

Life Choices on the Road

**RESPECT
ALL ROAD USERS**



**DORSET
POLICE**

www.dorset.police.uk

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Introduction



Dorset Road Safe Partnership are committed to making our roads safer for all road users - so that residents and visitors can use the roads with confidence, free from death or injury.

Alongside enforcement and engineering, education plays a vital part in reducing risk and the number of incidents on our roads.

This guide has been produced to provide accurate and informative advice to all road users about how they can be even safer on the roads.

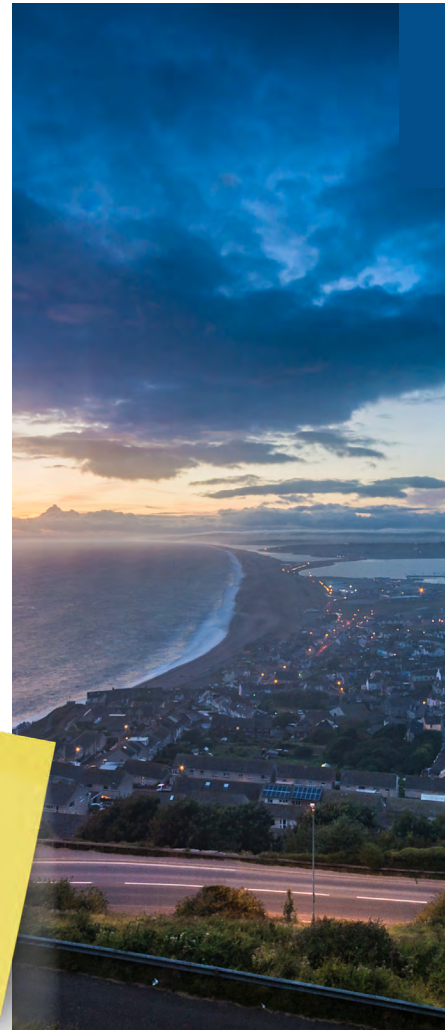
We all like to think we are safe road users and we rarely make mistakes, but around 90% of all incidents are caused by human error.

Make an effort to consider your own attitude and how this might affect others on the road. Even the most experienced people make mistakes. Having a mutual understanding and respect between all road users will ultimately lead to a culture of courtesy and care that will make our roads safer for everyone.

So please, take the time to read and refer to this guide, and share it with family and friends, so we can work together to make our roads even safer.

A yellow rectangular sticky note with a slight shadow, tilted at an angle. It contains the text 'Around 90% of all incidents are caused by human error' in a black, handwritten-style font.

Around 90%
of all incidents
are caused by
human error



Towing Advice

If you are going to be towing anything here are some safety tips:

- Ensure the towing hitch/stabiliser is correctly attached.
- Ensure the breakaway cable is attached.
- Check the jockey wheel is raised and secure.
- Check that the tyres, brakes and lights on the trailer or caravan are working and in good order.
- Check the gas is off and correctly stowed.
- Know the speed limits and weight limits for towing.

Journey Preparation

Plan your route in advance, including time for breaks and always consider weather conditions before setting off, then allow extra time for your journey if necessary. You should make sure that your vehicle is road worthy by checking the following:

Fuel: Do you have enough fuel for your journey?

Lights: Are all lights working and lenses clean?

Oil: Do you have sufficient oil, brake and steering fluid?

Water: Do you have sufficient windscreen and coolant water levels?

Electrics: Are all electric systems functioning correctly?

Any warning lights showing?

Rubber: Are tyres worn or flat (minimum legal tread depth 1.6 mm) and are the windscreen wipers worn?

You: Are you fit to drive?

Fuel Efficiency

- Try to keep moving by driving smoothly, accelerate gently and read the road ahead to avoid unnecessary braking.
- Drive within the speed limit.
- The faster you go the more fuel you use. Driving at 70 mph uses up 9% more fuel than at 60 mph and up to 15% more fuel than driving at 50 mph.
- If you are likely to be queuing for more than 3 minutes, switch off your engine and save fuel. It's also better for the environment.



Driving too close to the 'Two-Second' Rule'

You should always drive with at least a two-second time gap between you and vehicle in front and you can work it out like this:

- On a dry road, choose a point like a lamp post or road sign.
- When the vehicle in front passes that point, say out loud **“Only a fool breaks the two-second rule”**.
- Check your position in relation to your chosen point as you finish saying this. If you have already passed the point, you are driving too close to the vehicle in front and need to drop back.
- In wet weather, double the distance between your vehicle and the one in front of you by saying **“Only a fool breaks the two-second rule”** twice.





