

Love a day
in the snow?



Tips for day trippers

A day in the snow is an amazing experience

This booklet includes tips which will help ensure that you come back for more.

Avoid delays

Regular snow visitors know that travel times to and from the snow can be extended by heavy traffic or poor weather conditions so it's a good idea to make a few calls or check the internet before leaving.

Visit www.rta.nsw.gov.au or call 132 701 for traffic delay information. For weather information telephone (02) 6450 5551 or check out: www.snowymountains.com.au
www.ski.com.au
www.bom.gov.au
www.nationalparks.nsw.gov.au

To avoid delays at entrance stations, the RTA recommends purchasing an 'All Parks' annual pass from the National Parks and Wildlife Service before leaving home. These can be purchased at NPWS offices or at www.nationalparks.nsw.gov.au.

Radio updates

It's worth tuning in to local radio stations on the hour as snow and traffic reports are often presented directly before or after the news. Try these stations:

Eagle FM
93.5 FM Goulburn

Radio 2GN
1368 AM Goulburn

SnowFM
97.7 FM Cooma
94.7 FM Jindabyne
92.9 FM Thredbo
101.9 FM Perisher

Radio 2XL
918 AM Cooma
96.3 FM Jindabyne
92.1 FM Thredbo
98.7 FM Perisher

Groups

It's prudent to set aside some money in case everyone is tired and it's safer to stay at

Ask for more

Most places at the snow can provide information about road conditions specific to their location. Some even publish information on their websites. It's worth taking a look or asking because if it's dark when you arrive, a simple map or instructions from your destination could advise where to watch for black ice, if you need to fit snow chains or where chain fitting bays are located.

The other time to ask for more is from a motel on the way home. A microsleep can happen very quickly and with devastating results. Fatigued drivers shouldn't press on home but perhaps stay overnight, leaving early the next day to return home or drive directly to work.

a motel rather than press on home. Some skiers pack their office clothes just in case they need to go directly to work.



Cooma Visitor Centre

119 Sharp Street, Cooma.
Phone: 6450 1742 / 1800 636 525
Email: info@visitcooma.com.au
www.snowymountains.com.au

Snowy Visitor Centre

Kosciuszko Road, Jindabyne.
Phone: 6450 5600
Email: svrc@npws.nsw.gov.au
www.snowymountains.com.au

Goulburn Visitor Centre

201 Sloane Street, Goulburn
Phone: 4823 4492 / 1800 353 646
Email: info@igoulburn.com
www.igoulburn.com

Special Deals

If you're feeling tired on the trip back from the snow why not stay somewhere a couple of hours from home?

Many motels offer late night and early check-outs. Ask at a Driver Reviver or call Visitor Centres for details of special rates & offers.



The memory of skiing on pristine slopes or pushing yourself to the limit on a board will be ruined if you have a fatigue related crash on the way home from the snow fields.

To avoid driver fatigue - plan your trip. Include a break at least every two hours and make use of Driver Reviver sites which operate at Lake George, Tuggeranong and Bredbo during the snow season. Or simply pack a thermos and snacks to allow a comfort stop at one of the many rest areas along the way.

Regular snow visitors know that the days can be long and physically punishing and travel to or from the snow can be delayed with heavy traffic.

People travelling to the snow for the first time are often surprised about the amount of time it actually takes to get to there and just how physically and mentally tired they can be.

Some drivers will need to leave in the very early hours of the morning or return late at night. Day-trippers may need to do both. With large traffic volumes and potential delays, these factors are a recipe for fatigue.

PLAN YOUR TRIP

Get a good night's sleep before starting out on a long day.

Avoid driving at times when you would normally be asleep.

Share the driving.

Pull over and stop when you notice the early warning signs of fatigue.



Don't ignore the early warning signs of fatigue.

STOP. REVIVE. SURVIVE.

Driver Reviver sites operate during the snow season at Lake George Tuggeranong and Bredbo.



NSW Police Snow Operations

Police along the Hume, Federal, Monaro and Snowy Mountain Highways target snow travellers as part of 'Operation Southroads'.

In 2004 over 8,000 traffic infringement notices were issued during the snow season, including 6,000 for speeding. Of 28,000 drivers breath tested over the 3 month snow season, 105 were charged with drink driving.

