

Moving off and stopping worksheet

The purpose of this exercise is to develop your ability to move off and stop safely. This must be habitual and consistent.

Begin by using the 'scaling' method to assess your current ability: use the online notes and information from the DVSA driving manual to determine what a 'ten' is and score yourself against that yardstick.

Record your results on a 'What do you want' worksheet.

When you have determined your personal goals for the session, go out and practise moving off and stopping for about 30-40 minutes following the guidelines in the online notes.

Record your progress on the record sheets. Score your performance on a scale of one to ten for each key point. Be honest with yourself, if it's only right 50% of the time score yourself accordingly.

At the end of the session consult the marking assessment sheet to determine your action for further development.

Assessment

Score yourself using the 1 – 10 scale. If you have an opportunity to practice with other students or friends from an advanced driving club, ask them to assess your performance. If you don't agree with your passenger's assessment that's OK; but remember it's usually easier to be objective from the passenger seat.

Moving off and stopping - Session 1

Name: Date

<i>Moving off</i>	Score
Use the appropriate gear to move off on the level, uphill, downhill and at an angle.	
Resting left foot on the floor when the clutch is fully engaged	
Take effective observation before moving off making a sweeping six point check	
Maintain full control of the car and move off smoothly	
Signal only when necessary	
<i>Stopping</i>	Score
Select a safe stopping position when parking	
Use mirrors well before stopping in all situations	
Signal when necessary (parking)	
Smooth stops uphill and downhill and on the level when parking	
Smooth stops uphill and downhill and on the level when stopping in traffic and at junctions	
Avoid coasting excessively when stopping	
Apply the handbrake before selecting neutral	
Total score	
Average score (total score divided by 12)	

Moving off and stopping - Session 1 assessment

Compare your adjusted total with your initial 'What do you want' worksheet total.

If the figures are similar - within two points either way - write out three measures that you can take to improve each total by two points.

If the figures are not within two points either way it is possible that you have made a major improvement over your initial assessment, however, there is a possibility that you are not being as objective as you might. To be on the safe side, re-assess each point after consulting the online notes again, and then write out three measures that you can take to improve each total by two points.

Moving off and stopping - Session 2

Name: Date

<i>Moving off</i>	Score
Use the appropriate gear to move off on the level, uphill, downhill and at an angle.	
Resting left foot on the floor when the clutch is fully engaged	
Take effective observation before moving off making a sweeping six point check	
Maintain full control of the car and move off smoothly	
Signal only when necessary	
<i>Stopping</i>	Score
Select a safe stopping position when parking	
Use mirrors well before stopping in all situations	
Signal when necessary (parking)	
Smooth stops uphill and downhill and on the level when parking	
Smooth stops uphill and downhill and on the level when stopping in traffic and at junctions	
Avoid coasting excessively when stopping	
Apply the handbrake before selecting neutral	
Total score	
Average score (total score divided by 12)	

Moving off and stopping - Session 2 assessment

Compare your adjusted total with your Session 1 result.

If the figures are similar - within two points either way - write out three measures that you can take to improve each total by two points.

If the figures are not within two points either way it is possible that you have made a major improvement, however, there is a possibility that you are not being as objective as you might. To be on the safe side, re-assess each point after consulting the online notes again, and then write out three measures that you can take to improve each total by two points.

Moving off and stopping - Session 3

Name: Date

<i>Moving off</i>	Score
Use the appropriate gear to move off on the level, uphill, downhill and at an angle.	
Resting left foot on the floor when the clutch is fully engaged	
Take effective observation before moving off making a sweeping six point check	
Maintain full control of the car and move off smoothly	
Signal only when necessary	
<i>Stopping</i>	Score
Select a safe stopping position when parking	
Use mirrors well before stopping in all situations	
Signal when necessary (parking)	
Smooth stops uphill and downhill and on the level when parking	
Smooth stops uphill and downhill and on the level when stopping in traffic and at junctions	
Avoid coasting excessively when stopping	
Apply the handbrake before selecting neutral	
Total score	
Average score (total score divided by 12)	

Moving off and stopping - Session 3 assessment

Compare your adjusted total with your Session 2 result.

If the figures are similar - within two points either way - write out three measures that you can take to improve each total by two points.

If the figures are not within two points either way it is possible that you have made a major improvement, however, there is a possibility that you are not being as objective as you might. To be on the safe side, re-assess each point after consulting the online notes again, and then write out three measures that you can take to improve each total by two points.