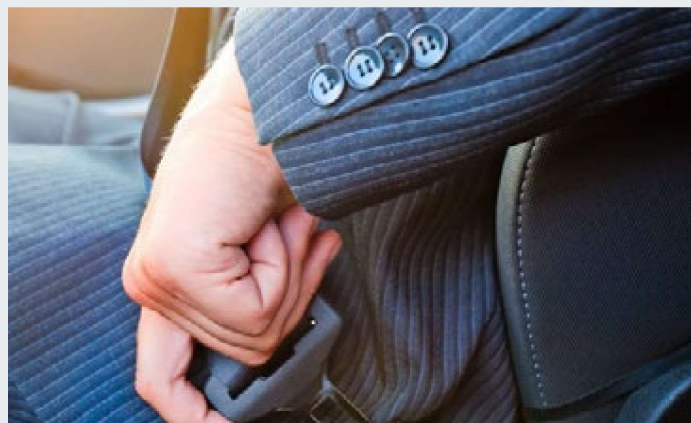
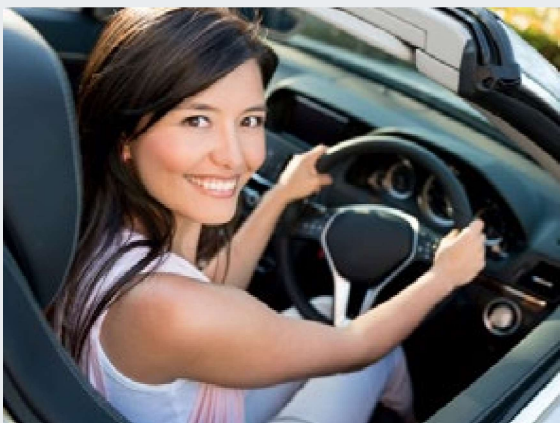


Competency sheet - Human factors

This page gives an overview of the competency requirements for this section.

	Achieved
The Driver	
Puts safety first in all driving judgements	
Remains calm and considerate of others at all times	
Always maintains concentration while driving	
Manages any external influences and distractions	
Changes their plans if any factor is likely to impair their performance or decision making	
Consistently evaluates their own performance, with a view to retaining and developing their skills	
Applies new-found knowledge in order to improve their driving performance	
The Vehicle	
Conducts pre-drive checks correctly and ensures that vehicle maintenance is up to date	
Knows the performance and features of the vehicle being driven. Can conduct a cockpit drill	
Understands the purpose of and conclusions from a moving brake test	
Recognises the issues when driving an unfamiliar vehicle	
The Journey	
Understands that the purpose of their journey and time available may influence their driving and decision making	
Understands that route choice and planning will influence the way they drive	
The Wider World	
Considers the range of influences that may impact on their driving	
Understands how attitude to risk may affect driving choices	



Acceleration

For the purposes of IPSGA, acceleration is mainly concerned with the driver's ability to leave any hazard safely

Advanced drivers should:

- Assess a number of factors when deciding on the correct amount of acceleration they need to apply
- The correct degree of acceleration will allow for safe unobtrusive progress
- To achieve this, it's important to take all of the limiting factors into account
 - For example, the speed limit, the condition of the road surface, grip and weather conditions
 - The proximity of the next hazard
- Understand that advanced driving isn't about making maximum progress; it's about making the level of progress required for the particular journey safely in the given conditions

The correct timing of IPSGA is paramount in achieving a safe smooth drive.

Competency sheet - IPSGA and timing of IPSGA

	Achieved
Applies IPSGA appropriately	
Times IPSGA correctly	



Competency sheet - Core Driving Skills

This page gives an overview of the competency requirements for this section.

Information	Achieved
Demonstrates early and accurate identification and anticipation of hazards by raising and expanding vision	
Checks the appropriate mirrors before altering their position or speed	
Through observation, is aware of how other road users may affect decisions	
Uses all appropriate signals to communicate with other road users	
Position	
Holds the steering wheel in a way that allows for a full and accurate range of movement	
Demonstrates a smooth steering action which allows for easy use of the other controls	
Steers the vehicle accurately to maintain a stable, safe and appropriate course with the capacity to change direction, if required	
Speed	
Demonstrates smooth acceleration, deceleration and accurate use of 'acceleration sense'	
Demonstrates smooth and accurate braking	
Holds the steering wheel with both hands during braking/accelerating	
Gear	
Demonstrates an ability to select the correct gear on every occasion	
Makes all gear-changes smoothly, matching engine revolutions where appropriate	
Position the steering for the required course when a gear change needs to be made whilst negotiating a hazard	
Manual vehicles - selects the correct gear straightaway	
Automatic vehicles - uses the vehicle's gear selector to best advantage	
Acceleration	
Accelerates smoothly when vision and speed limits permit	

Competency sheet - Bends

This page gives an overview of the competency requirements for this section.

Information	Achieved
Actively scans the road to the limit point in the distance and back	
Builds awareness of other road users' position and activity	
Position	
Positions correctly on the approach to a corner: In a right hand bend – towards the nearside bend In a left hand bend – towards the offside	
Positions correctly throughout the bend without compromising safety	
Speed	
Uses the limit point correctly and is able to stop within the distance seen to be clear on their own side of the road	
Uses appropriate speed to negotiate the bend safely	
Gear	
Selects and engages the appropriate gear for the speed and circumstances	
Engages gear before steering in a manual vehicle	
Acceleration	
Maintains appropriate accelerator application to retain stability	
Accelerates to an appropriate speed in relation to hazards	

Competency sheet - Junctions and Roundabouts

This page gives an overview of the competency requirements for this section.

