

# Activity Outline



**Activity Name:** Focus or Fail

## Principle:

Sober drivers

Safe speeds

No distractions

Avoiding risks

Driving to the conditions

Building experience

**Summary:** Create an obstacle course and time people completing the course, then have them repeat the same course but doing it while they simultaneously complete a complex task. The idea is to demonstrate how distractions affect reaction times and accuracy.

## Current Available Resources:

- SADD website has information about the 'no distractions' principle
- SADD merchandise can be purchased and used as prizes

## Notes:

- Don't make the original course too simple, ensure it needs some concentration and coordination.
- Make sure that the additional task you add in the second time is complex enough to distract them, even just a little.
- Remember to follow up with students to reinforce the message behind the activity. You may like to give a talk in assembly or put a message in the school notices.