

# **ST. HELENS GROUP OF ADVANCED MOTORISTS**

## **RoadSmart Advanced Driver Course**

Welcome to the St. Helens Group of Advanced Motorists, your first step to safer driving, and one which we hope you will enjoy

Before we take you through the course, here are a few things you need to consider.

### **CAN YOU OPERATE THE CONTROLS EASILY?**

If the height of your seat is adjustable, then you should be looking through the top half of the windscreen, but below the top quarter. You should adjust your seat so that when you depress the clutch to the floor your leg just depresses the cushion.

When you have this correct, raise or lower the seat back so that when your arms are outstretched, your wrists rest on the wheel at the 'ten to two' position. When you put your hands back in this position there should be a slight bend in your elbow.

### **CAN YOU SEE PROPERLY?**

If the whole of your rear window does not fit completely in your mirror, then the top of the mirror should show the top edge and the driver's side edge of the rear screen. If you need to adjust the mirror, keep your right hand on the wheel at 'two o'clock' to stop your body twisting.

Position your door mirrors so that 10% of the vehicle is visible, with the door handles just visible at the bottom of the mirror.

### **IS YOUR CAR SAFE AND LEGAL?**

As the driver *you* are responsible for the legal roadworthiness of your vehicle, the control over that vehicle, and the safety of passengers in your vehicle.

It is for these reasons there should be daily checks of

- Vehicle readiness for the road (**POWDERY**)
- Cockpit and brake checks

**P** - **PETROL**  
**O** - **OIL**  
**W** - **WATER**  
**D** - **DAMAGE**  
**E** - **ELECTRICS**  
**R** - **RUBBER**  
**Y** - **YOURSELF**

## **COCKPIT DRILL**

- All doors secure
- Handbrake is on
- Gear in neutral
- Seat and mirrors adjusted
- Ignition on, panel check
- Depress clutch
- Start engine, panel check
- Static brake test
- Seat belts fastened
- Vehicle ready for the road, carry out a moving brake test when safe.

## **MOVING BRAKE TEST**

To ensure the vehicle pulls up straight during braking.

The test should be carried out as soon as it is safe, without inconvenience to other road users; ideally at 30mph in fourth gear, but use whatever speed and gear is appropriate. Warn your passengers,

**‘STAND BY FOR MOVING BRAKE CHECK’**

Then,

**‘BRAKING NOW’**

Use one firm application of the brakes to reduce the speed to about 10mph. If the test is satisfactory, announce,

**‘THE BRAKES ARE PULLING EVENLY’**