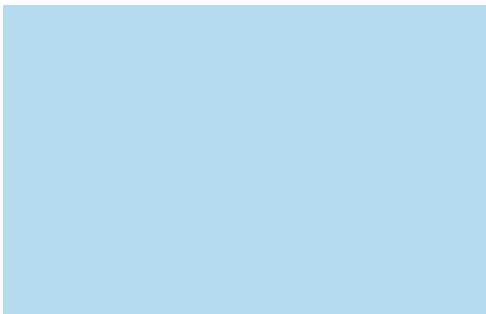


Participant guide
Getting your licence back

Mandatory Alcohol Interlock Program



This guide provides information about taking part in the Mandatory Alcohol Interlock Program and how to complete it successfully so you can get your driver licence back.

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What is the Mandatory Alcohol Interlock Program?

This guide provides information about taking part in the Mandatory Alcohol Interlock Program (MAIP) and how to complete it successfully so you can get your driver licence back.

Driving under the influence of alcohol is one of the biggest killers on Tasmanian roads.

The MAIP stops drivers convicted of repeat drink driving offences or high level driving offences committing further drink driving offences. A person with an “I Condition” licence must have a blood alcohol content (BAC) of .00% at all times whilst driving. However Interlock devices have a variance of .02%. This means when fitted, the vehicle cannot be started if the driver has a blood alcohol content (BAC) of .02% or higher. It also requires the driver to perform random breath tests throughout a journey. A person with an “I Condition” licence must be aware that the vehicle will start if a BAC is recorded under .02% and to drive with any reading will be a breach of their licence condition.

As an MAIP participant you will have to pay all costs involved in the MAIP. Refer to page 14 for more information on costs.

Read the guide carefully to understand what you have to do. If you have any questions, please contact the Driver Licensing Unit on 1300 135 513.

What is an alcohol interlock?

It is a condition of the MAIP that participants must have an alcohol interlock fitted to any vehicle they drive.

An alcohol interlock is a breath testing device connected to a vehicle's ignition. Each time you drive the vehicle you must take a breath test and if a BAC is registered of .02% or above the vehicle will not start. Any “I Condition” licence holder must have a .00% BAC at all times whilst driving.

Alcohol interlocks must be approved by the Registrar of Motor Vehicles to be used in the MAIP. They are called approved interlocks.

Approved interlocks must be fitted to a vehicle that is nominated to be used in the MAIP. The nominated vehicle must have current Tasmanian registration.

A nominated vehicle may or may not belong to you. If it is owned by someone else – such as a spouse or a business – you must get permission to have an approved interlock installed in the vehicle. Approved interlocks can only be fitted to the vehicle at a service centre established by an approved supplier.

You must drive with the approved interlock fitted for as long as it takes to show that you can separate your drinking from driving in order to apply to have your licence restored.

General MAIP rules

These rules apply at every stage of the MAIP.

- If you are convicted of an alcohol-related driving offence while on the MAIP, you will be required to restart the MAIP at the end of any licence disqualification.
- The nominated vehicle must have current Tasmanian registration at all times.
- If you lose your licence for any reason it will take longer to complete the MAIP.
- Information recorded and downloaded from the approved interlock during servicing (monitoring data) must be provided to the Registrar to monitor your progress in completing the MAIP.
- You must follow the MAIP steps in this participant guide and the instructions of your chosen approved supplier and the Registrar.

If you fail to follow the MAIP rules it will take you longer to complete the MAIP and to get your licence back.



The four steps of the MAIP

Step 1 – install an approved interlock

- Fill out the MAIP application form and apply for an “I Condition” licence.
- Choose an approved supplier.
- Make an appointment at a service centre to have an approved interlock installed in your nominated vehicle.
- See page 8.

Step 2 – complete the Learning Stage

- Learn how to use the approved interlock.
- Attend regular appointments at a service centre.
- Provide to the Registrar 270 continuous days of monitoring data without a permanent lockout while driving a nominated vehicle.
- See page 10.

