

SMASH MATCH® OPIOID USER GUIDE

Contents

- ✓ 8 sets of shapes
- ✓ Smash Match® Mat
- ✓ Smash Match User Guide

Fatal Vision® Opioid Goggle, Phone with Fatal Vision Opioid App, and Wrist/Hand weights NOT included

Smash Match® Setup

- ✓ Remove shapes from shape mats
- ✓ Familiarize yourself with the positive driving behaviors written on the Smash Matc® mat
- ✓ Read User Guide and practice Smash Match

PROGRAM OBJECTIVES

At the conclusion of this lesson, participants will have experienced simulated impairment using the Fatal Vision Opioid Goggles, experiencing a decline in judgment and reaction time. Additionally, they will have engaged in discussions regarding the seriousness of impaired driving crashes and explore strategies aimed at preventing impaired driving and promoting sober driving. Build the knowledge and skills to help people make informed decisions about opioids.

RESEARCH-BASED APPROACH

Through the Smash Match activity, people will experience their susceptibility to the impairing effect of Opioids simulated through the Fatal Vision Opioid Goggles and through discussion, identify the serious risk of driving impaired and strategies for reducing that risk.

INTRODUCE THE ACTIVITY AS A TIMED, SHAPE-MATCHING ACTIVITY

The participant will match the eight shapes to the corresponding shapes on the mat, placing one shape per location and using each color only once. There is no time limit, but the participant will be timed to show the difference between being unimpaired and impaired by the Fatal Vision Opioid Goggles.

1. The instructor sets the app to Normal mode by pressing NORMAL and START, and the participant begins matching the shapes.
2. When all eight shapes are matched, the instructor presses STOP.
3. Note how much time it took to match the shapes using each color only once. Repeat the activity using the Fatal Vision Opioid Goggles in "Divided Attention Failure" mode.
4. Mix up the shapes, and have the participant close their eyes and put on the Fatal Vision Opioid Goggles. The instructor selects MODE A-DIVIDED ATTENTION FAILURE, and presses IMPAIRED and the participant begins the activity.
5. When the timer stops, end the activity. Note the number of shapes matched along with any mistakes in matching and placing shapes. Example: Using a color more than once or matching the wrong shape. Repeat the activity using the Fatal Vision Opioid Goggles in MODE B-NODDING OUT.

INTRODUCTION

To avoid crashing, a driver must be able to scan the environment and make immediate and appropriate decisions based on changing traffic and road conditions. Normal driving reaction times can vary from a quarter of a second for simple driving reactions to about two seconds for more complex ones. * *Opioid impairment increases reaction times, especially with increased cognitive demand (i.e., increased driving complexity).* Smash Match helps demonstrate the loss of reaction time and judgment due to impairment.

**Reaction Time of Drivers to Road Stimuli, Triggs et al., 1982*

PREPARATION

Place the mat on the table in front of the participant, who can be standing or seated. Spread the shapes evenly on both sides of the mat and reset the timer on the phone app.

SUGGESTED ACTIVITY OUTLINE

- Discussion Before the Smash Match Activity
- Conduct Smash Match Activity
- Group discussion

DISCUSSION BEFORE THE SMASH MATCH ACTIVITY

Ask your participants to describe a driving scenario where they may need to react quickly to avoid potential disaster. Possible situations might include:

- Other vehicles cutting you off or cutting in front of you
- Pedestrians unexpectedly entering crosswalks
- Changing road conditions due to construction



6. Mix up the shapes, and have the participant close their eyes and put on the Fatal Vision Opioid Goggles. Help the participant put on the hand/wrist weights to simulate heaviness in the extremities due to impairment. The instructor selects MODE B-NODDING OUT, presses IMPAIRED to start the timer and the participant begins the activity.
7. When the timer stops, end the activity. Note the number of shapes matched along with any mistakes in matching and placing shapes. Example: Using a color more than once or matching the wrong shape.

To further demonstrate the degrading effects of impairment on an individual's judgment and reaction, add additional cognitive tasks to the activity.

Ask the participant a thought-provoking question. For example, "How would you drive to the nearest coffeehouse?" Or a similar question that requires thinking and recall.

SMASH MATCH® OPIOID DISCUSSIONS

SAMPLE INSTRUCTOR QUESTIONS

1. Did you perform as well as you expected?
2. How would you describe matching shapes while impaired with the Fatal Vision® Opioid Goggles?
3. How might this impaired experience relate to driving impaired?
 - What difficulties did you experience while matching shapes impaired, and what errors might you make if driving impaired?
 - Misjudging how to stop, not staying in your lane, signaling incorrectly, almost hitting another object, vehicle, or person, hitting the gas instead of the brake.
 - Forgetting to wear a seatbelt or not turning on headlights at night.
4. The quicker you need to react, the more mistakes you make. What driving mistakes could occur when opioid impairment slows reaction time?
 - Slower reaction time with increased traffic speed means less time to react safely.
 - Erratic acceleration and braking, missing turns, making turns with an incorrect radius, failing to react to a car stopping short, or a car or pedestrian moving into your path.
5. It takes longer to complete the activity. How could impaired driving cause slower driving than usual? When people realize they're impaired, they seek to compensate for the loss of reaction time by driving slower or pulling off to the side of the road.
6. Missing shapes right in front of your eyesight. What important traffic objects or events could someone miss due to opioid impairment?
 - Not realizing the traffic light has changed, missing traffic signs.



SHAPE DISCUSSION

1. **Review the Material:** Look at the driving behaviors listed on the mat and the traffic sign shapes. Say a few out loud.
2. **Discuss Importance:** Ask the group how important each driving behavior is to safe driving.
3. **Explain the Connection:** Explain that each shape and driving instruction corresponds to a common driving error made by impaired drivers.



“Stay in your lane”

- What could be the consequences of not driving in the center of your lane?

You risk sideswiping another vehicle, hitting objects or people on the roadside, and crashing your car.



“Maintain proper following distances”

- What could be the consequences of not maintaining proper following distances?

You may not be able to stop in time if the car ahead brakes suddenly and may have difficulty navigating curves safely.



“Stop at the stop sign”

- What could be the consequences of not reacting in time to a stop sign or stopping unnecessarily in the middle of the road?

This can cause crashes and disrupt the flow of traffic.



“Drive the speed limit”

- What could be the consequences of not driving the legal speed limit?

Driving too fast increases the risk of crashing. Driving too slow impedes traffic flow.



“Stay on your side of the road”

- What could be the consequences of not staying on your side of the road?

You risk a head-on collision or sideswiping another vehicle or object.



“Use correct turn signals”

- What could be the consequences of not using correct turn signals?

Drivers or pedestrians won't know your intention to turn, which can lead to crashes due to their inability to react in time.



“Make all turns with the proper radius”

- What could be the consequences of not making turns with the proper radius?

A turn that's too wide can lead to collisions with oncoming traffic or cause you to miss the turn and crash. A turn that's too narrow can result in hitting the curb, property, roadside objects, or pedestrians.



“Use the brake pedal smoothly”

- What could be the consequences of not using the brake pedal smoothly?

Sudden braking can cause rear-end collisions, disrupt traffic flow, and potentially lead to whiplash for you and your passengers.