



DRIVER DICE

**ROLL THE DICE AND EXPLORE ALL THE
WAYS OF STAYING SAFE ON THE ROAD**

The DEN Driver Dice have been designed to start conversations about drug use and driving.

You can roll the dice and use the images to test what you know about a topic, share in a group how you stay safe on the roads, or explore drug use and driving by creating your own stories from the images rolled on the dice.

Driver Dice are especially useful for:

- English as Additional Language (EAL) students
- Culturally and Linguistically Diverse (CALD) community members
- Neighbourhood Houses and Youth Centres
- L-Plate theory test preparation
- Curriculum-linked activities in school classrooms

Driver Dice can be used with each level of the Health and Physical Education (H&PE) curriculum to:

- Help script and rehearse safety strategies
- Explore scenarios and consequences where safety may be at risk
- Justify decisions to preserve their own or other's health
- Demonstrate knowledge, understanding, and skill



Prescription

More information:

Tasmanian Road Rules Page 73

<http://bit.ly/TasRoadRules2018>

Alcohol and Drug Foundation

<http://bit.ly/ADFdrugsdriving>

What are the side effects of prescription medication?

How can you reduce the risk of a crash when on medication?

What should you do if you are taking medicine that affects your driving?

Are there alternatives to the medications you are taking? Discuss with your GP.

What medications should you not take and drive?



Sunrise / Sunset

More information:

Tasmanian Road Rules Pages 70-72, 77-78

<http://bit.ly/TasRoadRules2018>

Alcohol and Drug Foundation

<http://bit.ly/ADFdrugsdriving>

Are you over the limit from the party the night before?

Are you taking medication that might make you drowsy?

Have you planned how you are going to get home after the party?

What are the hazards of driving in Tasmania at these times?



Drowsy

More information:

Tasmanian Road Rules Page 76

<http://bit.ly/TasRoadRules2018>

Tasmanian Heavy Vehicle Driver's Handbook Pages 27-28

<http://bit.ly/TasHeavyVehicle2018>

Moderate Sleep Deprivation Study

<http://bit.ly/SleepDeprivationStudyBMJ>

Does the medication you take make you drowsy?

Does coffee keep you alert?

How does driving without sleep compare to driving over the 0.05 alcohol limit?

What are the signs of fatigue?

How does fatigue affect your driving?

How can you avoid fatigue?



Wet Weather

More information:

Tasmanian Road Rules Pages 78-80

<http://bit.ly/TasRoadRules2018>

Alcohol and Drug Foundation

<http://bit.ly/ADFdrugsdriving>

How does rain affect your driving?

How can drugs affect your ability to judge distance between you and other road users and objects?

How can drugs affect your ability to judge stopping distance?

How can drugs affect your reaction times?

What is the safe following distance between cars?

What should you do if it starts to rain?



Party

More information:

Tasmanian Road Rules Pages 70-72,
76-77

<http://bit.ly/TasRoadRules2018>

Hangover Study

<http://bit.ly/HealthDirectHangovers>

What can you do to stay safe if you are driving to a party where alcohol is present?

What is a designated driver?

How can you avoid drink driving?

Is it safe to drive with a hangover?



Race

More information:

Tasmanian Road Rules Pages 1-3, 73
<http://bit.ly/TasRoadRules2018>

Alcohol and Drug Foundation
<http://bit.ly/ADFdrugsdriving>

How does speed affect your driving?

How do drugs affect risk-taking behaviours?

What messages do race organisers advertise around alcohol use?

How do pain medications affect your driving?

Where can you race your car?

What motor sport clubs are there in Tasmania?



Speeding

More information:

Tasmanian Road Rules Pages 1-3, 70-73, 66-68

<http://bit.ly/TasRoadRules2018>

Alcohol and Drug Foundation

<http://bit.ly/ADFdrugsdriving>

How does alcohol affect risk taking behaviour?

How does cannabis affect speed?

How can prescription medication affect your speed?

What are the penalties for speeding?

What is the speed limit in the city centre?



