

RoADAR Avon Group Newsletter March 2010



Editor's Piece

Hello everyone,

I hope this newsletter finds you happy and well! This is the first Avon Group Newsletter for 2010. Thank you to those who have written an article and made the Newsletter a little heavier than usual. I'm sure the members will enjoy them. Also, the group's Annual General Meeting is on the 12th May and more information on that is written in the Events section and details of the Notice enclosed as well. Please contact us if you would like to become a member of the committee and we look forward to seeing you at the AGM too.

Cheryl,

Editor

Chairman's Chat

Dear Members

I trust you are all well. Well we have had a good spell of weather at last, the sun is now causing us a problem going north in the mornings and then coming back south in the evenings. Lovely to see it but can be very hazardous so please be careful and have your sun glasses to hand, my sun visa just doesn't seem to come down just far enough so I have to sit up high to avoid the sun. But hey now we have the rain back for a few days.

I hope to see you all at the AGM on the 12th May when we will have a talk from the Blood Bikers as it should be very interesting.

Safe motoring,

Val
Chairman

Driving Articles

Table top Navigation Event

We started from the motorway services at Aust and headed out along the M4 westbound. There were three teams following Sandy and Bob Riley's cryptic map clues. The other teams consisted of Ian Lassman and Chris Parker, Val Clare and myself, with Mike Fairey on his own.

Val and I left the motorway at the next exit looking for the second exit off the roundabout. We were told to follow the map and not the road layout, not easy, as local knowledge took over and we headed up the dual carriageway towards the A48. We were looking for churches and roundabouts. It wasn't until we got to the A48 roundabout, without finding any, that we realised I'd taken the wrong exit off the motorway roundabout. So much for following the map!

We turned right and headed for the B4293, turning left we were now looking for antiquities. I don't think Sandy and Bob meant antique shops, we found what we were looking for in the shape of the Port Wall and Castle (ST5327 9391).

Following the question sheet and directions with an Ordnance Survey map was trickier than I had anticipated. Especially as I'd left my reading glasses at home!

We travelled further into Monmouthshire before heading back to Magor and the M4. Turning south onto the M5 and leaving at J16. We spotted the tower we were looking for and headed north up the A38. We were looking for a farm above a 'Frankie Howard' connection (ST6099 9048). That gave us a bit of a 'titter', but we got there in the end!

Four public buildings in Thornbury found and logged, and we were heading for Tytherington, then onto Falfield. We were looking for where 'Dirty Harry' parks his car before finishing at Leyhill Prison.

We'd travelled just under 50 miles through several counties and we hadn't even left room 2 at BAWA. We'd spent enjoyable evening getting lost and improving our map reading skills with the help of Sandy and Bob Riley and their navigation challenge.

Val and I were beaten to first place by Ian and Chris (Team Sporty Boys!). Mike came in third, but he was on his own. Oh well, can't win them all.

Thanks to all those who attended, and a special thanks to Sandy and Bob for organising the evening.

Mark Chamberlain

Fatigue

As fatigue is the fastest growing cause of collisions the topic should be included in all courses we deliver, however, a word of warning comes from The US National Safety Commission, see below.

The advice I have suggested we give whenever I run an induction course or a trainer development day is; only use a caffeine drink as a one off fix followed by a 15 minute sleep before driving, this advice is endorsed by The US National Safety Commission. Tiredness can be a killer as it affects reaction times and concentration.

Roadcraft offers practical steps to Police Officers to combat tiredness;

- Adjust the seat so that a comfortable driving position is achieved. Bad posture causes muscular tiredness, which in turn causes mental tiredness.
- Noise and vibration causes tiredness. Keep windows closed and use ventilation to stay alert.
- Take regular breaks – every two hours. Most people require a rest of at least 20 minutes to restore alertness.
- Good journey planning – plan a series of rest breaks, but recognize that each successive break will give less recovery than the one before.
- Drivers over the age of 45 are more at risk of, and recover less quickly from, tiredness than younger drivers.

More solutions and advice we should be passing on are:

- Share the driving with someone else – don't do it yourself if you don't have to.
- Consider stopping overnight.
- A lifestyle of a regular sleep pattern.
- Seek professional advice if you suffer from a sleep disorder.
- Driving for long periods in monotonous conditions such as low-density traffic, fog, at night or on a motorway reduces stimulation and promotes tiredness.

- High risk periods are; between the hours of midnight and 8.00 a.m. There is a dip in alertness after the midday meal between 2.00 p.m. and 4.00 p.m...
- Reactions tend to be slightly faster early evening than in the morning.
- Light meals before driving or for lunch
- Consider the higher risk caused by irregular work patterns.
- Tiredness is related to the total time spent at work and not just the time spent at the wheel.

