



Indiana SADD

Fatal Vision® Goggles - Guidelines

Fatal Vision® Goggles

Fatal Vision® Goggles simulate the visual consequences of alcohol consumption as students experience with a sober mind impaired balance, vision, reaction time, and judgement. Fatal Vision® Goggles DO NOT replicate mental impairment. *This distinction must be emphasized in any presentation or program.*

Indiana SADD has Fatal Vision® Goggles available to schools and community organizations for use in underage drinking and driving education programs.

Pre-Activity Message

According to Centers for Disease Control and Prevention (CDC), alcohol is the most commonly used and abused drug among young people in the United States, claiming more than 4,000 young lives (under 21) and costing America billions of dollars each year

The effects of alcohol are not immediate; students and adults alike come under the influence of alcohol over time, which is why so many do not comprehend their level of impairment.

It is important to understand the dangers of alcohol use and alcohol poisoning, as well as avoiding driving under the influence of any amount of alcohol or riding with an impaired driver.

Today's activities will provide a glimpse of the risks of alcohol use, as you experience a simulation of visual impairment while under the influence of alcohol.

The Fatal Vision® Goggles we will be using do not simulate any cognitive impairment.

Usage Guidelines

- Fatal Vision® Goggles are only to be used in an educational setting; consider partnering with local law enforcement to conduct these activities.
- Safety is always the first priority; all activities using Fatal Vision® Goggles are to be conducted under adult supervision with spotters protecting each person using the goggles.
- At no time should Fatal Vision® Goggles be given to students not participating in a structured, facilitated activity. Sample activities are provided on the next page to help you plan your educational demonstrations.
- Students should be asked to complete activities twice – first without Fatal Vision® Goggles and then again with the goggles.
- Conducting activities with small groups of students is preferable and more beneficial than selecting a few volunteers to perform tasks in front of large audiences.
- As you talk with students, explain Blood Alcohol Concentration (BAC) for each set of goggles (as marked on the front of goggles) and the increased impairment that comes with increased BAC.

Indiana SADD

5190 N High School Rd
Indianapolis, IN 46254

Ph.317.299.7831

www.indianasadd.org

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Returning the Goggles

The goggles may be returned to the address above. Please do so as soon as possible, but no later than one week after the conclusion of your program.

Care of Goggles

Clean with a microfiber cloth and store them in the drawstring bag when not in use. Disposable germicidal wipes may be used to clean the frames of the goggles between uses.

Fatal Vision® Goggles-Activity Ideas

Activity Suggestions

- **Give a High Five:** Have the participant give you a high five.
- **Shoot Baskets:** If you are in a gym, have participant shoot baskets. This is a good demonstration of how impairment affects us in athletics.
- **Dribbling Drills:** Have the participant dribble a basketball from one end of a room to the other. Have him/her throw the ball back to you when they are finished.
- **Throw It:** Have the participant throw a crunched piece of paper into a trash container.
- **Walk the Line:** Ask the participant to take nine steps in a straight line, walking heel to toe with their hands at their sides, turn, and walk nine steps back, counting the steps out loud as they walk (standard Field Sobriety Test).
- **Balance a Ruler:** Balance a ruler or yardstick on one finger.
- **Walk and Balance:** Walk a Straight line heel to toe and balance a yardstick on one finger.
- **Stay in the Lines:** Have participant draw a line through a maze and stay between the lines.
- **Routine Tasks:** In the classroom, have the participant attempt to do routine tasks such as turn on the light switch, answer the telephone, pick up a pen, write on their address in address format or attempt to use a computer keyboard.
- **Play Catch:** Have two people play catch with a rubber ball or sponge football.
- **Catch the Balls:** Have the participant put one hand behind their back, and then throw them five small “super balls” one at a time, asking the participant to catch them on handed without using any other parts of the body to do so.
- **Pick Me Up:** Ask the participant to pick up car keys, coins, dice, paper clips, or pens from the floor as quickly as possible.
- **Build a Tower:** Using dominoes, ask the participant to quickly build a tower two dominoes at a time.
- **Pour Water:** Pour water from a plastic pitcher into a small plastic cup.
- **Putting:** Putt a golf ball into a golf cup.

Additional Notes

- **IMPORTANT** - Have spotters protect the person doing the activities.
- Have fun, but emphasize the serious consequences of impairment to counteract the occasional silliness or laughter by students when using the goggles.
- These activities present a great opportunity to work in messages about how impairment affects us in everything we do and to constantly stress the potentially deadly consequences of impairment.
- To effectively demonstrate the dramatic effect of impairment, have the participants do the activities twice; first without and then with 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.
- The more time you spend with each participant, the more effective your program. Stress to participants that the goggles only simulate visual impairment, and that when one is actually impaired from alcohol and drugs, that there are many other consequences.