



Media Release

Wednesday 2 November 2016

## **Drive safe over the long weekend**

With warmer weather and another long weekend approaching, Selwyn roads will become increasingly busy in the future.

Over Canterbury Show Week, higher volumes of traffic are expected in Canterbury with many people taking time to enjoy the week's social activities.

"When driving during busy times always allow enough time to get to your destination, drive with patience and avoid taking unnecessary risks," says Selwyn Road Safety Coordinator Ngaire Tinning. "Plan your travel before going out and ensure everyone arranges a safe ride home afterwards."

Many people will also take advantage of a long weekend for a break away before Christmas. Motorists may be driving for longer periods than usual, with many also towing boats, caravans and trailers.

"As all towing vehicles are restricted to 90 kilometres an hour on the open road, it is important to keep left and pull over when it is safe to let other vehicles pass. Keep a safe following distance between yourself and the vehicle in front. This gives you enough distance should the vehicle in front of you stop suddenly," says Mrs Tinning.

Patience and extra concentration at intersections is important, especially when the roads are busy. When approaching a give way sign you need to slow down and be prepared to stop and give way to other road users if necessary. At a stop sign you must come to a complete stop, then check for traffic and give way if required to do so. Early indication of your intentions to turn, change lanes or pull over is essential and can help to avoid a crash.

"Driving for longer periods than you normally would can be tiring and it is important to recognise the signs of tiredness early," says Mrs Tinning.

Some simple ways to avoid fatigue and improve your alertness when travelling are to:

- get plenty of sleep before your journey, and try to drive at times when you are normally awake
- always stay hydrated while driving and have light snacks
- plan rest breaks from driving every couple of hours. Get out of your vehicle and even take a walk to improve alertness. If you feel tired, take a short nap or if possible, share the driving.

Listening to music, drinking coffee or using your air conditioning while driving can help keep you alert, but are only short-term solutions. Rest or sleep are the best remedy for fatigue.

Ends

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