Tiredness & Fatigue

It is estimated that drivers who fall asleep at the wheel account for around one fifth of incidents on major roads. To avoid this;

- Don't start a long trip if you're already tired.
- Plan your journey to include 15-minute break every two hours.
- The only real cure for tiredness is proper sleep. A caffeine drink and a 20-minute nap are a short-term solution.

Mental and physical fatigue through working long hours, lack of rest and/or not eating properly or getting de-hydrated could lead to a lapse in concentration, reduced reaction time and poor decision making over safety critical issues.

Emergency Vehicles

By following a few simple steps, you can help the emergency services get to the scene faster and safer:

1. When you hear sirens, keep calm and stay alert.
2. When you see blue flashing lights scan the road looking for a place that will allow the emergency vehicle safe passage. You should use your indicators or hand signals to let other drivers and the emergency vehicle driver know your intent to pull over.
3. Don't slam on your brakes or stop abruptly blocking the road or a junction.
4. Do not mount the pavement causing a danger to other road users.
5. Wait for the emergency vehicle to pass and watch for more than one. Check to make sure the way is clear and signal before moving back into traffic.
6. Never follow or try to outrun an emergency vehicle. If you do, you will most likely be breaking the speed limit and could also face charges of careless or dangerous driving.
7. You must not cross the stop line at a red traffic light unless directed to do so by a uniformed Police Officer, otherwise you may be liable to prosecution.
8. Never try to overtake a moving emergency vehicle displaying flashing lights unless directed to do so by a police officer or emergency personnel.



Vulnerable Road Users

You should always drive with safety in mind at a speed suitable for the conditions.

The road users most at risk from road traffic are:

- **Pedestrians (see pages 11 & 12):** in particular children, older adults and disabled people. At junctions, give way to pedestrians crossing or waiting to cross a road.
- **Cyclists (see page 13) and horse riders (including horse drawn vehicles):** Cyclists and horse riders likewise have a responsibility to reduce danger to pedestrians.


Motorists should stop and wait for a safe gap in the flow of cyclists if they are approaching, passing, or moving off from a junction, around a roundabout or waiting alongside stationary or slow-moving traffic.

- **Motorcyclists (see pages 15 & 16):** Give motorcyclists, cyclists, horse riders and pedestrians walking in the road (e.g. where there is no pavement), at least as much room as you would when overtaking a car. They may suddenly need to avoid uneven road surfaces and obstacles such as drain covers, oily, wet, or icy patches on the road.

Horse riders under the age of 14 must wear a helmet that is fastened securely.

Dorset Horse Watch Scheme:

horse_watch@dorset.pnn.police.uk & www.bhs.org.uk



Did you know?
Street lights
generally mean
30 mph unless
otherwise specified.
Rule 124

Vulnerable Passengers

Child Passengers

All children under the age of 12 years old or the height of 135cm (4ft 5ins) MUST use the appropriate child restraint correct for their weight and height when travelling in a vehicle. The child restraint MUST meet the legal requirements for crash testing standards of ECE R44/04 and ECE R129/i-Size.

Child restraint means;

- Baby infant carrier
- Child car seat (forward/rear facing)
- High back booster seat

All child restraints MUST have clear instructions for use and be fitted correctly. The latest R129 standard encourages children to sit in the vehicle travelling rearward facing for safety and skeletal bone development reasons.

A baby MUST travel rear facing until at least 9kg (21lbs) about 10 months. However, it is much safer to continue rear facing as the child grows up in a car seat suitable for their weight and height. As the R129 is height of the child, a baby MUST be rear facing until at least 15 months and 76cm. If they are over 15 months but not at 76cm keep them rear facing.

The i-Size seats are designed to fit into any approved positions in an i-Size certified vehicle. Checked with the compatibility list of the vehicle it is going to be fitted in. ISOFIX is a connection system to make fitting of child car seat easier. Check the instructions for all connections points as many include a support leg and or tether and they must be used. **NOT ALL CHILD RESTRAINTS FIT ALL VEHICLES.**

For help and guidance please visit www.goodeggcarsafety.com

Child Car Seats

Babies must travel rear-facing. They should not exceed 30 minutes within their infant carrier car seat, unless in an emergency.

What about Air Bags?

The front passenger airbag must be deactivated before fitting a rear-facing baby seat. Child car seats cannot be fitted in side-facing vehicle seats.

(Highway Code rule 101)



As a Pedestrian...

