

STATEMENT 4.3.0 – Guidelines on Student Travel Safety
Undergraduate Medical Education

Approved by:	Curriculum Committee
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I. PURPOSE

Students in the Doctor of Medicine Program at the Schulich School of Medicine & Dentistry in Western University may be required to travel during curricular learning.

The purpose of this statement is to provide general recommendations for safe travel.

II. STATEMENT

- a. These guidelines are provided to assist students making decisions on travel by motor vehicles. These guidelines are for information purposes only.
- b. As a principle, students faced with adverse weather conditions for travel to attend curricular instruction, clinical learning or assessment, should be aware that they can call ahead and be rescheduled or excused by contacting the UME office staff linked with the course, or the office of Learner Equity & Wellness (LEW)
- c. In addressing a decision to travel for curriculum,, students may wish to observe the following general travel principals:
 - i. Consult a reliable media or Internet source for weather and travel conditions.
 - ii. Use a Global Positioning System device.
 - iii. Notify a friend or family member of the destination and anticipated arrival time.
 - iv. Drive at an appropriate speed if the weather is inclement.
 - v. Allow additional time to reach their destination if weather conditions are not ideal
- d. In approaching a decision to travel students should understand the effects of:
 - i. Weather
 1. Weather conditions can be unpredictable. Students are reminded to assess the weather forecast and road conditions for their route before travelling. If weather conditions are not conducive to safe travel, students should consider alternate methods of travel or delaying travel plans.
 - ii. Winter Travel
 1. Students should review their vehicle to ensure it is properly equipped for winter driving:
 - a. Ensure tires are appropriate for winter travel.
 - b. Be sure that the windshield washer fluid is full and is rated a minimum of -40°C temperature range. Keep an extra container of washer fluid in the vehicle.
 - c. Ensure the vehicle is equipped with a winter driving kit
 - d. Suggestions for car content may include:
 - i. Ice scraper/snowbrush, shovel, sand or other traction aid such as cat litter
 - ii. Tow rope or chain, booster cables, road flares or warning lights

- iii. Flashlight and batteries, fire extinguisher, candle and a small tin can, matches
 - iv. First aid kit, small tool kit
 - v. Extra clothing and footwear, blanket, non-perishable energy foods – e.g., chocolate or granola bars, juice, soup, bottled water
 - vi. Consider familiar travel routes that may provide safer driving conditions which includes, but is not limited to:
- e. Students driving in winter weather for curriculum should:
- i. Allow extra time to reach their destination.
 - ii. Keep a safe distance between one’s vehicle and the vehicle in front
 - iii. Know how to handle the vehicle in all weather conditions.
 - iv. Watch for the flashing lights of winter maintenance vehicles and emergency vehicles.
 - v. During the trip if the weather is inclement, stop and stay overnight in a safe place.
- iii. Vehicle Insurance
1. If transporting other students to classes or electives. Students should ensure that their insurance is adequate for those purposes.
- iv. Distraction
1. A common cause of motor vehicle accidents and fatalities is the driver failing to maintain their full attention to operating the vehicle. It is paramount that students ensure that their full attention is given to driving the vehicle.
 - a. Students should:
 - i. Not at any time send, read or create text or e-mail on any cellular device while driving..
 - ii. Pull over to a place of safety to refer to maps or check messages.
 - iii. Only use cellular devices that are Blue Tooth compatible and able to dial and be answered through hands free technology.
 - iv. Ensure passengers respect the need for you to watch the road and conditions.
 - v. Not drive after having ingested any alcoholic beverages or medications/drugs that may impair your judgment.
 - vi. Always start a trip thoroughly rested and not fatigued.
 - vii. Consider purchasing a GPS device

Acknowledgements:

For further information, students may wish to consult the following sources, which are acknowledged with thanks:

<http://www.mto.gov.on.ca/english/safety/distracted-driving/index.shtml>

http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90h08_e.htm

<http://www.ou.edu/studentlife/resources/travel>

http://www.ccohs.ca/oshanswers/safety_haz/icesnow.html

<http://rules.tamu.edu/>

<http://www.mto.gov.on.ca/english/dandv/vehicle/register.shtml>

<http://www.fsco.gov.on.ca/en/auto/Pages/default.aspx>