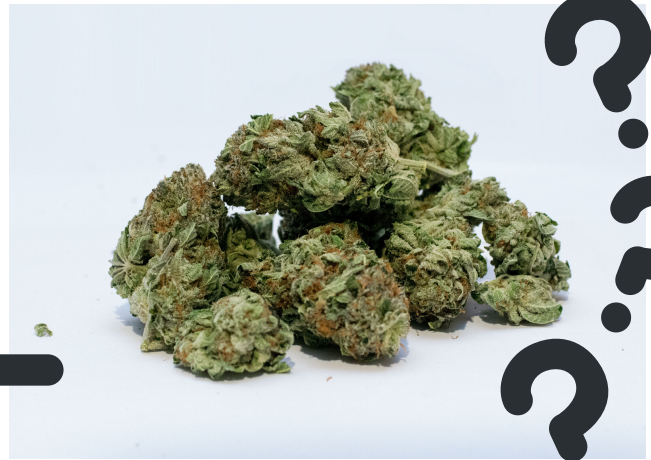


SNOWMOBILE SAFETY SNAPSHOT

The Grey Bruce Health Unit newsletter for snowmobilers

Winter
2019/2020



FEELING THE SNOW DAZE?

Cannabis is now legal for recreational use in Canada. 17% of Ontarians used cannabis in the third quarter of 2019. With that level of use, it is important to consider how cannabis does – and does not – fit in to everyday life. Especially since 1 in 4 cannabis users report operating a vehicle under the influence of the drug.

Cannabis temporarily changes a user's mood and how they perceive or feel about the world around them. Effects of cannabis are actually symptoms of impairment, and as such cannabis and snowmobiling do not go together.

As many as half of cannabis users don't think that drugs affect their driving much – this is a myth. Cannabis weakens your balance and coordination, motor skills, judgement, reaction time, attention, and decision-making skills. Basically, everything you need to operate a snowmobile safely.

Impairment from cannabis can begin almost immediately or can take hours to appear and can last up to 6 hours or more, depending on factors including THC levels and how it is consumed. The effects can last longer if you're a new user, have consumed a lot or have combined cannabis with alcohol. Since the effects of cannabis vary, there is no good way to know exactly how long to wait before it's safe to drive.

Quick thinking and good judgement are key to snowmobiling well. Even if you think the high has worn off, your ability to drive a snowmobile may still be impaired. The best way to avoid impaired driving is to plan ahead and only use cannabis after you're done snowmobiling.

Stay Safe. Sled Sober.

For more tips and resources, visit:
publichealthgreybruce.on.ca/snowmobiling

SNOWMOBILE SAFETY SNAPSHOT

Winter 2019/2020



WHAT THE LAW SAYS: IMPAIRED DRIVING

It is illegal to operate any vehicle while impaired by cannabis – including a snowmobile.

Beyond being dangerous for you and those around you, driving a sled while high can have huge legal consequences and impact many other areas of your life.

Consequences for snowmobiling impaired vary based on level of impairment, but can include driver's licence suspension, fines, snowmobile impoundment, a criminal record, and jail time. If you fail or refuse to comply with an officer's demands to evaluate your sobriety, you will be charged under the Criminal Code and receive an immediate 90-day administrative driver's licence suspension.

*There's just so much
that could go wrong.
No one thinks they'll
get hurt or get caught.*

*But people do, so why
even take that
chance? All the
problems sledding
high creates are
totally preventable.*

If you are 21 years old or younger or have a learner's license (G1, G2, M1, M2) there is zero tolerance for cannabis-impaired driving (remember, that includes your sled). But it is recommended that everyone sleds sober, because even a little high is too high to safely control a snowmobile.

For your safety and that of your passenger, you must know and understand all of the information available at www.ofsc.on.ca/safety and Ontario's Motorized Snow Vehicles Act prior to operating a snowmobile.

For more tips and resources, visit:
publichealthgreybruce.on.ca/snowmobiling

