NSWDTA
DRIVER TRAINERS ASSOCIATION
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NSW GOVERNMENT RTA 12

Driving Instructor Structured Lesson Planner #12

12. Speed Management *Learner to maintain crash avoidance space to front of vehicle by managing vehicle speed*

Student Details

Name	
Address	
Lic#	**Expiry** / /
Ph#	**DOB** / /

Instructor Details

Driving School	
Name	
Lic#	**Instr#**
Rego	**Auto** ☐ **Manual** ☐
Start Time	**Finish Time**
Date	

1. Have you done any driving?: Y N	**2. With who?** Parent ☐ Friend ☐ Driving School ☐
3. How many hours driving?	**4. Vehicle type?** Manual ☐ Auto ☐ Own ☐

Pre Preparation

Learner driver needs: *(To be completed by supervising driver and learner driver to determine lesson content. All * areas to be completed)*

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Lesson Preparation

Resources required:

Learner Driver Log Book p. 28, A guide to the driving test pp. 8-11, 21

Road Users' Handbook p.62, Your Driving School Aids.

Planned location/s for session:

A mix of simple and complex traffic conditions to assist in the reinforcement of the students understanding of road hazards, and ability to manage speed according to conditions.

A mix of residential streets (50 KPH zones), School areas (40 KPH zones) and main roads.

Quiet gravel road suitable for the student to experience an emergency stop from 40km/h.

Revision *(Recap of previous topic, if applicable)* Suggested time: (5 minutes)

Confirm what the learner already knows and ask these questions before the lesson:

Q. What procedure must be used prior to making a lane change?
Q. Why is observation so important when overtaking?
Q. What is the safest lane for you to choose to travel in on a multi lane road?
Q. What is the ABS braking system and its advantages?

Introduction Suggested time: (5 minutes)

Learning goals to be covered during the lesson:

- *Maintain a crash avoidance space to the front of the vehicle by managing your vehicle's speed and why it is necessary to count.*
- *Maintain crash avoidance spaces to the front whilst stationary and how to use vehicle controls to maintain these crash avoidance spaces.*
- *Choose a speed to drive safely in a variety of conditions, including night, rain and where vision is limited.*

Main Body

Suggested time: (45 minutes)

Reasons for learning:

NOTES: 1. Over 70% of city road crash insurance claims are for rear end collisions 2. On country roads moving 1m away (where possible, if not reduce speed) from oncoming vehicles reduces your crash risk by 60%.

- *Rear end collisions are the most common motor vehicle crash.*
- *Driving over the speed limit or too fast for conditions is the most common cause of motor vehicle crashes.*
- *Speeding takes away your time to see and react and you hit harder. (Momentum =$\frac{1}{2}$massxvelocity2; that means 2x the speed = 4 times the impact).*
- *Maintaining your crash avoidance space from the vehicle in the front helps you control your speed and reduces the risk crashing significantly.*

By the end of the lesson the learner will be able to:

- *Demonstrate 3 second (:03) crash avoidance space (CAS) between you and the vehicle in front of you.*
- *Understand the importance of increasing that gap in poor conditions such as rain or night.*
- *Demonstrate how to position your vehicle behind another whilst stationary.*
- *Demonstrate an awareness of the reaction time needed to avoid crashes, and the difference reaction time when on high alert or relaxed or distracted.*
- *Demonstrate creating space from potential danger .*

Instructor to discuss and demonstrate:

- *The difference between the emergency braking methods of a vehicle with ABS and a vehicle without ABS.*
- *The difference in perceived and real stopping distances.*
- *How a CAS gives you time to react and safely stop the vehicle.*
- *The importance of reducing speed and/or creating space (buffer) from parked vehicles and oncoming vehicles. (A golden rule - Every oncoming vehicle is a potential head on collision).*

How student can apply knowledge and skills in a range of appropriate contexts and situations:
(Instructor tip: Maximise student practice time)

- *Students are to demonstrate how to maintain a 3 second CAS in traffic.*
- *Students are to demonstrate how to reduce speed and/or create space away from potential danger.*
- *Students are to practice, with feedback, these skills until the required competency is reached.*

Recap Learning Goals

Suggested time: (5 minutes)

Lesson Summary:

- *Demonstrate three second (00:03) crash avoidance space (CAS) between you and the vehicle in front of you.*
- *Understand the importance of increasing that gap in poor conditions such as rain or night.*
- *Demonstrate how to position your vehicle behind another whilst stationary.*
- *Demonstrate an awareness of the reaction time needed to avoid crashes, and the difference reaction time when on high alert or relaxed or distracted.*
- *Demonstrate creating space from potential danger .*

Identify Student Strengths:

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Identify areas for further development:

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Link to the Learner driver log book learning goals for next lesson:

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My areas for further development have been explained to me.

Learner Signature	**Instructor Signature**
Date / /	**Date** / /

Instructors must retain prepared lesson plans for audit purposes by NSW Government.