Step 3 – complete the Demonstration Stage

- Attend regular appointments at a service centre.
- Provide to the Registrar the last 180 continuous days of monitoring data without a lockout or permanent lockout while driving a nominated vehicle.
- Receive notification from the Registrar to advise you have completed the Demonstration Stage.
- See page 12.

Step 4 – apply for your driver licence

- Arrange a final service of the approved interlock and have it removed.
- Apply for your driver licence.
NOTE: Where a “No Alcohol in body” condition has been applied under the **Road Safety Alcohol & Drugs Act, 1970** the condition will appear on the licence for 10 years from the date of the latest relevant conviction.
- See page 13.

Step 1 – install an approved interlock

You must have a breath testing device, called an approved interlock, installed in your vehicle by an approved supplier at a service centre. You cannot buy an approved alcohol interlock somewhere else and have it installed, as it will not meet the MAIP rules.

Approved suppliers must provide you with a free report before they install the approved interlock. This report will detail the costs involved. The supplier you choose will manage your participation in the MAIP and will monitor and service your approved interlock as you progress, so choose the approved supplier that will best suit your needs.

Apply for an “I Condition” licence

- An “I Condition” licence is a driver licence that allows you to only drive vehicles that are fitted with an approved interlock.
- Fill out the MAIP application form that you were sent with this participant guide. The MAIP application form includes information to help you choose an approved supplier and have the approved interlock fitted at a service centre, and get your “I Condition” licence.

Choose an approved supplier

- A list of approved suppliers is provided in the letter sent with this participant guide. You must choose an approved supplier from the list, considering the location of their service centres.
- Make an appointment at a service centre to have an approved interlock installed in a vehicle you nominate, and do the training on how to use the approved interlock and participate in the MAIP.

Have an approved interlock installed

- You will need to arrange for someone to drive your nominated vehicle to and from the service centre to have the approved interlock installed. This is because you cannot legally drive any vehicle unless it has an approved interlock fitted and you have received your “I Condition” licence.
- The person who takes the nominated vehicle to have the approved interlock installed must not have been drinking. This is because when the approved interlock is fitted, the driver will need to take a breath test to start the vehicle and it will not start if they have a BAC of .02% or higher.
- You must take the MAIP application form with you to the service centre or the service centre will not install an approved interlock.

What happens at the service centre?

- The approved interlock is installed in the nominated vehicle.
- The approved supplier will provide training on the MAIP rules, how the approved interlock works, what data is collected and when you need to visit a service centre to have the approved interlock serviced.

The approved supplier will endorse your MAIP application form.

Take your endorsed MAIP application form to Service Tasmania

- The approved supplier will give you a copy of the endorsed MAIP application form.
- You will need to take this form to a Service Tasmania Shop to arrange to get your “I Condition” licence.

Collect your “I Condition” licence

- An “I Condition” licence means you can only drive vehicles that are fitted with an approved interlock. You cannot drive the nominated vehicle until this licence has been issued.
- The MAIP will start on the date you are issued with this licence. To avoid delays in getting your “I Condition” licence, it is recommended that you arrange the installation of an approved interlock at a service centre before the end of your disqualification period.

Step 1 summary — please read complete information above

- Fill out the MAIP application form.
- Choose an approved supplier and make an appointment at a service centre to install the approved interlock.
- Have an approved interlock installed.
- Take your MAIP application form to Service Tasmania and collect your “I Condition” licence. Fees will apply for the issue of this licence.

Step 2 – complete the Learning Stage

Learn acceptable driving behaviour

- The first stage of the MAIP is called the Learning Stage and will take a minimum of nine months to complete if you follow all the MAIP rules.
- During this stage you will learn how to use the approved interlock. It will help you adopt the right behaviour to stop you driving if you have been drinking and still have alcohol in your system.
- You must provide 270 continuous days (approximately nine months) of monitoring data to the Registrar to complete the Learning Stage. This data must not include any permanent lockouts.
- If you do not follow the MAIP rules outlined in this guide you may need to continue with the Learning Stage for more than nine months.

Things you need to know

Starting the vehicle

- You (or anyone else driving a nominated vehicle) must take a breath test before the vehicle can be started. If the driver registers a BAC reading of .02% or higher at any point, the vehicle will not start and a retest will be required. If you are the holder of an "I Condition" licence you must have a BAC of .00% or you will be driving in breach of your licence conditions.