Teach them to do three things:

1. Use a crossing if possible.
2. Stop at the kerb.
3. Look right, left, then right again.

Babies/Toddlers

Buggy or push chair:

- Strap in your child securely.
- Keep yourself & the buggy well back from the edge of the road
- When going down hills, use a strap that goes around your wrist and around the buggy handle.

When your child starts to walk with you:

- Make sure hand holding is your number one rule.
- Use safety reins or a wrist strap.

It is recommended to hold hands until your child is at least eight.

Fact:

Every week on average eight children under the age of six are killed or seriously injured on Great Britain's roads.



As a Pedestrian...

See and Be Seen

- Drivers need to see you so wear bright colours or reflective clothing if you are walking near traffic at night. Carry a torch when walking in the dark.
- Make eye contact with drivers when crossing busy streets. On country roads always walk on the right hand side facing on-coming traffic.

Older People

1. As we get older our eyes become less sensitive to light so focusing takes longer.
2. Reaction time is slower.
3. Motor skills can be less effective due to weaker muscles and that affects overall flexibility.

Fact:

Almost one in five (18%) teenagers reported having been in a road accident or 'near miss' on their way home from school.

Only pedestrians (including wheelchair and mobility scooter users) may use the pavement unless there are signs prohibiting pedestrians.



On Two Wheels...

Cycling

Rules & Advice:

It's advisable to:

- Wear a cycle helmet
- Wear high visibility clothing
- Pass wide around parked vehicles
- Position where you can see and be seen in the mirror of large vehicles

You must not:

- Cycle on a pavement unless it has a marked cycle lane
- Cross a stop line when traffic lights are at red
- Carry a passenger
- Ride under the influence of drink or drugs

Cyclists can ride two abreast and it can be safer to do so when in larger groups or accompanying children or less experienced riders. However, cyclists should be aware of drivers behind them and allow them to overtake (e.g. by moving into single file or stopping) when it is safe to let them do so.

You **MUST** use a white front and red rear light at night.

Please contact
your Local
Authority for
Bikeability
Training in your
area!



On Two Wheels...

e-Scooters

- You must have the category Q entitlement on your driving licence to use an e-Scooter.
- If you have a provisional licence, you do not need to show L plates when using an e-Scooter.
- You must have motor insurance, which will be provided by your e-Scooter rental operator.
- You may use a trial e-Scooter on the road (except motorways) and in cycle lanes.
- You must not use an e-Scooter on the pavement.

Helmets and clothing

Helmets and light-coloured or fluorescent clothing are recommended but are not a legal requirement.

Other safety rules for trial e-Scooter users

- only to be used within the local area hosting the trial by one person at a time
- you must not tow anything using an e-Scooter
- you must not use a mobile phone when using an e-Scooter
- screen displayed navigation information must be set up prior to setting off
- do not hang bags or other small items from the handlebars
- do not ride an e-Scooter while drunk or otherwise intoxicated
- always refer to the terms of use of the e-Scooter operator before renting a trial e-Scooter

For more information visit: www.gov.uk/guidance/e-scooter/trials/guidance/for/users



On Two Wheels...

Mopeds

A moped MUST have an engine capacity not exceeding 50 cc, not weigh more than 250kg and be designed to have a maximum speed not exceeding 28mph (45 km/h). **To ride a moped, learners MUST:**

- Be 16 or over.
- Have a provisional licence with category AM entitlement.
- Complete Compulsory Basic Training (CBT).
- Have appropriate insurance.

Motorcycles

There are different categories of motorbike - you'll need to get the right entitlement on your licence and be old enough to do so. There are different rules if you held a motorcycle or moped licence before 19 January 2013.

Taking the full motorcycle tests

All riders have to pass the theory test before taking the motorcycle practical test.

For more information visit www.gov.uk/ride-motorcycle-moped

Did you know?

Motorcyclists account for just one per cent of total road traffic, but account for 21 per cent of all Great Britain's road user deaths.



On Two Wheels...

Here are some top tips to help all motorcyclists keep safe on the roads:

1. Expect the unexpected
2. Make yourself visible
3. Get your positioning right
4. Take care when overtaking (always look over your shoulder – ‘the lifesaver’)
5. Look after your gear
6. Dress for the weather, but always wear protective clothing

Bikesafe is a national educational initiative. For more information visit

www.bikesafe.co.uk

For more information about DocBike and how you can get involved, visit:

www.docbike.org



As a Learner or New Driver

Choosing an Instructor

- Being a good driver isn't about knowing how to operate a vehicle.
- Choose an Approved Driving Instructor (ADI) who cares about road safety and is prepared to discuss this with you in detail.
- Don't look for a quick pass and the cheapest is not necessarily the best.

