

# OUTREACH ACTIVITY

## "INTEXTICATED" COURSE

### SUPPLIES

- Impairment goggles
- A few keys or coins
- 10-15 safety cones



- Set up the cones in a pattern that will require participants to weave through the course.
- Optional: To make it more difficult, drop keys or coins throughout the course.
- Participants should put the impairment goggles on and weave through the cones, trying to find the keys/coins and pick them up as they go.
- You can change up the cones as you go along if it becomes too easy.
- Talking points:
  - Texting while driving is the same a cognitive impairment level of driving with a .08 BAC.
  - While driving, texting is extremely lethal! Hands off wheel, eyes off road, and 37% of brain not focused on driving!