Lockouts

- If you fail a retest, the approved interlock will lockout the vehicle, which means that the car will not start for 30 minutes.

Running tests

- The approved interlock also signals you to do random breath tests during the journey. This is called a running test. This means you have five minutes to pull over safely and do the breath test or the vehicle's hazard lights and horn will turn on and will not stop until you stop the vehicle.
- If you fail a running test, or fail to give a breath sample, a lockout will occur.

Permanent Lockout

- If the approved interlock is not serviced, a permanent lockout will occur. This means the vehicle will be immobilised until the device has been serviced. Any tampering with a device will also result in a permanent lockout. You should contact your approved supplier if this occurs.

Monitoring data

- The approved interlock records the result of every breath test. This information is downloaded by an approved supplier during the regular servicing of the approved interlock. This information and other information such as lockouts and attendance

at servicing are called monitoring data and will be sent to the Registrar who will monitor your progress.

- If other people are driving your nominated vehicle and experience lockouts, these events will also be recorded in your monitoring data and may affect the servicing time intervals.

Attend servicing appointments

The interlock needs to be serviced every 30 days at a service centre of your choice.

What happens during a service?

- At each service you will be given a performance report. This report includes information on the number of lockouts and permanent lockouts and other monitoring data which may affect your progress in the MAIP.
- You will need to verify the monitoring data in the performance report. This will then be sent by the approved supplier to the Registrar.
- You will also need to provide a breath sample to verify the correct operation of the approved interlock.

You must attend a service in person

If you do not attend servicing in person, the monitoring data recorded over the service period will not count towards completing the Learning Stage.

- If you are unwell and unable to drive a vehicle and cannot attend a service in person you should obtain a medical certificate from a doctor clearly stating you are unfit to drive a motor vehicle and arrange for that to be presented at the next servicing of your approved interlock.
- If the period of the medical certificate spans one or more service periods the monitoring data recorded during the service period(s) will not count towards the Learning Stage and you will be required to restart the Learning Stage.
- The approved interlock will need to be serviced earlier if you record a number of high blood alcohol content (BAC) breath tests, a high number of failed retests or if you fail to submit a breath sample between services.

Step 2 summary – please read complete information above

- Learn acceptable driving behaviour.
- Drive with an approved interlock and provide to the Registrar 270 continuous days of monitoring data that does not contain any permanent lockouts.
- Attend scheduled servicing appointments in person at a service centre.
- The Registrar will tell you when you have successfully completed the Learning Stage and commenced the Demonstration Stage.

Complete the Learning Stage

The Registrar will advise you when you have completed the Learning Stage.

Step 3 – complete the Demonstration Stage

Drive without lockouts

- During the Demonstration Stage, you must drive a nominated vehicle and provide to the Registrar a minimum of 180 continuous days (approximately six months) of monitoring data, with no lockouts, permanent lockouts, or other events.

Follow the MAIP rules

You must follow all the MAIP rules, including attending regular servicing of the approved interlock at a service centre.

As in the Learning Stage, at each service you will be provided with a performance report and you will need to verify the monitoring data that was recorded during the last service period. You will also need to provide a breath sample to verify the correct operation of the approved interlock.

You **MUST** restart the Demonstration Stage if you do not follow the MAIP rules. This includes:

- not attending servicing of the approved interlock in person at a service centre
- monitoring data records a lockout or a permanent lockout
- if the nominated vehicle registration lapses, is suspended or cancelled for any reason the monitoring data will not count towards the Demonstration Stage
- your licence lapses or is suspended or cancelled for any reason.

Complete the Demonstration Stage

You will be ready to apply for your licence, without the “I Condition” when monitoring data provided to the Registrar shows that you can:

- drive without any lockouts or permanent lockouts for the last continuous 180 days and follow all the other MAIP rules.

