

POPULAR PHRASES AND SAYINGS

Information

- *Early vision, early decision*
- *Ahead, spread, mirrors* - scan ahead into the distance, back to the middle ground, around your vehicle, and then into your mirrors
- *Keep vision scans moving, never staring*
- *Limit point* - the furthest point on the road to which you have uninterrupted vision
- *Last look ahead* - always make a final vision check in the intended direction of movement before starting to move, eg at a roundabout where the danger is to the right
- *Take, use and give* information
- *Creep and peep* - at blind junctions move gently forward, scanning in all directions
- *Where you look is where you go*

Position

- *Straightest line is the most stable* - but only straighten a bend if completely safe
- *Tyres and tarmac* - when stopped behind a stationary vehicle, the separation distance should enable you to see where the rear tyres touch the tarmac
- *Only a fool ignores the two second rule* - safe separation distance between vehicles travelling at speed in good conditions and on a dry road; judged as the time interval between the leading vehicle passing a fixed object and your vehicle arriving at the same fixed object

Speed

- *You must always be able to stop within the distance that you can see to be clear* - safely on your own side of the road
- *Limit point* - rate of movement of limit point determines the speed of progress through bends
- *Feel, firm, feather* - the three phases of braking to get smoothly to the correct speed

Gears

- *Rolling first* - on the approach to blind junctions, first gear is selected on the roll up to the junction, allowing a total focus on taking information and setting position
- *Brakes to slow, gears to go* - changing down through the gearbox should not be used instead of the brakes in order to slow
- *Brake gear overlap* - brakes continue to be applied while the gear change takes place; this should be avoided as much as possible
- *Block change* - to an appropriate gear without engaging intermediate gears, eg 4th to 2nd

Planning

- *Planning early, doing things early*
- *What if* - try to anticipate every possibility
- *Planning to stop, looking to go* - at roundabouts it is obligatory to give way to traffic from the right; it is therefore essential to plan to stop but to look for every opportunity to go and hence maintain progress and a smooth flow