Information	Achieved
Identifies type of junction system they are dealing with	
Monitors their speed and distance on approach	
Assesses the speed and position of other road users	
Identifies hazards and prepares for situations that may arise	
Identifies the best position to enter, negotiate and leave the junction	
Checks mirrors and blind spots before deciding on their actions	
Considers their signals prior to changing position	
Accurately identifies the first entry gap that it is safe to use	
Identifies the correct exit and looks for an early view into the exit road	
Position	
Adopts the appropriate position without causing others to alter course or speed unnecessarily	
Speed	
Accurately adjusts speed in relation to the physical features of the junction and traffic flow	
Gear	
Selects and engages the appropriate gear for the speed and circumstances	
Acceleration	
Maintains correct acceleration application on entering, negotiating and leaving the junction	

Competency sheet - Overtaking

This page gives an overview of the competency requirements for this section.

Information	Achieved
Identifies a safe imminent opportunity to overtake	
Identifies a safe return gap	
Accurately judges the difference between their own speed and that of the vehicle[s] they plan to overtake	
Position	
Adopts the overtaking position - Stage 1	
Moves out towards the offside - Stage 2	
Allows a safe gap between vehicles - Stage 2	
Moves into the chosen return gap - Stage 3	
Speed	
Controls speed to safely complete the overtake	
Adjusts speed to safely return to the nearside of the road	
Gear	
Selects and engages the correct gear for their chosen speed and the prevailing circumstances	
Acceleration	
Applies the correct acceleration to complete the overtake	

Competency sheet - Motorways and Dual Carriageways

This page gives an overview of the competency requirements for this section.

Information	Achieved
Identifies and uses signs in planning their driving	
Gathers information on traffic flow when entering a new road	
Conducts appropriate mirror and/or blind spot checks	
Communicates effectively with other road users	
Anticipates the movements of other road users	
Gathers appropriate exit information	
Position	
Adopts an appropriate entry position	
Uses the nearside lane whenever possible	
Adopts an appropriate following position	
Plans an appropriate overtaking position	
Positions to maintain a safe space and gain the best view	
Positions safely when exiting	
Exits to the appropriate lane of the slip road	
Speed	
Accurately adjusts speed to match the identified entry gap	
Balances progress with restraint	
Exits at the appropriate speed	
Stop appropriately in an emergency	
Gear	
Selects the correct gear for the chosen speed in the given circumstances	
Acceleration	
Applies appropriate acceleration	

Competency sheet - Manoeuvring

This page gives an overview of the competency requirements for this section.

Information	Achieved
Makes the correct decision on which manoeuvre to perform	
Makes the best use of available space	
Carries out correct observations	
Responds appropriately to changing information	
Uses available in-car technology to good effect	
Position	
Adopts the correct starting position for a manoeuvre	
Maintains a safe position during a manoeuvre	
Considers the safety of their finishing position	
Speed	
Maintains correct speed for a manoeuvre	
Gear	
Moves smoothly between forward and reverse gears	
Acceleration	
Applies correct acceleration to complete a manoeuvre	



Spoken Thoughts

Spoken thoughts, the practice of describing aloud everything you see, think and do while driving, is a great way to hone advanced driving technique. It not only highlights just how many thought processes a vigilant driver goes through on a drive, but can also bring focus to specific issues.

For example:

- A driver who tends to rush gear changes might include 'changing first to second, slowly and smoothly' to encourage that action
- A driver who is heavy footed when releasing the brake pedal might say 'gentle to firm brakes and then back to gentle' in an attempt to gain some third stage braking

Increased focus through regular practice

In all circumstances, drivers must remember that safety is their number one priority

For example:

- If they are coming out of a bend, having correctly assessed the limit point on approach to the bend, and they see a tractor emerging, it is less important to vocalise "there is a tractor moving slowly out of the farm entrance blocking my path, so rear view mirror check, then gentle to firm brakes to avoid it" than it is to actually stop

Once comfortable with speaking whilst driving, advanced drivers will find their delivery becomes more ordered. So in the same scenario, they may say "mirror and brakes for the tractor, keeping brake lights on for the safety of following traffic."

Prioritise to stay safe in all circumstances

Dividing the speech into a small number of categories also helps to focus.

• Areas that must be included

- Anything likely to affect safety

A hazard is anything that contains an element of actual or potential danger.

These should always be mentioned, so drivers can plan their response.

• Areas that should be included

- Road type and description, pedestrian activity and road signs

• Areas we would like to include

- Observation links such as the bins are out for the collection lorry, a church steeple indicating a possible change in speed limit and so on

Priority matters, for while it is excellent to say "entering a built-up area expecting to see an increase in vehicular and pedestrian activity; I will mention junctions and driveways should they affect my drive", it is completely undermined if the driver fails to mention the school crossing patrol person stepping out into the road.

Tips to improve talking whilst driving

• Advanced drivers should:

- Talk back towards the car from their furthest point of vision, but remember to regularly lift their vision to continually prioritise the approaching hazard
- Remember that in national speed limit areas, that while hazards are fewer, they can arise quickly, due to the speed of travel
- Be prepared to interrupt their flow and prioritise IPSCA to keep the car safe

Hallmarks of good practice

- The driver should be informing the passenger (real or imagined) what allows them to drive this car, along this piece of road, in this position, at this speed

Additionally, a very good driver will include information about how they are going to achieve this. And a great driver will tie all the information together and sound seamless with good intonation, reflecting the circumstances of the drive.