Distraction

More information:

Tasmanian Road Rules Pages 73, 80-81
<http://bit.ly/TasRoadRules2018>

How can prescription medication affect your concentration?

Do you plan your medicine-use when driving?

How can pain distract from driving? What helps for you?

What is a distraction?

Under what conditions can you use your phone?

How can you avoid distractions?



Angry

More information:

Australian Drug Foundation
<http://bit.ly/adfAODeffects>

How do different drugs affect your mood?

What drugs can make you aggressive?

If you get angry when driving who could you talk to?

Do you know any services to help you stay calm when driving?

Do you know any services to help you stay calm when driving?

How do you relax - does this affect your driving?



Drunk

More information:

Tasmanian Road Rules Pages 68, 72

<http://bit.ly/TasRoadRules2018>

Department of State Growth -
Transport

<http://bit.ly/TasDrivingOffences>

What is the process for regaining your license if you have been disqualified?

What is a Breathalyser Infringement Notice (BIN)?

Where can you find out about the Mandatory Alcohol Interlock Program (MAIB)?



Eating

More information:

Tasmanian Road Rules Pages 80-81

<http://bit.ly/TasRoadRules2018>

Health Direct

<http://bit.ly/HealthDirectHangovers>

Does eating affect Blood Alcohol Content (BAC)?

Does eating reduce a hangover?

How does eating affect your prescription medication?

What are other major sources of distraction?



Frost / Ice

More information:

Tasmanian Road Rules Pages 73, 78-

80

<http://bit.ly/TasRoadRules2018>

How do you drive safely in icy conditions?

What precautions should you take when driving in cold and icy conditions?

What does drive to the conditions mean?

How does cold and flu medication affect your driving?

How do you check road conditions before driving? How about your condition? When shouldn't you drive?



Injured

More information:

Towards Zero Page 26

<http://bit.ly/TowardsZeroStrategy>

RACT Mates Campaign

<http://bit.ly/TowardsZeroRealMates>

What are the possible consequences of driving under the influence of alcohol?

How would you 'Say No' to getting into a car when you know the driver is intoxicated?

How safe is your car? [Towards Zero]

If you're in a crash causing property damage, injury or death, what must you do?



Injured Neck

More information:

Towards Zero Page 26

<http://bit.ly/TowardZeroStrategy>

Tasmanian Road Rules Page 81

<http://bit.ly/TasRoadRules2017>

If you are responding to an accident what should you do?

If you are a first responder what should you do if a motorcyclist with a helmet is unconscious? Where would you find out how to help?



Anxiety

More information:

Beyond Blue

<http://bit.ly/BeyondBlueAnxiety>

Tasmanian Road Rules Pages 78-79

<http://bit.ly/TasRoadRules2017>

Driving can be a trigger for panic attacks. How do you handle your triggers?

How can you support someone who is not comfortable driving?



Brain

More information:

Towards Zero Page 26

<http://bit.ly/TowardZeroStrategy>

How could you support an older driver?

How can you reduce the risk of a brain injury when driving?



Spine

More information:

Towards Zero Page 26

<http://bit.ly/TowardZeroStrategy>

Where can you get help and advice on pain medication?

What safety features can reduce the impact of a crash?

What is your car's Australasian New Car Assessment Program (ANCAP) Star Rating?



Back

More information:

Real Relief

<http://bit.ly/PainAusRealRelief>

Towards Zero Page 26

<http://bit.ly/TowardZeroStrategy>

What alternatives are there to medicines for managing pain?

If you have injured your back how could you plan your journey?



Learner

More information:

Tasmanian Road Rules Pages 49-52,
70-72

<http://bit.ly/TasRoadRules2018>

What is the legal Blood Alcohol Content (BAC) for driver with L-Plates?

What is the legal Blood Alcohol Content (BAC) for a designated supervisor?

How does alcohol affect your driving?



Provisional

More information:

Tasmanian Road Rules Pages 55-57,
70-72

<http://bit.ly/TasRoadRules2018>

What is the legal Blood Alcohol Content (BAC) for driver with P-Plates?

What happens if you are caught driving with alcohol in your body when you hold P-Plates?

