



Fatal Vision Goggle Activity Ideas

The fatal vision goggles are used to vividly demonstrate the concept of impairment and the dangers of impaired driving. For the most effective program, participants should have the opportunity to perform at least five of the tasks below while "sober" and then be asked to repeat the same tasks "impaired" while wearing the goggles.

Walk The Line: Ask the participant to take nine steps in a straight line, walking heel to toe with their hands on their side, turn, and walk nine steps back, counting the steps out loud as they walk. (This is a Standardized Field Sobriety Test)

One Legged Stand: With their hands to their side, have the participant lift one foot six inches off the floor, pointing their toes straight out. Looking at the extended foot, have the participant count out loud "one thousand one, one thousand two, etc..." until they have held their foot out for 30 seconds. (This is a Standardized Field Sobriety Test)

Touch an Object: Hold a slim object, like a ball point pen, in front of the participant's face at about their arm's length away. Have the participant touch the tip of the pen with the index finger, alternating between each hand.

Give a High Five: Have the participant give you a "high five".

Pick Up Objects: Toss keys or paper clips on the floor and have the person wearing Fatal Vision go across the room and pick it up.

Maneuver a Course: Ask the participant to drive a remote control car through an obstacle course.

Do Routine Tasks: In the classroom, have the participant attempt to do routine tasks such as turn on a light switch, answer the telephone, pick up a pen and write his/her name and address on a piece of paper, or operate a computer keyboard.

Throw It: Have the person wearing Fatal Vision throw a crunched up piece of paper into the trash can.

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Do Dribbling Drills: Have the person wearing Fatal Vision dribble a basketball from one end of a room to the other.

Shoot Baskets: If you are in a gym, have participants shoot baskets. This is a good demonstration of how impairment affect us in athletics.

Play Catch: Have two people wearing Fatal Vision play catch with a soft sponge football.

Do Squats: Have a person squat and stand back up while wearing Fatal Vision. For the most effective program, participants should have the opportunity to perform at least five of the above tasks while "sober" and then be asked to repeat the same tasks "impaired" while wearing the goggles.

