. Speeding_____
2. Driving under the influence_____
3. do not wearing seatbelts_____
4. Fatigue and distraction_____

Name examples in the following categories that can affect your level of road safety.

- Road environment _ Wet roads from the rain will make the road slippery._____
- Environment poor visibility as a result of heavy rain or bright sunshine_____
- Vehicles Break broken_____
- Human & animals _the animals cans across the road._____

What is a safe crash avoidance space and why is it important?

CAS is the **space** required to avoid or reduce the risk of a **crash** occurring. As well as being created, CAS must also be maintained and protected. This is a conscious and continuous process that requires both awareness and skill

What are six (6) things you should check for before driving any type of motor vehicle?

1. engine oil
2. power steering fluid
3. transmission and differential fluids
4. coolant antifreeze
5. windscreen washer fluid
6. brake fluid

What is the speed limit in built up areas with no speed limit signs? 50 km/h

What is the speed limit in school zones? 40 km/h

Most school zones operate from 08:00 am to 9:30 am and from 2:30 pm to 4:00 pm on school days.

What are six (6) Symptoms of fatigue?

1. ~~chronic tiredness~~ or **sleepiness**.
2. **headache**
3. **dizziness**.
4. sore or aching muscles
5. **muscle weakness**
6. slowed reflexes and responses

What are five (5) practical tips for avoiding fatigue?

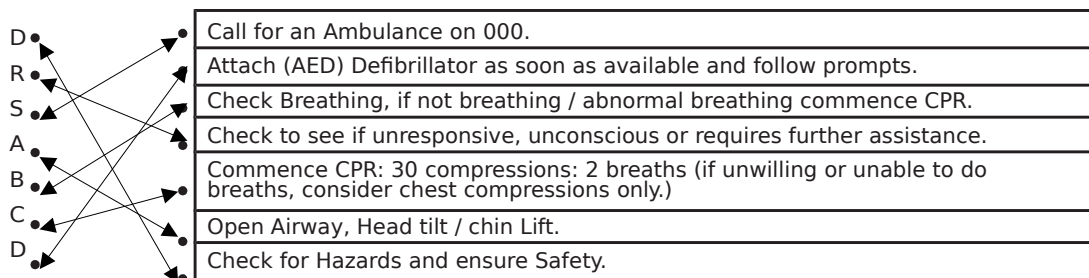
1. Get a good night's **sleep**.
2. Avoid driving at night when your **body** will naturally want to **sleep**
3. Arrange to share the driving
4. Avoid long drives after work
5. **Plan** to take regular breaks from driving (use **rest** areas)

The Crash Site

What are three (3) Strategies to avoid speeding?

1. Give Yourself Time. Most people end up **speeding** because they are running late for work or some sort of appointment_____
2. Drive under the **Speed** Limit_____
3. Think about the Ticket _____

Join the letters with the correct steps that should be taken when someone requires immediate first aid.



What are three (3) things an emergency response “000” Operator will ask you for?

1. Is the patient is breathing?
2. What address are you calling from?
- 3 What is the reason for your call?

What are five (5) hazards that may be present at a crash site?

1. Fire
2. wreckage from car
3. Hazardous material
4. fallen power lines
5. fuel on the road

What are the benefits of completing a first aid course?

First aid training gives employees the confidence and **knowledge** to know how to assess an emergency situation and act quickly. First aid training in the workplace also helps to minimise the number of injuries as those who have completed the course can help identify potential risks at work.

How does road trauma affect Emergency services workers?

Road trauma has a wide impact on the community from those involved, to their family members, this then flows on to the **emergency service workers** attending and can also impact on their families

Legal Information

Are the following statements true or false?	True	False
• A traffic offence can carry criminal record. T	☐	☐
• The basic rule of the road in NSW is to keep to the left. T	☐	☐
• It is against the law to have a radar detector or jammer in your car. T	☐	☐
• Seatbelts are not a requirement in taxis. F	☐	☐
• When driving a vehicle it is an offence to give incorrect information or not supply Police with your name and address. T	☐	☐
• All Alcohol and Drug related offences are considered serious traffic offences and are criminal offences. T	☐	☐
• The Mandatory Alcohol Interlock Program is required to be fitted at the Toffenders' own expense. T	☐	☐
•	☐	☐
•	☐	☐

What is the minimum disqualification period for refusing a breath analysis as a first time offender?

a fine up to \$5,500. imprisonment for up to 2 years, and. an automatic **disqualification** of 3 years.

What are the potential penalties available to a court if a person drives whilst disqualified?

1st offence 2200 fine, 6 months disqualification, 6 months jail time 2nd offence 5500 fine, 12 months disqualification and 12 months jail

What are three (3) things you should do when you are going to court?

Be on time, Dress appropriately, Be respectful

What are five (5) things a Magistrate will consider when sentencing or considering an application for a Section 10?