Where can you find information about alcohol and driving?



Fully Licensed

More information:

Tasmanian Road Rules Pages 58,
70-72

<http://bit.ly/TasRoadRules2018>

What is the legal Blood Alcohol Content for a driver with a full licence?

How long does your body take to process alcohol?

What affects your body's ability to process alcohol?



Motorbike

More information:

Tasmanian Road Rules Pages 52-57,
72

<http://bit.ly/TasRoadRules2018>

What is the legal Blood Alcohol Content (BAC) for a non-novice?

What is the legal Blood Alcohol Content (BAC) for an L-Plate?

What is the legal Blood Alcohol Content (BAC) for a P-1?

What is the legal Blood Alcohol Content (BAC) for a P-2?



Car

More information:

Tasmanian Road Rules Pages 72, 49-

57

<http://bit.ly/TasRoadRules2018>

What is the legal Blood Alcohol Content (BAC) for a non-novice?

What is the legal Blood Alcohol Content (BAC) for an L-Plate?

What is the legal Blood Alcohol Content (BAC) for a P-1?

What is the legal Blood Alcohol Content (BAC) for a P-2?



Truck

More information:

Tasmanian Road Rules Pages 80-81

<http://bit.ly/TasRoadRules2018>

Tasmanian Heavy Vehicle Driver's Handbook Pages 30, 103

<http://bit.ly/TasHeavyVehicle2018>

What is the legal Blood Alcohol Content (BAC) for operating a Light Rigid (LR) Vehicle?

What is the legal Blood Alcohol Content (BAC) for operating a Medium Rigid (MR) Vehicle?

What is the legal Blood Alcohol Content (BAC) for operating a Heavy Rigid (HR) Vehicle?

How do you handle fatigue?

Who can you talk to that will support you discussions around working hours?



BAC 0.05

More information:

Tasmanian Road Rules Page 72
<http://bit.ly/TasRoadRules2018>

How can you avoid drink driving?

Where can you check for information on alcohol and driving?

How much can you drink if you are a supervisor driver?

Should the legal BAC limit be lowered to 0.02?

Can your driving be affected by a BAC over 0.00 but under 0.05?



BAC 0.00

More information:

Tasmanian Road Rules Page 72
<http://bit.ly/TasRoadRules2018>

What affects your Blood Alcohol Content (BAC)?

What are the penalties for driving over the limit?

What is a standard drink?



Methamphetamine

More information:

Tasmanian Road Rules Page 72

<http://bit.ly/TasRoadRules2018>

What are the effects of methamphetamine?

How do police test for methamphetamine?

How long does methamphetamine stay in your system?



THC

More information:

Tasmanian Road Rules Page 72

<http://bit.ly/TasRoadRules2018>

Alcohol and Drug Foundation

<http://bit.ly/ADFdrugsdriving>

What are the effects of marijuana?

How does marijuana affect your driving?

How do police test for marijuana?

How long does marijuana stay in your system?



MDMA

More information:

Tasmanian Road Rules Page 72

<http://bit.ly/TasRoadRules2018>

Alcohol and Drug Foundation

<http://bit.ly/ADFdrugsdriving>

What are the effects of MDMA (Ecstasy) on driving?

How do police test for MDMA?

How long does MDMA stay in your system?



Testing

More information:

Tasmanian Road Rules Page 72

<http://bit.ly/TasRoadRules2018>

When can police check if there are drugs in your system?

What substances do police test for?

What are your rights when it comes to roadside drug tests?

How can you beat the breathalyser? How effective was the method?

We hope you have enjoyed using the Driver Dice to explore the issues around drug driving and driver safety.

To expand your storytelling or exploration, try using the Driver Dice with DEN's Storytelling Cubes (available at www.den.org.au) and Rory's Story Cubes (available online and in bookstores).

For more examples of use, please visit: www.den.org.au/resources/#driver-dice

This booklet is mapped to the Tasmanian Road Rules 2018 booklet, which can be found at: https://www.transport.tas.gov.au/licensing/publications/tasmanian_road_rules



**QUESTIONS? COMMENTS?
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