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## The Driver's Pledge

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- I will not drive when I feel fatigued. I realize that when I am fatigued, I process information more slowly and less accurately and this impairs my ability to react in time to avoid accidents.
- I will arrange my schedule so that several days before a Boy Scout "driving trip," I will get a good night's sleep every night to avoid the cumulative effect of not getting enough sleep.
- I will make trip preparations far enough in advance so that last-minute preparations don't interfere with my rest.
- I will make travel plans that take into account my personal biological clock and only drive during the part of the day when I know I will be alert.
- I will be smart about engaging in physical activities during Scouting outings and will make sure that I will be ready to drive alertly.

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