As a New Driver

- You are vulnerable
- Consider further training so that you experience all driving conditions on all road types
- Your car insurance premium reflects your experience

Positive Driving:

Take responsibility for your actions and give consideration to all road users.

LOOK: always take good effective all round observation.

ASSESS: think carefully about what you see and how you might be affected or influence other road users.

DECIDE: do not hesitate; make a decision and act on it.

ACT: taking positive action gives a clear message to other road users.

For further training go to www.iamroadsmart.com



Driving for Work

Driving for work can involve being behind the wheel for long distances over long time periods. Here are some useful tips to help you stay safe when driving for work:

- Check out your employer's 'driving at work' policy
- Check your vehicle
- Plan your journey
- Switch off your mobile phone
- Wear a seat belt

Better for business...

Dorset Police provide bespoke driver education sessions for people who drive for work.

These sessions include a range of useful topics including Health and Safety legislation, vehicle dynamics and load, observation, hazard perception and driver fatigue. (see Contacts page).

For more information visit:

www.hse.gov.uk and www.drivingforbetterbusiness.com

*Did you know?
It's estimated that
around 200 road
deaths and serious
injuries each week
in the UK involve
someone at work.*



Using Agricultural Machinery & Vehicles



- Never use a machine unless you are trained and know how to use it safely.
- Never use a machine unless it is properly maintained.
- Wear footwear with a good grip and appropriate clothing that won't snag.
- Seat belts are a legal requirement on all tractors.
- Check no-one is in danger before you move.
- Learn the legal speed limits for the vehicle.

Rule 169 Highway Code

Do not hold up a long queue of traffic, especially if you are driving a large or slow-moving vehicle.

Check your mirrors frequently, and if necessary, pull in where it is safe and let traffic pass.

Older Drivers

Driving can be stressful due to sheer volume of traffic and new engineering & technology in vehicles that we are perhaps unfamiliar with.

Make sure you know your vehicle, what all the switches and dashboard lights are for and know how and when to use them (refer to the vehicle handbook and the Highway Code).

As we get older the likelihood of being injured on the road increases so it's helpful to become more aware of the potential hazards and how to avoid them.

- Check your eyesight
- Check your health, medicines and general mobility

If you are feeling anxious about driving and notice your reactions becoming slower it may be time to get your driving assessed by someone qualified to do so.

For further help and advice www.olderdriversforum.com



The Law
It is a legal requirement to notify the Driver and Vehicle Licensing Authority (DVLA) of any disability or medical condition that could affect your ability to drive safely.



As a Wheelchair & Mobility Scooter User



Information:

- Class 1 - invalid carriage – wheelchair
- Class 2 - powered wheelchairs/mobility scooters, maximum speed limit of 4mph (6kph) *Above classes designed to be used on pavements*
- Class 3 – powered wheelchairs/mobility scooters, maximum speed limit of 8mph (12kph), designed to be used on roads as well as pavements

Rules:

1. Give pedestrians priority and show consideration for other pavement users, particularly those with a hearing or visual impairment who may not be aware that you are there.
2. Powered wheelchairs and scooters **MUST NOT** travel faster than 4 mph (6 km/h) on pavements or in pedestrian areas.
3. When you are on the road you should obey the guidance and rules for other vehicles; when on the pavement you should follow the guidance and rules for pedestrians.
4. When on the road, you should travel in the direction of the traffic. When there is no pavement, you should use caution when on the road.
5. You **MUST** follow the same rules about using lights, indicators and horns as for other road vehicles. Make yourself more visible - even in the daytime and also at dusk - by, for instance, wearing a reflective jacket or reflective strips on the back of the vehicle.
6. All normal parking restrictions should be observed. Your vehicle should not be left unattended if it causes an obstruction to other pedestrians - especially those in wheelchairs.

Driving in Great Britain

You can drive in Great Britain on a full, valid driving licence from another EU country.

You can drive in Great Britain until you're 70. If you're 68 or over when you become resident, you can drive for 3 years.

After this time you must exchange your licence.

1. Order form D1 from the Driver and Vehicle Licensing Agency (DVLA); You can get one of these forms from a Post Office.
2. Send the form, the £43 (current fee) and any documents you need (including your driving licence) to the address on the form.
3. You should get your new licence within 3 weeks.

