

STANDARDIZED FIELD SOBRIETY TESTS (SFSTs)

PROCEDURAL VERBIAGE

“HORIZONTAL GAZE NYSTAGMUS”

A. Instructions

- (1) Instruct the subject to stand with their feet together and arms to side.
- (2) Have subject remove eyeglasses and ask about contact lenses.
- (3) Position stimulus 12 to 15 inches in front of nose and slightly elevated.
- (4) Instruct subject to follow tip of stimulus with their eyes only. Keep head still.
- (5) Check for Equal Pupil Size and resting Nystagmus.
- (6) Check eyes for equal tracking (4 second pass from extreme sides)
- * (7) **Check for Lack of Smooth Pursuit (2 seconds from forward gaze to side) (Repeat)**
- * (8) **Check for Distinct and Sustained Nystagmus at Maximum Deviation (hold for minimum of 4 sec.) (Repeat)**
- * (9) **Check for Nystagmus prior to a 45 degree angle (Hold for minimum of 4 sec.) (Repeat)**
- (10) Check for Vertical Gaze Nystagmus. (Repeat)

B. Clues

- (1) Lack of Smooth Pursuit. (x2)
- (2) Distinct and Sustained Nystagmus at Maximum Deviation. (x2)
- (3) Nystagmus prior to 45 degrees. (x2)

Accuracy: 4 or more of the 6 validated clues indicate 88% accuracy at a .08% BAC.

“WALK AND TURN”

A. Instructions

- (1) Put your left foot on the line. (Demonstrate placement of left foot)
- (2) Put your right foot on the line, in front of your left foot with the heel of the right against the toe of the left foot. (Demonstrate placement of both feet)
- (3) Place your arms down at your sides. (Demonstrate placement of arms down at your sides) Maintain this position until I have completed the instructions. Do not start to walk until told to do so. Do you understand the instructions?
- (4) When I tell you to start, take nine heel-to-toe steps on the line, turn, and take nine heel-to-toe steps down the line. (Demonstrate a minimum of 3 heel-to-toe steps)
- (5) When you turn, leave your front foot on the line and turn by taking a series of small steps with your other foot, like this. Then return by taking nine heel-to-toe steps. (Demonstrate a minimum of 3 heel-to-toe return steps)
- (6) While you are walking, keep your arms at your sides, watch your feet at all times, and count your steps out loud. Once you start walking, don't stop until you have completed the test. Do you understand the instructions?

B. Clues – **BS- SOWHAT**

- (1) Can't **B**alance during instructions (**INSTRUCTION STAGE**)
- (2) **S**starts too soon (**INSTRUCTION STAGE**)
- (3) **S**tops while walking (**WALKING STAGE**)
- (4) Steps **O**ff the line (**WALKING STAGE**)
- (5) **W**rong number of steps (**WALKING STAGE**)
- (6) Misses **H**eel to toe (**WALKING STAGE**)
- (7) Uses **A**rms to balance (**WALKING STAGE**)
- (8) Loses balance while turning or makes an improper **T**urn (**WALKING STAGE**)

***** If subject cannot do test, score clues seen to termination and describe in report *****

Accuracy: 2 or more of the 8 validated clues indicate 79% accuracy at a .08% BAC.

Important Points

The original SCRI research indicated that *individuals over 65 years of age or 50 pounds or more overweight* may have difficulty performing this test.

Suggest subject remove undesired shoes.

“ONE-LEG-STAND”

A. Instructions

- (1) Stand with your feet together and arms at your sides like this. Do not start the test until told to do so. Do you understand the instructions?
- (2) When I tell you to start, raise one leg, either leg, with your foot approximately six inches off the ground, keeping the raised foot parallel to the ground. (Demonstrate).
- (3) Keep both legs straight with your arms at your sides.
- (4) Holding that position, count out loud in the following manner, 1001, 1002, 1003 and so on, until told to stop. Do you understand the instructions? (Officer, demonstrates but do not look at your foot.)
- (5) Keep your arms at your side at all times and keep watching your raised foot. Do you understand? (Officer times subject and discontinues test after 30 seconds)

B. Clues - **PUSH**

- (1) **P**utting the foot down
- (2) **U**ses arms to balance
- (3) **S**waying
- (4) **H**opping

Accuracy: 2 or more of the 4 validated clues indicate 83% accuracy at a .08% BAC.

***** If subject cannot do test, score clues seen to termination and describe in report *****

Important Points

Even tolerant drinkers generally will show signs after 20 seconds.

Suggest subject remove high heel shoes or boots.

Original SCRI research indicated individuals over 65 years of age or 50 pounds or more overweight may have difficulty performing this test

“NON-VALIDATED” FST’s
PROCEDURAL VERBIAGE

“MODIFIED ROMBERG BALANCE”

A. Instructions

- (1) Stand straight with your feet together and arms down at your sides.
- (2) Maintain that position and do not start until told to do so. Do you understand the instructions?
- (3) When told to begin, tilt your head back and close your eyes. (Demonstrate but do not close your eyes.)
- (4) When I say start, keep your head tilted back with your eyes closed until you think thirty seconds has gone by.
- (5) Once you think 30 seconds have gone by, bring your head forward, open your eyes and say “Stop”.
- (6) Do you understand the instructions? Once they indicate they understand, direct them to begin.
- (7) Once the subject opens their eyes, ask “How much time was that?”

B. Indicators

- (1) Subject’s ability to follow instructions.
- (2) The amount and direction in which the subject sways.
- (3) The subject’s estimated passage of 30 seconds. Plus or minus 5 or more seconds is considered significant.
- (4) Eyelid tremors and body / leg tremors.
- (5) Muscle tone.
- (6) Bounding pulse at neck.

C. Important points

- (1) Officer times the subject and records when finished. If necessary, officer stops test after 90 seconds.
- (2) Suggest subject remove undesired shoes.

“FINGER - TO - NOSE”

A. Instructions

- (1) I will give you a series of commands, “left, right, and so on” to indicate which fingertip will be brought to the tip of your nose.
- (2) Stand with your feet together and place your arms at your sides.
- (3) Keeping your arms to your sides, close your hands, rotate your palms forward and extend your index fingers. (Demonstrate index finger extension)
- (4) You will be asked to touch the tip of your index finger to the tip of your nose. (Demonstrate without touching your nose)
- (5) When told to do so, tilt your head back and close your eyes until told to open them. (Demonstrate but do not close your eyes.)
- (6) When I say ‘left,’ bring your hand up and touch the tip of your left index finger to the tip of your nose and bring your hand back to your side. (Demonstrate)
- (7) When I say ‘right,’ bring your hand up and touch the tip of your right index finger to the tip of your nose and bring your hand back to your side. (Demonstrate)
- (8) Do you understand the instructions?
- (9) Tilt your head back and THEN close your eyes. Instructions: Left, Right, Left, Right, Right, Left.

B. Indicators

- (1) Subject’s ability to follow instructions.
- (2) The amount and direction in which the subject sways.
- (3) Eyelid tremors and body / leg tremors.
- (4) Muscle tone
- (5) Subject’s depth perception when attempting to touch tip of nose.
- (6) Any statements or unusual sounds made by the subject.
- (7) Location of finger touches.

C. Important points

- (1) Suggest subject remove undesired shoes.