

## SENIOR SAFETY TIPS

WITH SERGEANT BOB



*Retired Police Sergeant Bob Paterson works closely with The McLennan Group Insurance Inc. to develop and share practical safety tips for Canadians 50-plus.*

**"Don't gamble with your safety. The stakes are too high."**

## R.I.D.E. Spot Checks

R.I.D.E. (Reduce Impaired Driving Everywhere) spot checks are an effective enforcement and awareness tool. Drivers are reminded that alcohol or drug use prior to, or while driving is illegal and extremely dangerous. Police watch for impaired drivers year-round but increase their efforts during December when impaired driving offence statistics routinely climb.

Since most drivers will likely approach a R.I.D.E. spot check this season, here are a few tips to help make it as effective and safe as possible for you, other drivers, and the officers involved.

Please keep in mind that most R.I.D.E. programs are conducted in low light / no light conditions and in a cold, wet environment.

- Drive carefully at all times and don't panic when you see the flares, emergency lights and flashing lights. If you're not speeding, tailgating or going too fast for environmental conditions you will have no problem gradually slowing and stopping. If you're being tailgated, consider activating your emergency flashers for a few seconds.
- If convenient, turn on your interior lights as the officer approaches your vehicle. Police officers can work quickly and safely when they get a reassuring look at the interior and the occupants.
- To further assist the police officer, consider placing your hands momentarily in a stationary position near the top of the steering wheel. Having your hands in clear view allows the officer to work quicker by reducing the threat level and making everyone involved more comfortable.
- Simply respond to a few basic questions and you're normally on your way in a few seconds.



**MANDATORY ALCOHOL SCREENING:** Police may now demand a roadside breath sample without traditional signs of impairment such as the smell of alcohol on your breath, slurred speech, or erratic driving. This controversial new authority will increase the number of tests and will likely reveal previously hidden impairments. Eliminate the guessing game and the risk by consuming zero alcohol or drugs if you're planning to drive.

**CANNABIS REMINDER:** Driving impairment by cannabis is just as dangerous as impairment by alcohol, and carries the same penalties. Roadside drug recognition, evidence gathering, court testimony and sentencing is well established. Never use cannabis and drive, don't be a passenger in a car driven by a person who has used cannabis.

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Please visit online for additional safety tips and a list of seminars for Canadians 50-plus.

Find Sergeant Bob Online: [www.seniorsafetytips.ca](http://www.seniorsafetytips.ca)