Step 3 summary – please read complete information above

- Attend scheduled servicing appointments in person at a service centre.
- Follow all MAIP rules.
- Receive notification from the Registrar to advise you have completed the Demonstration Stage.
- Drive with an approved interlock and provide to the Registrar the last 180 continuous days of monitoring data that does not contain any lockouts or permanent lockouts.

The Registrar will write to you to tell you when you are eligible to have the “I Condition” removed from your driver licence and arrange a final service to have the alcohol interlock device removed from your nominated vehicle.

Step 4 – apply for your driver licence

Have the approved interlock removed

- As outlined in Step 3, the Registrar will advise you that you have completed the Demonstration Stage. This will mean that you can have the interlock device removed from your nominated vehicle and obtain a driver licence (without the “I Condition”).
- You will receive with this letter a form to take to your interlock supplier to have the device removed from your nominated vehicle. You may then make an appointment with your supplier for the removal service.

Obtain your driver licence

- After this final service your supplier will complete the removal form which you take to Service Tasmania to obtain a replacement driver licence without the “I Condition”.
- If you decide you would like to continue to use an approved interlock after you have qualified to get your licence back you should talk to your approved supplier to make a private arrangement with them.

Step 4 summary – please read complete information above

- When you have received your letter and removal form from the Registrar, arrange a service time with your approved supplier to have the approved interlock removed from your vehicle.
- Take the completed removal form to Service Tasmania and obtain your driver licence without the “I Condition”.

Important information

How much does the MAIP cost?

The cost of the MAIP is approximately \$200 per month. This includes installation fee, administration fees, servicing fees, rental fees and removal fees.

MAIP entry and exit fees are around \$50. You will have to pay for all costs relating to the MAIP.

Concessions

Fee concessions of up to 35% are available for the costs of the MAIP relating to administration, installation, rental, servicing and removal of the approved interlock.

Concessions are available for participants holding the following Australian Government cards:

- DHS or DVA Pensioner Concession Card
- DHS Health Care Card
- Repatriation Health Care Card (Gold Card)
- Repatriation Health Care Card (White Card).

Members of the *Tasmanian Government Transport Access Scheme* are also eligible for a fee concession.

Applications for concessions must be lodged through your approved supplier.

Participants may be able to arrange a fortnightly deduction from an Australian Government pension with Centrepay through their approved supplier.

Access to your personal information

To enable approved suppliers to effectively manage your participation in the MAIP, you must agree to certain personal information relevant to your progress on the MAIP and eligibility for concessions to be collected by, and exchanged between the Registrar and your chosen supplier and service centre.

This information will be handled in accordance with the *Personal Information Protection Act 2004*.

Issues and complaints

During servicing you will be issued with a performance report. If you believe the performance report contains any omissions or errors and is not correct, you should lodge a formal complaint at the service centre. Approved suppliers are required to have robust customer complaint processes that are independently audited.

If you are unhappy with your chosen approved supplier, you are able to change approved supplier, provided you meet the obligations of the agreement with your new approved supplier.

Exemptions

You are entitled to apply for an exemption from some or all aspects of the MAIP. Exemptions can be applied for at a cost. The exemption application fee is non-refundable.

To apply for an exemption you will need to complete an MAIP *Exemption Form* and supply all required supporting documentation and the exemption application fee.

Exemptions can be applied for one or more of the following reasons:

- you have a medical condition, supported by a medical certificate from a specialist relevant to your medical condition, that explains why you cannot operate an alcohol interlock
- you reside on, or are a frequent visitor to King Island or the Furneaux Group and it is not feasible to install an alcohol interlock to a vehicle you must drive
- you or a member of your family will be caused severe hardship if you have to participate in the program
- you have an alcohol interlock installed in a personal vehicle, but also need to drive a work vehicle to or from work or for the purposes of work. In such cases an exemption may be sought from the requirement to have an alcohol interlock installed in your work vehicle. If you only intend on driving a work vehicle (that is, you have not nominated another vehicle and had an alcohol interlock installed in this vehicle, or been granted an exemption based on other grounds) you will not be eligible for a work exemption and will be required to have an alcohol interlock device fitted to your work vehicle as a condition of re-licensing.

The Registrar of Motor Vehicles will use the MAIP Guidelines to assist in making a decision on whether to grant an exemption.