You can only drive in Great Britain with a non-EU licence for 12 months after you arrive.

All drivers must;

- Comply with minimum age requirements; generally, these are 17 years for cars and motorcycles, 18 years for medium sized vehicles and 21 years for large lorries and buses.
- Meet the minimum eyesight requirements and be fit to drive.

For more information visit: www.gov.uk/driving-nongb-licence



The Fatal Five:

90% of collisions are caused by human error. However the top five reasons for loss of life are known as The Fatal Five.

1. Inappropriate Speed






- Check your speedometer regularly.
- Know the limits - look for signs, especially at junctions.
- Street lighting means 30 mph, until signs say otherwise.
- Remember, speed limits are a maximum, not a target.
- Try using a lower gear in a 30 mph limit to help you stay in the limit.
- Recognise what makes you speed - keeping up with traffic, overtaking or being tailgated.
- Concentrate - distracted drivers speed.

The minimum penalty for speeding is a £100 fine and 3 penalty points added to your licence.



Speed Limits

Highway Code: Rule 124

Type of Vehicle	Built-up Areas	Single Carriageways	Dual Carriageways	Motorways
	MPH	MPH	MPH	MPH
 <p>Cars and Motorcycles (including car derived vans up to 2 tonnes maximum laden weight)</p>	30	60	70	70
 <p>All vehicles towing (including car derived vans, motorcycles and goods vehicles)</p>	30	50	60	60
 <p>Buses and Coaches (not exceeding 12 metres in overall length)</p>	30	50	60	70
 <p>Goods Vehicles (not exceeding 7.5 tonnes maximum laden weight)</p>	30	50	60	70
 <p>Goods Vehicles (exceeding 7.5 tonnes maximum laden weight)</p>	30	50⁺	60⁺	60

+ The National Speed Limits for Goods Vehicles exceeding 7.5 tonnes apply to all roads in England & Wales



Community Speed Watch (CSW)

How does Community Speed Watch work?

1. CSW volunteers are residents working under the authority of the Chief Constable to address speeding in their local area.
2. The purpose of CSW as a visible presence at the roadside is to help educate drivers and deter them from speeding.
3. Dorset, Devon & Cornwall Police oversee CSW, ensuring that the sites chosen to monitor from are safe and that volunteers are trained in the proper use of the radar speed equipment, and in how to carry out their monitoring.
4. CSW monitors on roads with a 20, 30 & 40mph speed limit, capturing the registration number and vehicle details which are then passed to police.
5. Staff process the vehicle details captured by the teams to identify the registered keeper who is then sent an advisory letter.
6. CSW is not enforcement, however, occasionally the Police can deploy with volunteers. Also, if motorists choose to ignore any written advice, a Police Officer will be asked to meet with them to discuss their driving.
7. To set up a team six volunteers are needed. Details can be found on the Dorset Road Safe website.



2. Failing to Wear a Seatbelt

By law, you must wear a seat belt in cars and goods vehicles where one is fitted. There are very few exceptions to this. The driver is liable to prosecution if a child under 14 years does not wear a seat belt or child restraint as required.

In buses and coaches with seat belts fitted, passengers aged 14 years and above must use them. Passengers on vehicles used for public fare paying passengers on 30mph roads are exempt.

Exemptions

You don't need to wear a seat belt if you're:

- A driver who is reversing, or supervising a learner driver who is reversing.
- In a vehicle being used for police, fire and rescue services.
- A passenger in a trade vehicle and you're investigating a fault.
- Driving a goods vehicle on deliveries that is travelling no more than 50 metres between stops.
- A licensed taxi driver who is 'plying for hire' or carrying passengers.