1. the circumstances of the offence, including any 'aggravating' or 'mitigating' factors_____
2. the maximum penalty for the particular offence_____
3. your financial situation_____
4. your driving or criminal record_____
5. whether you have completed any relevant programs_____

Alcohol and other drugs

Are the following statements true or false?		True	False
•	Alcohol will improve a driver's ability to operate a motor vehicle. A standard drink contains 10 grams of alcohol.	☐	☐
•	Cannabis will improve a driver's concentration and reaction times.	☐	☐
•	Your Blood Alcohol Concentration can be affected by how recently you consumed food.	☐	☐
•	Many prescription and non-prescription medicines affect your ability to drive or ride safely.	☐	☐
•	Alcohol affects your sense of balance.	☐	☐
•	Having a coffee or shower will reduce my Blood Alcohol Concentration.	☐	☐
•	Women can experience higher Blood Alcohol Concentration levels after drinking the same amount as men.	☐	☐
•		☐	☐
•		☐	☐

One full strength (4.8% Alc. Vol) 425ml Schooner is equal to 1.6 Standards.

One 150ml restaurant service of red wine (13.5% alc. Vol) is on average equal to 1.6 Standards.

List three (3) stimulant drugs.

1. Cocaine
2. Nicotine
3. Caffeine

How do stimulant drugs affect a driver?

Stimulants, like amphetamines and cocaine, can lead to speeding or erratic **driving** as well as increased risk taking behind the wheel.

List three (3) depressant drugs.

1. Alcohol
2. GHB
3. Kava

How do depressant drugs affect a driver?

Even in low doses, drugs can significantly reduce your driving skills.

List three (3) hallucinogen drugs.

1. LSD
2. magic mushrooms
3. MDMA

How do hallucinogen drugs affect a driver?

significant impairment in skills directly related to driving, such as the ability to adjust the speed of the vehicle to adapt to the driving environment, and incorrect signalling (not signalling when changing lanes, exiting highways, making turns)

What are six (6) factors which affect Blood Alcohol Concentration?

1. How Quickly You Drink
2. Body Weight
3. Altitude
4. Food in the Stomach
5. The Size of a Drink
6. Type of Mix Used

What are three (3) alternatives or Plan B's to driving under the influence of alcohol?

1. Use taxi or transport public/private
2. get a lift with someone who has not been drinking or using drugs
3. dont drive and sleep in the car or friend house

How might alcohol and drug abuse affect your family and loved ones?

Instability within the family system, Mistrust, lying and stealing. Once addiction has taken hold people may turn to lying and stealing to hide and support their drug abuse, Financial distress. Alcohol and drug abuse can lead to problems at work, including decreased productivity, missed work and job loss

What are four (4) treatment options available to alcohol and other drug users?

1. self help AAA, online
2. Counselling
3. rehabilitation

4. detox

Further resources: ADIS - AOD information service and 24 hour counseling · 9361 8000

Road Trauma

Name five (5) people that would be affected by a fatality or road trauma.

1. the driver
2. the passenger
3. the other vehicle
4. families of those involved
5. the survivors of the crash

What do you see as your role in the community to assist in the reduction of road trauma?

How would a spinal Cord injury or sudden death within your family as a result of a car crash affect your life?

Number the 5 stages of grief in order from 1 to 5:	1 - 5
• Bargaining: "Make this not happen, and in return I will_____".	3
• Denial: "This can't be happening to me".	1
• Acceptance "I'm at peace with what happened".	5
• Anger: "Why is this happening? Who is to blame?".	2
• Depression: "I'm too sad to do anything"	4

What is your worst driving behaviour or attitude and how will make every effort to change it?

How could you become a more responsible driver?

Policing

Who are the four (4) users of the road system?

1. pedestrians
2. cyclists
3. motorists
4. vehicle passengers

Why do road rules exist?

The basic reason for road rules is so that we have order on the road.

What options do police have when they detect an alleged traffic offence?		True	False
•	Issue an infringement notice. Issue a court attendance notice. Suspension of licence.	☐	☐
•	Confiscation of motor vehicle. Arrest.	☐	☐
•	Seize and destroy motor vehicle.	☐	☐
•		☐	☐
•		☐	☐
•		☐	☐

How can you be a safer passenger and therefore decrease your chances of being involved in a crash?

Name three safe (3) driving habits:

1. Defensive driving
2. Never drive tired
3. Avoid car distractions

How would losing your licence affect you?

FINAL REFLECTION TASK

How has the Traffic Offenders Rehabilitation Program allowed you to greater understand dangerous behaviours and their potential consequences?

This program helped me not to make my mistake again, in addition to avoiding other mistakes in the future. We have to respect life first, this program showed me that and the responsibility that we have when driving a vehicle.

What will it take for you to decide to not re-offend?

After what happened to me and watching this course, I don't need anything else, just respect the laws and my life and the people around me.

What actions should safe drivers take to reduce their chance of committing a traffic offence?

What are three (3) things you have learnt from TORP that you will implement in your driving?

I learned a lot more than three things, but I believe that the most important ones were thinking before committing any infraction, getting a plan B before leaving home to drink and respect everyone's life, as it involves families that can cause many traumas and problems for the rest of life.

1. _____
2. _____
3. _____

Have you benefited from undertaking the Traffic Offenders Rehabilitation Program? How?

I believe that all learning is a benefit, I can take it for the rest of my life. I am Brazilian and there in my country of origin there is no such seriousness as here, I believe I can pass this message on to friends and family how important our life is and be safe when driving a vehicle.