Frequently asked questions

Can I have an approved interlock fitted to more than one vehicle?

Yes. You can nominate more than one vehicle to be fitted with an approved alcohol interlock.

All vehicles must have current Tasmanian registration. The monitoring data downloaded from all vehicles will be used to determine your progress in completing the MAIP.

You will need to pay additional servicing fees for extra vehicles. Talk to your approved supplier about the costs involved.

What if I'm unable to drive for a long period of time?

If you are unable to drive for an extended period you can have your approved interlock removed. You must provide your supplier with a reason for the removal.

The Registrar will suspend your "I Condition" licence for the period the approved interlock is not installed.

To add or remove approved interlocks in any vehicle, contact your supplier who will assist you with the appropriate forms and documentation.

Can other people drive a vehicle fitted with an alcohol interlock?

Yes. Other people such as family members can drive a nominated vehicle that has been fitted with an approved interlock. The vehicle will not start if a BAC is recorded of .02% or more and if the person holds an "I Condition" licence must have a BAC of .00% at all times whilst driving.

However, if any lockouts or other incident happens while any person is driving, it will be recorded in your monitoring data and affect your progress in the MAIP. If this happens during the Demonstration Stage, the Demonstration Stage will be restarted.

What happens if I fail the breath test when using the alcohol interlock?

If the approved interlock registers alcohol in your breath it records a fail and the ignition is locked for a short period of time. You will be required to do another breath test.

If you fail a retest, or fail to present a breath sample for a retest the ignition will be locked out for a period of 30 minutes.

If you record too many failed breath tests within a scheduled service period you will be required to service the approved interlock earlier than scheduled. If you do not arrange for this service you will be permanently locked out of the ignition and you will not be able to start your vehicle until the interlock is reset by your supplier.

Can someone else take the vehicle in for an interlock servicing?

Yes. However, if you do not attend the service in person, the monitoring data recorded for the service period will not count towards the Learning Stage, and if you are in the Demonstration Stage of the MAIP, the Demonstration Stage will be restarted.

If you cannot attend the servicing of an approved interlock in person for any reason, such as travel or holidays, you must arrange for an alternative servicing date with your supplier prior to service.

What if the vehicle registration lapses?

If the registration of your nominated vehicle lapses, the monitoring data will not count for that period and will not be counted towards the Learning Stage. The Demonstration Stage of the MAIP will be restarted at the date the registration is reinstated.

What happens if I don't have my approved interlock serviced?

If you do not take your vehicle to a scheduled service of your interlock device, the device will perform a permanent lockout, immobilising the vehicle until the device is serviced.

What restrictions will apply to me during the MAIP?

When you drive with an "I Condition" licence the following restrictions will apply:

- you must hold a valid licence that has an "I" (for interlock) on it
- only drive a vehicle that has been fitted with an approved interlock
- the approved interlock must be supplied by one of the approved suppliers
- the vehicle details must be given to the Registrar by an approved supplier
- you must have zero alcohol in your system at all times when driving.

Can I choose not to install an alcohol interlock?

To legally drive with an "I Condition" licence, you must fit an approved interlock from an approved supplier to any vehicle you drive.

You will not be able to obtain your licence until you have completed the MAIP, which requires that you have an approved interlock installed in a vehicle for a minimum period of 15 months, until the Registrar decides you have successfully completed the MAIP.

What penalties will apply for not following the rules of the MAIP?

If you do not follow the rules of the MAIP, you will not complete the Learning and Demonstration Stages, and will not be eligible to apply for your licence.

Under the “I Condition” you must not drive a vehicle with a blood alcohol content (BAC) greater than zero. If you are convicted of any alcohol-related offence you will need to serve out the penalties of the conviction, and restart the MAIP.

If you choose not to obtain a driver licence after your disqualification period ends and you drive unlicensed you may face a heavy fine and a further disqualification period.

Can I drive a vehicle that already has an approved interlock installed?

If you wish to drive a vehicle that already has an approved interlock installed, you will need to contact the approved supplier who installed the interlock and enter into an agreement with them.

