

**Corporate and  
Fleet  
Advanced Driving  
Theory  
Lesson Plans**



# **Classroom Lesson: Students Question paper No 1**

**Presented by:**

**Name:**

**Date:**

**Subject: RISK IDENTIFICATION AND AVOIDANCE**

Q1

Driving in busy town streets presents additional dangers apart from other vehicles. **Give an example of what must always be looked for when driving past rows of parked vehicles?** [ ]

Q2 That was easy, but busy streets are crowded with potential dangers.

**Now state a different one** [ ]

Q3

When driving on busy dual carriageways a hazard situation is often created by the vehicle behind getting too close to you.

**How can you lessen the risk of an accident when this happens?**

[ ]

Q4, 5, & 6

Drinking alcohol always has an effect on your driving ability.

**Name three likely effects that alcohol can have on the following:**

**Your reactions:** [ ]

**Your judgement:** [ ]

**Your confidence:** [ ]

Q7

Cyclists are particularly vulnerable to larger vehicles, and are often likely to swerve around drains or other obstacles.

**What is the minimum distance you should be from cyclists as you overtake them?**

[ ]

Q8

You see an elderly pedestrian on the pavement ahead of you, making for a zebra crossing. She is carrying a white stick with two red reflective bands on it.

**What two things does the stick tell you about the pedestrian?**

[ She is [ ] and [ ] ]

## Advanced Driving Theory Lesson Plan No 2

Presented by:

To:

Date:

Lesson Time: From: - To:

**Timing Subject: ROAD TRAFFIC ACCIDENTS**

**Method - Aids**

7 mins	<b>Introduction</b> <b>What Is an accident?</b>	<b>Video tape</b>
8 mins	<b>Issue handouts in form of quiz:</b> .	Discussion of answers
10 mins	<b>Road Safety Statistics</b> Current figures are for 2001: 3,450 killed; 42,531 seriously injured; 265,000 injured. Number of killed is dropping - but seriously injured rising: Reason? Accident friendly vehicles - Same number of accidents. <b>Cost of FatAc: £960,000. (serious £x3)</b> <b>Cost to the country per year?</b> <b>Is this greater than cost to any one individual family?</b>	<b>Lecture</b> using visual aids where possible.
20 mins	<b>Are you a safe driver? Better than average?</b> Unfortunately 98% of drivers recently thought they were above average. What is an average driver? Average company drivers have one incident per year <b>What causes accidents?</b> Nose to tail = 48%; Bends and corners 33%; Overtaking 4%. Reversing 0.5%; Others 13.5% People = 100%	<b>Q&amp;A session</b>
10 mins	<b>When and where do we have accidents?</b> Peak times (naturally) are 8am & 5-6pm; but peak deaths are later in the evening. Factors include: Annual mileage; roads used; experience; age; type of vehicle; type of employment; weather and traffic conditions. What can you do to avoid becoming a statistic?	<b>Class discussion</b>
5 mins	<b>Summary.</b> <b>How can you increase your chances of survival on the roads?</b>	<b>Q&amp;A to students</b> to ensure total validation

**Comments:**

## Classroom Lesson: Students Question paper No 2

Presented by:

Name:

Date:

**Subject: ROAD TRAFFIC ACCIDENTS**

Q1

Most accidents are caused by drivers following other vehicles too closely. One up ahead brakes and suddenly there is a nose to tail queue of shunts. **What distance in seconds is the closest you should normally be behind the vehicle ahead?** [ ]

Q2

As well as learning various sequences by their initials you also need to know what they mean.

**What does each of the following initials stand for?**

**M-S-M**

[ M S M ]

Q3

**PSL?**

[ P S L ]

Q4

**LAD?**

[ L A D ]

Q5

Braking distances are greatly increased by a number of things.

**What effect does it have on your braking distance if the roads are wet?**

[ ]

Q6

**What effect is it likely to have if the roads are icy?**

[ ]

Q7

**When you are driving along at 60 mph outside a built up area how far ahead should you expect to be looking in seconds?** [ ]

Q8

**What is the absolute minimum stopping distance for a car with good tyres, on a good road surface, with a good driver who is concentrating on the road ahead, travelling at 70 mph?** [ ]

## Advanced Driving Theory Lesson Plan No 3

Presented by:

To:

Date:

Lesson Time: From: - To:

**Timing Subject: READING THE ROAD**

**Method - Aids**

7 mins	<p><b>Introduction</b> Video tape Reading the road gives you time to think and plan</p>	<b>Video tape</b>
8 mins	<p><b>Issue handouts in form of quiz:</b> Discuss the answers to ensure that all students are aware of any weaknesses</p>	
15 mins	<p><b>Reading the road.</b> Searching for early indications Knowing what to look for makes searching easier Make a note of four main areas of search: <b>Location</b> - road signs, markings, junctions, bends, road surfaces. <b>Other road users</b> - coming towards, or overtaking - or vulnerable. <b>Time</b> - night, glare, schools, peak traffic conditions, holidays, <b>Weather</b> - rain, sunshine, glare, fog, snow, ice, wind.</p>	<b>Lecture</b> using visual aids where possible.
15 mins	<p><b>Training your search skills: Smith-Cummings-Sherman system</b> The need for concentration and planning. Driving Commentary practice as an aid to training observation Observation leading to perception of risk. When to use lights; and what are the restrictions</p>	<b>Q&amp;A session</b>
10 mins	<p><b>Full and proper observation means knowing what to look for.</b> Filtering out those things not required. Avoid distractions - identify change or potential risk. Recognise and cope with anything that will cause you to change direction or speed. Inform others of your intentions. Keeping pace with, and space from, all other road users.</p>	<b>Practical observation tests followed by class discussion</b>
5 mins	<p><b>Summary.</b> See and be seen; whilst being able to stop safely at all times.</p>	<b>Q&amp;A to students</b> to ensure total validation

**Comments:**

## **Classroom Lesson: Students Question paper No 3**

**Presented by:**

**Name:**

**Date:**

### **Subject: READING THE ROAD**

Q1 Driving at night involves making the most of any lighting that exists on the road and on your vehicle.

**What vehicle lights would you use on a country lane with very little traffic, but no street lighting?** [ ]

Q2 Your vehicle is fitted with additional low level driving lights at the front and you are driving at night.

**Under what two separate sets of weather conditions may you use them?**

[ & ]

Q3 Observation, anticipation and concentration are three important requirements of safe drivers. Two others are awareness and distraction.

**Why is distraction much more a danger to new drivers than experienced ones?** [ ]

Q4 Wet and icy roads always have an adverse effect of tyre grip.

**What should you do if a car overtakes you on a wet road and cuts in on your safety gap?**

[ ]

Q5 When driving on motorways in foggy conditions it is possible to recognise your position by the colour of the studs separating each of the lanes.

**What colour studs are normally found on the edge of the hard shoulder?**

[ ]

Q6 Pedestrians, especially the very young, the elderly and infirm are particularly vulnerable.

**What should you do if you drive past two children playing with a ball?**

[ ]

Q7 Speed limits are not targets.

**What governs your speed at night?**

[ ]

## Advanced Driving Theory Lesson Plan No 4

Presented by:

To:

Date:

Lesson Time: From: - To:

**Timing Subject: CORRECT SPEED AND POSITIONING Method - Aids**

7 mins	<b>Introduction</b> Video excerpt. Correct speed and positioning avoid conflict	<b>Video tape</b>
8 mins	<b>Issue handouts in the form of a quiz:</b> Discuss the answers to ensure that all students are aware of any personal knowledge or attitude weaknesses,	
15 mins	<b>Demonstration</b> of the correct forms of <u>safety position and line</u> What factors govern speed? Vehicle - limits and road & traffic conditions. Passengers and safety distribution of loads. Planned driving saves time; often equates to better safer progress	<b>Lecture</b> using visual aids where possible.
15 mins	<b>What factors govern correct positioning on the road.</b> Lane procedures, narrow roads, dual carriageways, motorways Overtaking and passing. Bus and other restricted lanes. Vehicle control is a contributory factor in all accidents; but it is even more important to have situation control. How is it possible to control other road users and their actions?	<b>Q&amp;A session</b>
10 mins	<b>Speed and position errors as accident causation.</b> It is a fact that 100% of all accidents must involve wrong speed or position of one or more vehicles. What are the attributes of a good - safe - advanced driver? How is it possible to avoid being involved in road accidents?	<b>Class discussion</b>
5 mins	<b>Summary.</b> Lack of concentration on the driving task is the greatest killer. Drivers do not deliberately drive unsafely, they simply do so without thinking.	<b>Q&amp;A to students</b> to ensure total validation

**Comments:**

# Classroom Lesson: Students Question paper No 4

Presented by:

Name:

Date:

**Subject: CORRECT SPEED AND POSITIONING**

Q1 When driving along a normal rural road, what gap should you allow between you and any stationary vehicles you are passing?

[ ]

Q2 When driving along a normal rural road, what is the closest distance you should ever be to the vehicle ahead of you? Quote the answer in rhyme if you can.

[ ]

Q3 What are the three most common speed limits for motor cars?

[In a built up area: On a single carriageway: On a Motorway ]

Q4 Truck and bus drivers often have lower speed limits than car drivers. On motorways there is an added restriction against trucks and coaches. What is it?

[ ]

Q5 If you are driving in a long queue of traffic and someone overtakes and tries to cut in, (a) what do you do? (b) what should you do?

[(a) (b) ]

Q6 If you are driving along a motorway and you notice that there are amber lights flashing, but no other warnings in use, what do the flashing lights warn you to do with regard to your speed?

