

Emergency Stop – Project Worksheets

For this project you will:

- Read the Safety and Method notes below
- Determine your goals for the exercise
- Practise some emergency stops
- Reflect on the outcome of the practise

Safety

To ensure maximum safety during any emergency stop exercise, the road behind must be clear. To be absolutely sure that it is safe, the exercise should be done with a passenger in the car to help you.

Your passenger's job is to TURN AROUND and check the road behind is safe before the exercise is carried out. Note that looking in the mirror is not enough in itself.

As an experienced driver you should be fully aware of what is happening behind but in addition to this, in the same way that driving examiners do and that you will do yourself when teaching, your passenger should check the mirror and turn to look behind before giving the signal to stop.

Without a passenger you will not be able to simulate the surprise of a real emergency and you will get an unrealistic stopping distance.

Ideally this exercise should be done off public roads; e.g., on a disused airfield or a private road. If this is not possible, choose a very quiet road. Do the initial exercise in dry weather.

Method

1. Find a safe quiet location - away from public roads if possible.
2. Drive at about 20 m.p.h. for the first stop
3. Your passenger must look behind to ensure that it is safe.

As explained above, your passenger must turn around to look - relying on the mirror alone might lead to vehicles in a blind spot being missed.

4. When the road is clear your passenger should give the instruction 'STOP!' For best results this should, as far as possible, take you by surprise.

Your passenger needs to remember, exactly, where the command to stop was given. To help with this he should use a marker, such as a post or tree beside the road. After you have stopped, note the place and then park the car.

Next: Pace out the distance from where you stopped (the front of your car) back to where the instruction to stop was given. Check the length of your paces so that you can measure the approximate distance in metres or feet.

Fill in the results on the project sheet and then repeat the exercise at 30, 40 and 50 m.p.h. The ABS should activate – if you are not activating the ABS you are not braking hard enough; however, do not just 'slam' your foot onto the brake pedal – your braking must be controlled.

Compare your results with the figures given in The Highway Code.

Emergency Stop Goals

Name: Date

The three main things that I want to achieve during my emergency stop practise are:

1.

2.

3

Now consider the evidence that will tell you that you have achieved your goals. What will be different, what will you see, hear and feel differently?

I will know when I have achieved the three goals above when:

1.

2.

3.

Emergency Stop Project Results

Name..... Exercise dates:

Emergency Stop: Dry Road

| Speed (m.p.h.) | Stopping Distance First attempt | Stopping Distance Second attempt |
|----------------|------------------------------------|-------------------------------------|
| 20 | | |
| 30 | | |
| 40 | | |
| 50 | | |

Emergency Stop: Wet Road

| Speed (m.p.h.) | Stopping Distance First attempt | Stopping Distance Second attempt |
|----------------|------------------------------------|-------------------------------------|
| 20 | | |
| 30 | | |
| 40 | | |

Emergency Stop: Technical Data

On the table below, note your shortest stopping distances (achieved during the exercise) and the stopping distances shown in the Highway Code for the same speeds.

| | Your Stopping Distance | Highway Code Distance |
|-----------|---------------------------|--------------------------|
| 20 m.p.h. | | |
| 30 m.p.h. | | |
| 40 m.p.h. | | |
| 50 m.p.h. | | |

Note any immediate thoughts below for later reference:

Emergency Stop: Reflection

Name: Date

Use this sheet to write your reflective notes about the emergency stop.

Your completed notes form part of the coursework required for assessment. Please contact Training Support for details of how to submit your work.

- What have you learned?
- What have you learned about yourself?
- What do you need to improve?
- Where/how will you use the learning?

But you are not limited to these points and are encouraged to write anything that is relevant for you.