



Speed Awareness Course

- One Day
- Two hours theory
- Four hours practical
- Car, van, LGV, Minibus, PCV

Location – anywhere in the UK or Ireland

No delegates – up to 10

In vehicle training ratio 1:1 or 2:1

This one day course is designed for drivers who may give cause for concern with their attitude to speed or who are accumulating penalty points over a short period and are in danger of receiving a compulsory driving ban. Maximum delegate to Instructor ratio is 2:1.

09:00 Introduction

Outline of the session to introduce trainer and delegates. Attitude to speed questionnaire.

The need for speed limits – discussion

Brainstorming session to identify the need for speed limits to protect vulnerable road users, including drivers. The appropriateness of current limits will be discussed and we will examine why they catch out experienced drivers.

Facts & Figures

A brief overview of the casualty figures for Britain and a look at the contribution made by speed. This is followed by a look at the mathematical reality of speed – what does travelling at x mph actually mean?

Reaction times will be discussed and translated into distance travelled and time available to drivers to plan their approach.

Physical effects of speed on drivers

Drivers will be encouraged to recognise that the speeds at which they travel exceed their design speed and will discuss what they need to do to compensate for this. The effects of speed on vision and the stimuli we use to estimate speed are discussed. The implications of speed and fatigue are addressed.

Planning for speed

We explore how we apply the system of vehicle control to take in and analyse information from our environment to plan progress safely. Developing the scanning process to make full and effective observation of all risks that are taken into account to prepare a safe driving plan. Progress without speed.

Vehicle Dynamics

Maintaining the stability of the vehicle at given speeds and ensuring it is positioned for optimum vision, road holding and safety.

11:00 In-vehicle Training

A practical session to apply the techniques discussed in a variety of road situations.

16:00 Summary

Review of the main issues covered and opportunity to raise questions. Another opportunity to complete the speed questionnaire to identify any shift in attitude towards speed.

Drivers each receive a Certificate of Attendance & report highlighting strengths and weaknesses and any recommendations for further training.

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