



State of Connecticut

HOUSE OF REPRESENTATIVES STATE CAPITOL

REPRESENTATIVE KURT VAIL
FIFTY-SECOND ASSEMBLY DISTRICT

LEGISLATIVE OFFICE BUILDING, ROOM 4200
300 CAPITOL AVENUE
HARTFORD, CT 06106-1591

TOLL FREE: (800) 842-1423
Kurt.Vail@housegop.ct.gov

MEMBER

INSURANCE AND REAL ESTATE COMMITTEE
LABOR AND PUBLIC EMPLOYEES COMMITTEE
PUBLIC SAFETY AND SECURITY COMMITTEE

Government Administration and Elections Committee
March 19, 2018

Testimony in Support of HB 5529

AN ACT ADOPTING ATLANTIC STANDARD TIME FOR THIS STATE.

Co-Chairs Sen. Flexer, Sen. McLachlan, and Rep. Fox, Ranking Member Devlin; and all distinguished members of the Government Administration and Elections Committee: Thank you for allowing me to submit testimony in support of HB 5529 AN ACT ADOPTING ATLANTIC STANDARD TIME FOR THIS STATE.

This bill would put Connecticut in year-round daylight savings, meaning we would not have to set our clocks back in November or forward in March. By doing this, we as a state would be taking steps that would boost our economy, conserve energy, combat seasonal depression and reduce other health risks associated with changing our clocks.

The major concern most people have with this bill is that year-round daylight savings would put us in a different time zone than our New England neighbors. The Massachusetts legislature created a special commission to do a study on the effects of daylight savings time and the time changes. I have submitted the findings of the report along with my testimony.

The report reads...

“Based on its research and findings, and after weighing the costs and benefits associated with the observance of time in Massachusetts, the Commission believes that, under certain circumstances, the Commonwealth could make a data-driven case for moving to the Atlantic Time Zone year-round (effectively observing year-round DST). Although there are appreciable costs associated with making this change, on balance the Commission finds that doing so could have positive benefits that largely stem from the absence of a spring transition to DST and the additional hour of winter evening daylight. However, the Commission does not recommend a simple switch to the Atlantic Time Zone, and cautions that several qualifiers should

accompany future conversations or legislative proposals with respect to how Massachusetts observes time. The Commission offers the following blueprint of concerns for a thoughtful implementation of year-round DST, should Massachusetts ever decide to pursue this policy change:

- *Regional action.* Massachusetts should only move to year-round DST if a majority of other Northeast states – possibly including New York – also do so. To facilitate regional action, the Legislature and Governor should raise this issue with other Northeastern legislative and executive bodies, including the National Conference of State Legislatures, the Council of State Governments, Coalition of Northeast Governors, and gatherings of New England Governors and Eastern Canadian Premiers.
- *Later school start-times.* Any move to year-round DST should be accompanied by statewide standards for delaying school start-times to mitigate safety issues; improve student academic performance, health, and well-being; and add significantly to the other economic benefits related to year-round DST.
- *Public awareness.* The Commonwealth should not adopt year-round DST unless it simultaneously commits funding to educate the public about the implications of the change. Even if Massachusetts does not adopt year-round DST, public awareness initiatives about transitions to and from DST would still be beneficial. For instance, public health announcements preceding the spring transition to DST would help residents prepare for the sleep loss caused by the transition so that they could try to mitigate its negative consequences.”

I thank you for your consideration of this bill. I am happy to take any questions you may have at this time.