In NSW, Police have the power to stop drivers at random to test for alcohol and arrest those over the legal limit

If you test over the limit at the roadside you will be arrested, taken to a Police station for evidentiary breath analysis, charged by Police, finger printed, photographed and you have to appear in court. Middle and high range offenders will have their licence suspended by Police at the Police Station when they are charged.

You don't have to be drunk to be affected by alcohol

No one drives as well as usual after drinking alcohol, even though some people may look and act as though they are unaffected.

Alcohol:

- Slows brain functions so that you can't respond to situations, make decisions or react quickly.
- Reduces your ability to judge how fast you are moving or your distance from other cars, people or objects.
- Gives you false confidence – you may take greater risks because you think your driving is better than it really is.
- Makes it harder to do more than one thing at a time – while you concentrate on steering, you could miss seeing a red light, cars entering from side streets or pedestrians.
- Makes you feel sleepy or fatigued.



DRINKING KILLS DRIVING SKILLS

Legislation

NSW has three BAC (blood alcohol concentration) limits:

- 0.00 for L, P1 and P2 drivers
- 0.02 for professional drivers
- 0.05 for all other licences

Learner, provisional and professional drivers in the ACT have a 0.02 BAC limit. All other drivers must comply with the 0.05 limit.

You cannot compensate for the effects of alcohol on your brain. Once alcohol has been consumed its effects on driving cannot be reversed. Getting your BAC back to zero takes time and no amount of coffee, food, physical activity or sleep will speed up the process. The only thing that will sober you up once you have stopped drinking alcohol is time.

You can still be over the limit the next morning if you have a big night out. It can take 90 to 120 minutes to remove each standard drink from your system.

Brain Bus Service

The Jindabyne snow bus service is back and now called the Brain Bus. The service operates from 11pm to 5am on Wednesday, Friday and Saturday nights throughout July, August and September. Picking up from pubs and clubs in Jindabyne, the service drops off passengers within the Jindabyne township, Sport & Recreation Centre and Station Resort. Further information is available from Jindabyne hotels and clubs.

SIPS save lives

The Snowfield Injury Prevention Service (SIPS) runs a snow season public health campaign aimed at educating people about the risks associated with combining intoxication, fatigue and complex activities such as driving and snow sports.

Watch for free voluntary breath testing in pubs and clubs and opportunities to check your blood alcohol concentration (BAC) the morning after a big night out.

Free breathtest machines can be found at the Brumby Bar, Lake Jindabyne Hotel, Station Resort and Banjo Patterson Inn.

Note: Our machines are accurate but your BAC could continue to rise for at least 1 hour after your last drink.

Safe driving in the snow



At home

Have your vehicle checked

Snowfield conditions may highlight any existing minor faults, particularly in the electrical system so it is essential to thoroughly check your vehicle before leaving home. Have your tyres, battery, brakes, cooling system, engine and windscreen inspected.

Add anti-freeze

Add anti-freeze to your engine radiator. You'll need to match the amount of anti-freeze to the capacity of the coolant system. If this isn't done and the coolant freezes, the engine block and radiator may crack, leaving you stranded with an expensive repair bill. Most modern cars use coolant with wide temperature capabilities, but you'll need to check with your service provider if special coolant is needed.

Prepare for emergencies

In case of an emergency carry a torch, blanket, tow rope, spade, wheel chocks and a first aid kit.

Snow chains

All two wheel drive vehicles entering the Kosciuszko National Park must carry chains. When directed by signs or an RTA Traffic Commander, fit the chains to your vehicle's driving wheels (back wheels on rear wheel drive cars and front wheels on front wheel drive cars). Generally, this will be at special chain fitting bays along the route.

Snow poles and road edges Don't drive if you can't see the edge of the road or the next snow pole. These are painted orange and are tall enough for drivers to get their bearings in heavy snow.

On the road

Obey traffic signs

Always obey the speed limit and advisory signs, taking special notice of wildlife warning signs. Many road crashes which occur in the snow involve native animals crossing roads, particularly at night.

