

Safe Driving for Club Sports Trips – Getting you there safely

A car that can get you around town in short trips won't necessarily do long trips

1. **Safe car**

- Headlights, tail lights, brake lights, turn signals, wipers & washers
- Reliable engine and brakes
- Day before every trip: engine oil, brake fluid, coolant, trans fluid
- Tire air pressure (tires lose 1 pound/month)
- Tires not too worn, and spare tire & tools in trunk
- Gas tank full

2. **Safe driving**

- Sufficient sleep prior night
- Absolutely no alcohol or drugs, including prior evening
 - Lives could be lost and ruined if a driver is influenced by drugs
 - Don't allow your denial to ruin another person's life
- Front seat: driver and navigator
 - Navigator's job is to assist driver with directions, etc.
- Keep music low (Your music does NOT have to fill the entire area!)
- No stunts or horseplay while driving
- Know whom you will call if you have problems
 - Have the number in your cell or written down
 - Sac State Police: 916-278-6000 (*Updated*)

3. **Cell Phone Usage (New)**

- Crash Risk
 - Drivers using cell phones are four times as likely to crash.
 - Drivers talking on phones can have their eyes on the road and still miss seeing 50% of the important information around them including red lights, pedestrians and bicyclists, due to "***inattention blindness***."
 - Inattention blindness happens when people do two intense thinking tasks at one time, such as driving and talking on a phone.
 - The brain has too much information to process at once and a mental distraction occurs - one that drivers are usually unaware of.
 - Dozens of scientific studies show that using phones hands-free does not make drivers safer.

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- Liability Risk
 - Drivers, employers, and institutions are now being held legally responsible for injuries and death. Settlements can reach multi-million dollar jury awards.
- 4. **Getting there**
 - No caravanning
 - Every vehicle has map and directions
 - Leave on time to avoid speeding
 - If you independently decide to carpool:
 - Make your insurance verification available to riders
 - Riders, don't be afraid to ask for verification of insurance
 - Do not overcrowd the vehicle
 - Everyone wear seatbelts
- 5. **Auto Insurance:**
 - Liability
 - Bodily injury (recommend \$100k/person, 300k/accident)
 - Medical (driver & passengers) (recommend \$25k)
 - Discuss the reality of med costs today
 - Physical damage
 - Comprehensive whatever you want
 - Collision whatever you want
- 6. **If an accident happens**
 - Take care of life and injury first
 - Work with local law enforcement
 - Call University Police (916-278-6000) to report incident
 - Immediately write down statements and take photos
 - Get other drivers' information, etc.