

# *Left Reverse: Project Worksheets*

For this project you will:

- Read the Method notes below
- Determine your goals for the exercise
- Initially practise reversing left for 20 to 40 minutes
- Make a brief key point plan for further improvement
- Reflect on the outcome of the practise

## *Method*

Spend as much time as necessary to become consistently accurate. Between twenty and forty minutes is essential to achieve/assess this – some students will need longer.

Quiet suburban roads, or off road areas, are ideal for reversing manoeuvres. It is probably better to start with 'round' corners; however, you need to gain experience of both square and round corners.

When choosing a location it is generally best to avoid crossroads. Crossroads present an unnecessarily high risk level and the consequent high task demand with regard to observation.

When you are easily able to meet the accuracy targets move on to a slightly busier location so that you are 'forced' to keep a good look out for other road users. Start your sessions by using the 'scaling' method to identify personal targets and focus your drive.

Read the achievement targets, plus any of your own, before you start reversing. And again after a couple of reverses; provisionally tick off those targets that you are happy with. It may quite a few attempts, or sessions with your trainer, before you can consider ticking off all the targets.

To further assist your preparation for Part-Three, take along your copy of the DVSA Driving Manual. After 15 minutes, take a break and read about reversing to the left – are you following DVSA advice and practice?

## *Goals and reflection*

Start by setting your goals for this exercise, revisiting them after completing other manoeuvring projects.

Reflective notes are required for this project as are the 'working notes'.

## *Left Reverse: Goals*

Name: ..... Date .....

The three main things that I want to achieve with regard to reversing to the left 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.

# Left Reverse: Achievement Targets

Name: ..... Date .....

Using the scaling method, score yourself before and after your initial 20/40 minute practise. There are eleven assessment criteria therefore the average score for the exercise as a whole will be the total score divided by eleven. At the end of each session make brief key bullet point notes as a plan for improvement.

Topic	Score Before	Score After
<i>Before reversing into a side road on the left I always:</i>		
Consider the safety and convenience of the location		
Take effective observation before moving off from the start position before the side road. <i>Take the same precautions as you would when moving off normally but allow for the fact that you will be stopping very soon – this might mean that you need a larger gap in traffic.</i>		
Check that the road into which I intend to reverse is clear of obstructions for at least four or five car lengths from the junction. <i>Look for anything that might prevent you from completing the reverse manoeuvre safely.</i>		
Pull up two to three car lengths beyond the corner, well within 70 centimetres (2 feet) of the kerb.		
<i>When reversing to the left, I always:</i>		
Look all around before starting to reverse. <i>This means checking the road and footpaths by looking ahead, using mirrors and looking back over both shoulders. Do not proceed until it is absolutely safe to do so.</i>		
Reverse slowly, keeping full control of the car. <i>The speed at which you reverse will depend upon your skill, the corner, the road conditions and the vehicle. With this, and all other set manoeuvres, you must drive slowly enough to maintain proper observation all around.</i>		
Glance around frequently to check other road users. <i>Make frequent checks to the front and sides while reversing. This is especially important before starting to turn the steering wheel.</i>		
Keep within 70 centimetres (2 feet) of the kerb. <i>This is your maximum reasonable distance from the kerb. As an expert driver, you should be aiming to keep well within this distance.</i>		
Reverse until I am a minimum of four car lengths from the junction. <i>You must go back far enough to clear the junction so that you do not cause inconvenience to other traffic.</i>		
Look behind while stopping. <i>Many experienced drivers turn around and look to the front before stopping and travel up to one car length or more without looking where they are going.</i>		
Move off safely after the exercise. <i>This may seem obvious, however, after concentrating on the reverse you may neglect the correct safety checks if they are not 'second nature'.</i>		
Total score		
Average score (total score divided by 11)		

Action required for improvement:

## *Left Reverse: Reflection*

Name: ..... Date .....

Use this sheet to write your reflective notes about your left reverse experience.

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.