

Baseball WA Road Safety Quiz

Full Name: _____

Mobile Number: _____

<https://www.wa.gov.au/organisation/road-safety-commission/fatigue>

1. What is Fatigue?

- Feeling of tiredness or weakness and could be either physical or mental.
- Feeling energised and refresh.

2. What is a Micro- sleep?

- When you're driving and singling along to music.
- When you're driving tired, drifting in and out of sleep without knowing it.

3. How does fatigue affect my driving?

- Feel more alert.
- Slows your reactions and decisions.

4. What can you do to combat fatigue?

- Make sure you are well rested and get plenty of sleep the night before driving.
- Drive when you are feeling tired and drowsy.

Entry Requirements:

You **MUST** drop paper copy into Entry Box at the ballpark during SBCC games.

Entries **MUST** be in prior to the start of the GF.

You **MUST** attend Club Championship Grand Final to Receive a prize.

Emailed or Mailed copy of completed Quiz will **NOT** be accepted.