I drive a company vehicle and have to do the MAIP – what will I do?

If you drive a company vehicle you will need to gain your employer’s permission for an approved interlock to be installed in the company vehicle so that you can legally drive that vehicle.

The approved interlock will need to be installed by an approved supplier. Your employer will need to sign the MAIP application form. This vehicle will then become a nominated vehicle for you.

Can I install my own alcohol interlock?

No. You will need to contact an approved supplier to organise the installation of an approved interlock.

Can approved interlocks be fitted to any vehicle?

Approved interlocks can be fitted to most vehicles with an ignition, this includes cars, trucks and motorcycles.

Is it possible to bypass or tamper with an approved interlock?

There are a number of measures in place to ensure that the system cannot be bypassed. These include:

- retesting required after the vehicle has been started and the person has been driving for a few minutes
- a certain volume of breath needed to pass the breath test (so children cannot provide a breath sample)
- training required for all nominated people who will be using the vehicle
- recording any attempts to tamper with its system. This data will be reviewed by the service centre during servicing of the approved interlock
- service centre staff are trained to look for signs of tampering when servicing the alcohol interlock.

What is the alcohol limit I will need to have while driving?

When you are participating in the MAIP you must have no alcohol in your body.

Can more than one MAIP participant drive the same vehicle?

More than one MAIP participant can nominate the same vehicle for the MAIP. The approved interlock will need to have technology, such as PIN code and camera, to differentiate between the drivers at any point in time.

Both people will each need to ensure monitoring data recorded by the approved interlock can differentiate between participants. Each participant will need to pay MAIP administration, installation, rental, servicing and removal costs.

Technical terms

Alcohol interlock

A device that is fitted to the ignition of a vehicle, and requires a breath test to be passed before the vehicle will start.

Approved alcohol interlock

An alcohol interlock that has been approved by the Registrar for use in the MAIP. Only an approved interlock can be used in the MAIP.

Approved supplier

A contractor who is approved by the Registrar to supply approved interlocks and has established service centres in Tasmania to deliver MAIP services including the installation, servicing and removal of approved interlocks.

Blood alcohol content – BAC

Your BAC is your blood alcohol content. If you have any alcohol in your system, you will fail the breath test and a fail will be recorded by the approved interlock. If you fail the breath test and your BAC is 0.05 or more a high fail will be recorded.

Demonstration Stage

The Demonstration Stage is the third step of the MAIP and requires the last 180 days of continuous monitoring data provided to the Registrar that does not contain any lockouts or permanent lockouts to complete.

“I Condition”

A condition on a driver licence that restricts you to driving a car fitted with an approved alcohol interlock.

Learning Stage

The Learning Stage is the second step of the MAIP and requires that 270 continuous days of monitoring data provided to the Registrar does not contain permanent lockouts (however, it may contain lockouts).

Lockout

A lockout occurs when the approved interlock locks your vehicle's ignition if alcohol has been recorded in the breath of the driver. You can attempt to start it again with another breath test after 30 minutes.

MAIP

The Mandatory Alcohol Interlock Program.

Monitoring data

Data recorded by a service centre during servicing of an approved interlock including results of breath tests, lockouts, permanent lockouts and other information in accordance with the MAIP rules.

Nominated vehicle

A vehicle nominated by a participant in the MAIP to the Registrar for the installation of an approved interlock.

Permanent lockout

The alcohol interlock device permanently locks your vehicle's ignition so it cannot be started until it is reset by an approved supplier.

Retest

Breath sample required after a temporary lockout due to a failed initial breath test.

Running retest

A breath test that is required at random intervals during a journey.

Service centre

Premises established by an approved supplier where qualified and trained staff can install, service and remove approved interlocks.

Servicing

An approved interlock is required to undergo regular servicing at a service centre established by an approved supplier. This is to record monitoring data and to ensure the approved interlock is being used properly.

How alcohol affects you

Alcohol affects everyone differently, so breath tests on an approved interlock will be unique to each individual.

Results can be affected by many factors, including your tolerance to alcohol gender and age, overall health and wellbeing, metabolism, mood and environment.