The US National Safety Commission (NSC) has issued an alert for those driving under caffeine intoxication, similar to warnings associated with drinking alcohol and driving. Research has shown that just an hour after drinking a highly caffeinated and sugared drink, tired drivers can experience serious lapses in concentration and slower reaction times as the drink wears off.

Excessive caffeine consumption can cause similar symptoms to alcohol intoxication according to the American Food and Drink Administration (FDA) which has attributed symptoms such as irritability, nervousness, irregular or rapid heartbeat, muscle twitching and rambling speech to what it terms 'caffeine intoxication'.

Managing director of IAM Fleet Seb Goldin said: "Energy drinks are good as a quick fix, but they're no substitute for regular breaks. Having a high-caffeine drink is a one-off hit - you can't repeat it, as this type of drink does not produce the same effect in a couple of hours' time.

"Tiredness affects reaction times and concentration and if you fall asleep at the wheel the results are nearly always fatal. The classic fatigue related crash usually involves a high speed impact with a roadside object or an oncoming vehicle - two of the least survivable crashes even in the most modern of cars."

Paul Gould

RoADAR Avon Group

**** Are women cyclists in more danger than men? ****

Women cyclists make up a far higher proportion of deaths involving lorries than men. Why?

< <http://news.bbc.co.uk/go/em/fr/-/1/hi/magazine/8296971.stm> >

New Associates and Tutors

Welcome to all our new Associates including John Ford, Elizabeth Taylor, Pamela Parnham, Anne Adams and Philip Howell. Also, Jon Taylor is now a full member.

We hope you enjoy learning the advanced driving theory and putting this into practice. We wish you luck for your test when you and your Tutor feel that you are ready for it.

RoADAR Test Passes

Congratulations to *Ann Hunt* who was tutored by Paul Gould has achieved a fantastic Silver award on your test well done!

Congratulations to *Chris Parker* who was tutored by Ian Lassman has achieved a fantastic Silver award on your test well done!

Congratulations to *Jeff Kinder* who was tutored by John Lee has achieved a fantastic Bronze award on your test well done!

Congratulations to *Sharon Randall* who was tutored by Ray champion has achieved a fantastic Bronze award on your first test well done! Sharon mentioned how she was very grateful for Ray's support.

Well done to all of our Tutor's as you are all doing a great job – Thank you for volunteering and helping our member's improve their driving!

Have you recently passed your test at Bronze, Silver, Gold or Diploma level? Please let us know as we have no way of finding this out except by you telling us. Please remember to let your Tutor know and ask your Tutor to pass this on to me for the Newsletter. Thank you.

Test Application Forms

You can download your test application from the R.o.S.P.A website www.roadar.org/drivers/members/ then click on "Download application form".

Notice of RoADAR Avon Group Annual General Meeting 2010.

The meeting will be held at BAWA, Southmead Road, Bristol. On Wednesday 12th May 2010. Starting at 8pm. All Full Members are entitled to vote. If you wish to stand for election for any role within the Committee you should contact the Secretary before 1st May 2010. A copy of the minutes from 2009 is available on the website and will be circulated at the meeting. If you would like a copy beforehand, please contact the Secretary.

Annual General Meeting

Our AGM takes place in May. This year we have Ian Pruce from the Charity Freewheelers giving a talk about their work. They provide a voluntary 'out of hours' courier service to Hospitals in the Southwest. Take a look at their website www.freewheelers.org.ok. Please remember to bring some cash for a donation! Now is the time to stand up and help to run your Group. If you would like to join the Committee and help shape the Group for the next decade, give me call, or email me, and I'll outline the terms and conditions. There will be Tea and Coffee available at the meeting. It all starts at 8pm on the 12th May at BAWA. Hope to see you there.

Events for your Diary

<u>Date</u>	<u>Event</u>	<u>Location</u>
12 th May 2010 at 20:00 hrs	Avon Group AGM and talk from Freewheelers motorcycle charity	B.A.W.A, Filton, Bristol
TBA	Theory night	B.A.W.A, Filton, Bristol

Directions to BAWA Club

From the A38 Filton roundabout in north Bristol exit (heading west) towards Henleaze. After a mile and a half and two sets of lights, look for a sports ground on your right. Turn into the drive and over the speed humps. Make your way to the pavilion building and the main entrance. In the entrance lobby turn to your right, go up the stairs and the meeting will be held in Room 2. For a map please see the Avon group website. www.roadavongroup.org

How to contact us:-

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