[ ]

Q7 Name six different occasions when you are required to stop - by law.

[ (i) (ii) ]  
[ (iii) (iv) ]  
[ (v) (vi) ]

## Advanced Driving Theory Lesson Plan No 5

Presented by:

To:

Date:

Lesson Time: From: - To:

**Timing Subject: ABS - SAFER BRAKING**

**Method - Aids**

7 mins	<b>Introduction</b> Video excerpt. Vehicles harsh braking and skidding	<b>Video tape</b>
8 mins	<b>Issue handouts in the form of a quiz:</b> Discuss the answers to discover the extent of students' knowledge of about Anti-Lock Braking systems and other safety items fitted to many new cars.	Handouts
20 mins	<b>The principles of Anti Lock Braking systems.</b> The causes of wheel lock up and wheel spin. Cadence and pulse braking methods. The need for braking and steering together; You cannot stop quicker with ALB - but you can steer Steering clear of danger	<b>Lecture</b> with visual aids
10 mins	<b>The causes of skidding and how to regain control.</b> Aquaplaning Front wheel skids Rear wheel skids Four wheel skids	<b>Q&amp;A session</b>  Skidding handout
10 mins	<b>Use ABS and other vehicle fitments intelligently.</b> Know how every item on your vehicle works ABS; Traction control; SIPS; Airbags: Catalysers	<b>Class discussion</b>
5 mins	<b>Summary.</b> Lack of understanding is dangerous. Know what extras your vehicle has and know how they work	<b>Q&amp;A to students</b> to ensure total validation

**Comments:**

## Classroom Lesson: Students Question paper No 5

Presented by:

Name:

Date:

Subject: **ABS - SAFER BRAKING**

Q1 How do you know if your vehicle is fitted with ABS - and how can you tell if it is apparently operational without actually using the brakes?

[ - ]

Q2 Under what conditions would your ABS braking system become operative? And how would you recognise the fact?

[ ]

Q3 Where would you find S.I.P.S. if the system was fitted to your car?

[ ]

Q4 Traction control is often fitted to more expensive cars. What does it do?

[ ]

Q5 If your vehicle is fitted with an ABS on/off switch, under what circumstances might it be suitable to switch the system off?

[ ]

Q6 Under what conditions would you expect an air bag to inflate, and how long does the operation take?

[ - seconds]

Q7 What is the main function of a catalyser?

[ ]

## Advanced Driving Theory Lesson Plan No 6

Presented by:

To:

Date:

Lesson Time: From:

-

To:

**Timing Subject: MOTORWAYS**

**Method - Aids**

7 mins 8 mins	<p><b>Introduction</b> Video excerpt.</p> <p><b>Issue handouts in the form of a quiz:</b> Discuss the answers</p>	<p><b>Video tape</b></p> <p>Handouts</p>
15 mins	<p><b>Legal definition and requirements of use of motorways</b> Shape, sizes and width of lanes. Service areas. Road users and vehicles not allowed on motorways. Speed limits. Accident statistics on motorways. Use signals and signs on motorways.</p>	<p><b>Lecture</b> with visual aids and handouts</p> <p><b>Video tape</b></p>
15 mins	<p><b>Entry, driving along, overtaking and leaving motorways.</b> Route finding on the motorway system. Safe motorway procedures, following distances, bad weather procedures, overtaking precautions and safety. Restrictions on lane use and accident procedures. Leaving motorways and the need for physical rests.</p>	<p><b>Discussion</b> leading to Q&amp;A with students</p>
10 mins	<p><b>Motorway Quiz.</b> How do you know if you are legal?</p>	<p><b>Quiz session</b></p>
5 mins	<p><b>Summary.</b> Know how to make best use of the safest roads in the country. Careful planning before and during the drive is the answer.</p>	<p><b>Q&amp;A to students</b> to ensure total validation</p>

**Comments:**

## Classroom Lesson: Students Question paper No 6

Presented by:

Name:

Date:

Subject: **MOTORWAYS**

Q1 Holders of certain categories of provisional driving licence are allowed to drive on motorways. Which categories are these?

[ ]

Q2 What are the national speed limits on rural motorways:  
for motor cars?

[ ]

for large goods vehicles? [ ]

for large buses and coaches? [ ]

Q3 What restrictions are placed in drivers of Large Goods Vehicles when using three- or more- laned motorways?

[ ]

Q4 Small motorcycles are not allowed on motorways; what size engine in the smallest that a permitted motorcycle may have?

[ c.c. ]

Q5 What is the background colour to motorway countdown marker signs?

[ ]

Q6 Coloured studs are used to identify different lanes on motorways. In which lane would you be driving, if you had amber reflective studs on your right and white studs on your left?

[ ]

Q7 If you are driving along a motorway and by mistake you overshoot your exit, what is the only way you can get back to the correct exit?

[ ]