

Driving during the holidays

As part of the SeniorNet partnership with the NZ Transport Agency we're sharing some information about safe holiday travel for you to pass on to your members.

Travelling in holiday periods can be more risky because of increased traffic volumes, congestion, tiredness and people driving in unfamiliar environments.

We've outlined some safe driving tips below but there are links to the NZTA website where more information can be found online.

Watch out for fatigue

Long trips are tiring and fatigue can be deadly behind the wheel. Plan to get enough rest beforehand so that you drive fresh. You should also plan in advance where you'll take breaks on your trip. Learn more about preventing and managing [driver fatigue](#).

Be alert to changes

Often during holiday periods, passing lanes are closed to help reduce congestion and prevent further delays where the traffic merges at the end of lanes. Sometimes alternative routes are suggested. Check our [Highway Info](#) section for real time updates about route changes, delays, closures and incidents.

Drive to the conditions

'Conditions' doesn't just mean the weather. It includes:

- The road you're on
- The weather
- The traffic conditions
- The speed (the speed limit and a 'safe speed' may differ)
- You, i.e, are you tired or on medication that affects your driving?
- Your vehicle and load.

Identify the safest routes

Some routes are safer than others. You need to know that roadside hazards like trees, ditches, poles and narrow shoulders can increase risk. Intersections can be dangerous and so can busy roads without a median barrier. Armed with that knowledge you can adjust your driving to the conditions and take extra care on higher risk rural roads.

You can learn which routes are safer and which you may need to take more care on from the [KiwiRAP](#) website. This site rates the safety risks of different rural state highways by region.

Before you travel

- have your vehicle checked. Most garages offer safety checks for tyre tread and pressure, lights, brakes, cooling systems and other components. (A well tuned

- vehicle is also more fuel efficient so you'll also save money on fuel costs. See more tips on [driving efficiently](#).)
- check that your [warrant of fitness](#) and [vehicle licence](#) are up to date
 - check that you have a current driver licence. It's expired or close to expiry? You need to [renew it](#) before starting your journey.

When buying or hiring a vehicle, always choose the safest vehicle you can afford. You can check the comparative safety of vehicles at [Rightcar](#) or [ANCAP](#).

Changes to the give-way rules

In February the NZTA will share some information on the two give way rules that are changing. However, an overview of the changes is available at www.giveway.govt.nz. This website page will be updated as we move towards March.

Senior road user section

The NZTA's specific education resources for senior road users include the Staying Safe online toolkit at www.nzta.govt.nz/traffic/senior-road-users.

This website section has been designed for older drivers and provides interactive activities and information to help older drivers improve safety for themselves. They're designed to help people maintain their independence while also staying safe on the road.

Staying Safe workshops

Earlier this year the NZTA launched some Staying Safe workshop materials available to any organisation that wants to provide a refresher road safety workshop for senior road users. I've been talking to Learning Centres more about this through the year at our Regional Meetings and I'll get round to more next year.

The Staying Safe course content and supporting material is designed to help organisations provide classroom-based road safety refresher workshops for senior road users.

More information for organisations interested in running workshops is available at www.nzta.govt.nz/traffic/senior-road-users/staying-safe.html.

There is no direct funding from NZTA to run these courses but the resources can be used free of charge if charges for Staying Safe workshops are for your time, the venue, refreshments, photocopying etc, and not for profit.

STAYING SAFE

a refresher workshop for senior road users



Do you want people over the age of 70 to be mobile for as long as possible?

Are you interested in improving the road safety of senior road users? If you answered yes to these questions, your organisation may be interested in delivering the Staying Safe refresher workshop for senior road users.

Staying Safe is a classroom-based refresher workshop that aims to maintain and improve safe driving practices and increase knowledge of other transport options available to help senior road users remain mobile for as long as possible.

For more about delivering Staying Safe workshops, please see www.nzta.govt.nz/traffic/senior-road-users



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