While four wheel drive vehicles may not be required to fit chains, it is still wise to carry them if you lack experience driving on ice and snow. You may also need them in the event of extreme weather conditions.

Make sure the chains you buy or hire are suitable for the wheel diameter and tyre size of your vehicle.

Watch your speed

Adjust your speed to suit the weather. Slow down when conditions deteriorate and proceed with caution, particularly in fog, snow or icy conditions.

Use fog lights or head lights

When the weather gets bad turn on your vehicle's fog or head lights. Other drivers will find your vehicle easier to see.

Practice fitting snow chains BEFORE the journey to avoid a difficult situation in bad weather conditions.

Tyre pressure should be 25 kpa higher when using chains. Tyre manufactures recommend that cars with radial tyres shouldn't travel faster than 40 km/h when fitted with chains. Stop and check the tension of the chains after driving about 200 metres.

Take care overtaking

Never overtake at intersections on a hill or at a bend.

Don't tailgate

Braking distances in snow or ice are longer compared to dry conditions. Increase your distance from the car in front.

Brake and accelerate gently

Braking should be gentle and early. When you accelerate, make sure you do it slowly.

At the snow

On Arrival

Parking

It is important to park only in designated parking areas and follow the directions of parking attendants. It may mean a slightly longer walk but it's better than finding your car damaged at the end of the day by snow clearing vehicles.

Don't apply the handbrake

Moisture can freeze cables and brake linings. Instead, chock the wheels, but don't use rocks as they may damage snow clearing machines.

Leave the car in gear

Leave the car in gear with the front wheels turned away from the slope. Remove wheel chocks from the parking area when leaving.

Apply your chains

Even if chains were not required to enter the area, it may be advisable to fit them when

parking. It is easier to do this early in the day rather than later when weather conditions may have changed.

Protect your wipers

If you're parking for an extended period, lift wipers off your windscreen or place them in a plastic bag so they won't stick to the glass.

Before leaving

Warm your engine

Warm the engine for a few minutes before driving off.

Clear ice from vehicle windows and mirrors

Clear all glass and mirrors of ice before attempting to drive away from snowfields. Use the vehicle's heater and fan in conjunction with the air conditioner.

Complete this survey and you could win a \$250 travel voucher

On key snow routes during 2004, including the Monaro, Federal and Hume Highways as well as the snow region, there were 2 fatalities and 56 occupants injured in crashes during the 3 month snow season.

Please complete the survey below to assist us to plan road safety activities and evaluate this booklet.

- 1 When travelling to the snow is it most often for:
 a day trip
 weekend
 longer stay - no. of days _____
 - 2 How often would you make a day trip to the snowfields each season? _____
 - 3 What strategies do you use to ensure you return home safely from the snowfields?

 - 4 Please identify the topics covered in this booklet which you found most useful:

- Age: _____
Sex: Male Female
Home suburb: _____
Name: _____
Telephone: _____

Return this survey before 26 September 2005 to:
Snow Safe Survey, Postage Paid 69498, Goulburn DC NSW 2580

This survey is confidential and information obtained will **not** be used for marketing purposes.



This booklet was prepared by Goulburn Mulwaree Council with support from the Roads and Traffic Authority of NSW and NRMA-ACT Road Safety Trust.

Information was also provided by the Greater Southern Health Service's Drink Drive Prevention Team, NSW Police and the ACT Government.

For additional copies or enquiries telephone the Goulburn Mulwaree Council Road Safety Officer on (02) 4823 4510.

June 2005



Top 5 tips to get you home safely

- 1** If you are planning to drink the night before a trip to the snow then plan NOT to drive.
- 2** Share the driving with friends.
- 3** Plan ahead and keep contact details for emergency accommodation in your glove box, even for a day trip.
- 4** Ride with a driver who hasn't been drinking or taking drugs.
- 5** Plan plenty of travel time so you don't need to speed to get to the snow or back.

For more information about road safety visit:
www.rta.nsw.gov.au
www.roads.act.gov.au

Remember your day
at the snow
for all the right reasons.
Not a crash or fine
on the way back.

Slow down, chill out and take a break.



An initiative of Goulburn Mulwaree Council
with support from the RTA & NRMA-ACT Road Safety Trust