It is important to remember that you may still be affected by alcohol the morning after a night of drinking. Even if you have slept for eight hours, you may still have a blood alcohol reading the next day. This is particularly important as the approved interlock is set to detect any alcohol in the breath sample.

Your blood alcohol level continues to rise after you have had your last drink and generally you will not reach your maximum BAC until up to 90 minutes after consuming it.

Only time will reduce your blood alcohol reading. Drinking coffee, eating mints or going for a walk will not. Substances containing alcohol such as food, drinks or medicine, can also affect an alcohol interlock.

An example

Sam is a 28 year old man, 180 cm tall and weighing 82 kg. Sam drank eight stubbies of beer between 7:00 pm – 11:00 pm. He did not eat anything over this period. Although he finished drinking at 11:00 pm, Sam's blood alcohol content is not likely to peak until about 12:30 am, when it would probably reach 0.154.

The body metabolises, or reduces alcohol, at 0.015 an hour. Sam slept from 12:00 am to 7:00 am. When he awoke, his BAC reading was 0.03 – still too high to be accepted by an alcohol interlock. Sam would not have a zero reading until about 9:00 am, 10 hours after his last stubby.

What is a standard drink?

An Australian standard drink contains 10 grams of alcohol (12.5ml of pure alcohol). By counting standard drinks you can keep track of how much you are drinking and how that compares to the Australian guidelines to reduce health risks from drinking alcohol.

Pot of beer (285 ml)

- full strength (4.8% alc./vol) = 1.1 standard drinks
- mid strength (3.5% alc./vol) = 0.8 standard drinks
- low strength (2.7% alc./vol) = 0.6 standard drinks

Stubby/can of beer (375 ml)

- full strength (4.8% alc./vol) = 1.4 standard drinks
- mid strength (3.5% alc./vol) = 1.0 standard drink
- low strength (2.7% alc./vol) = 0.8 standard drinks

Red, white or sparkling wine (12% alc./vol)

- small glass (100 ml) = 1.0 standard drink
- average restaurant serve (150ml) = 1.4 standard drinks
- bottle (750 ml) = 7.5 standard drinks

Fortified wine (18% alc./vol)

- standard serve (60 ml) = 0.9 standard drinks

Spirits (40% alc./vol)

- shot or nip (30 ml) = 1.0 standard drink
- bottle (700 ml) = 23 standard drinks

Ready-to-drink (RTD) or pre-mixed spirits/wine

- 275 ml bottle full strength (5.0% alc./vol) = 1.1 standard drinks
- 375 ml can/bottle full strength (5.0% alc./vol) = 1.5 standard drinks
- 275 ml bottle high strength (7.0% alc./vol) = 1.5 standard drinks
- 375 ml can/bottle high strength (7.0% alc./vol) = 2.1 standard drinks

Adapted from Australian Guidelines to Reduce Health Risks from Drinking Alcohol, Canberra: National Health and Medical Research Council, 2009.

For more information about standard drinks and the Australian guidelines to reduce health risks from drinking alcohol visit www.alcohol.gov.au.

How does alcohol affect driving performance?

Driving is a very complex task that requires complex decision making and total concentration. Alcohol affects a driver's ability to be totally in control of his or her actions.

0.02 to 0.05 BAC

- The ability to see or locate moving lights correctly is diminished, as is the ability to judge distances.
- The tendency to take risks is increased, and the ability to respond to several stimuli is decreased.

0.05 to 0.08 BAC

- The ability to judge distances is reduced, sensitivity to red lights is impaired, reactions are slower, and concentration span is shorter.
- At 0.08 BAC drivers are five times more likely to have a crash than before they started drinking.

0.08 to 0.12 BAC

- Euphoria sets in, overestimation of one's abilities leads to reckless driving, peripheral vision is impaired (resulting in crashes from hitting vehicles in passing), and perception of obstacles is impaired.
- Drivers are up to 10 times more likely to have a crash.

More information

- www2.potsdam.edu/hansondj/drivingissues/1127227453.html
- www.drinkwise.org.au/you-alcohol/alcohol-facts/how-your-body-absorbs-alcohol/





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