Medical Exemptions

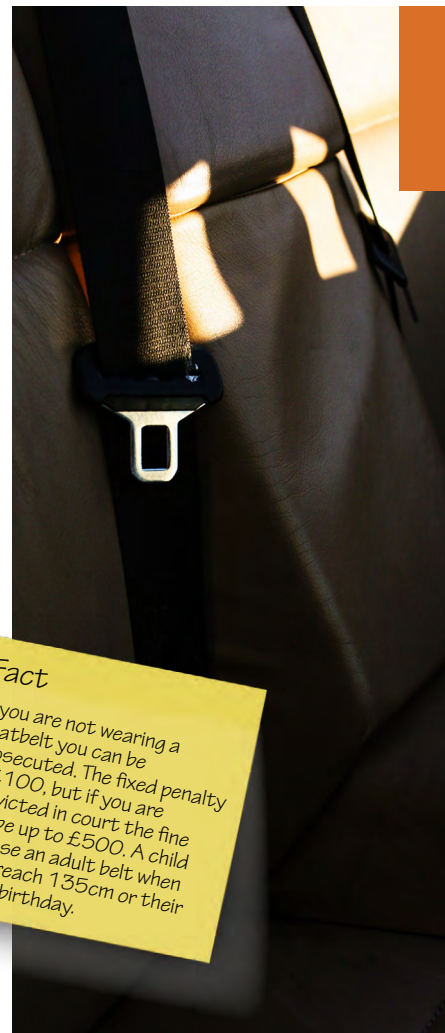
Your doctor may say you don't have to wear a seat belt for a medical reason. They'll give you a 'Certificate of Exemption from Compulsory Seat Belt Wearing'.

You must:

- Keep this in your vehicle.
 - Show it to the police if you're stopped.
- You'll also need to tell your car insurer.

Fact

If you are not wearing a seatbelt you can be prosecuted. The fixed penalty is £100, but if you are convicted in court the fine can be up to £500. A child can use an adult belt when they reach 135cm or their 12th birthday.



3. Distraction e.g. Using a Mobile Phone

It's illegal to use your phone while driving or riding a motorcycle unless you have hands-free access, such as:

- a bluetooth headset
- voice command
- a dashboard holder

If you use your phone hands-free, you must stay in full control of your vehicle at all times. The police can stop you if they think you're not in control because you're distracted and you can be prosecuted.

The law still applies to you if you're:

- stopped at traffic lights
- queuing in traffic
- supervising a learner driver

When you can use a hand-held phone

You can use a hand-held phone if:

- you're safely and legally parked with the engine switched off
- you need to call 999 or 112 in an emergency and it's unsafe or impractical to stop

Penalties

You can get 6 penalty points and a £200 fine if you use a hand-held phone.

You can also be taken to court where you could:

- be banned from driving or riding
- get a maximum fine of £1,000 (£2,500 if you're driving a lorry or bus)

If you passed your driving test in the last 2 years, you'll lose your licence.



Did you know?

Research has shown that those using a mobile phone while driving are four times more likely to crash.

4. Drink Driving

If you are in charge of a vehicle while above the legal limit or unfit through drink you may get:

- up to 6 months' imprisonment
- up to £2,500 fine (fines can be unlimited)
- a minimum 1 year driving ban

The actual penalty you get is up to the magistrates who hear your case, and depends on your offence. You may be able to reduce your ban by taking a drink-drive rehabilitation scheme (DDRS) course if you're banned from driving for 12 months or more.

It's up to the court to offer this.







**Sobering-up
tricks do not work**

Coffee and cold showers in the morning don't help you sober up. Time is the only way to get the alcohol out of your system and you could still be over the legal limit many hours after drinking.



Should you Drive the Morning After?

Number of hours per drink + 1 hr = minimum time to allow before driving, calculated from your LAST drink

						
Number of drinks	13% Large Glass Wine	4% Pint	40% Single Spirits	5% Alcopop	40% Double Spirits	5% Lager
1	3.5 hrs	2.5 hrs	1.5 hrs	2 hrs	3 hrs	2.5 hrs
2	7 hrs	5 hrs	3 hrs	4 hrs	6 hrs	5 hrs
3	10.5 hrs	7.5 hrs	4.5 hrs	6 hrs	9 hrs	7.5 hrs
4	14 hrs	10 hrs	6 hrs	8 hrs	12 hrs	10 hrs
5	17.5 hrs	12.5 hrs	7.5 hrs	10 hrs	15 hrs	12.5 hrs

The information in this table is guidance only and may vary from one individual to another.

CALL THE POLICE ON 999 TO REPORT A DRINK/DRUG DRIVER

**Legal drugs are prescription or over-the-counter medicines. If you're taking them and not sure if you should drive, talk to your doctor, pharmacist or healthcare professional.*

4. Drug Driving

It's illegal to drive if either:

- you're unfit to do so because you're on *legal or illegal drugs
- you have certain levels of illegal drugs in your blood (even if they haven't affected your driving)

The police can stop you and make you do a 'field impairment assessment' if they think you're on drugs. This is a series of tests, e.g. asking you to walk in a straight line. They can also use a roadside drug kit to screen for cannabis and cocaine. If they think you're unfit to drive because of taking drugs, you'll be arrested and will have to take a blood or urine test at a police station.

Penalties for drug driving

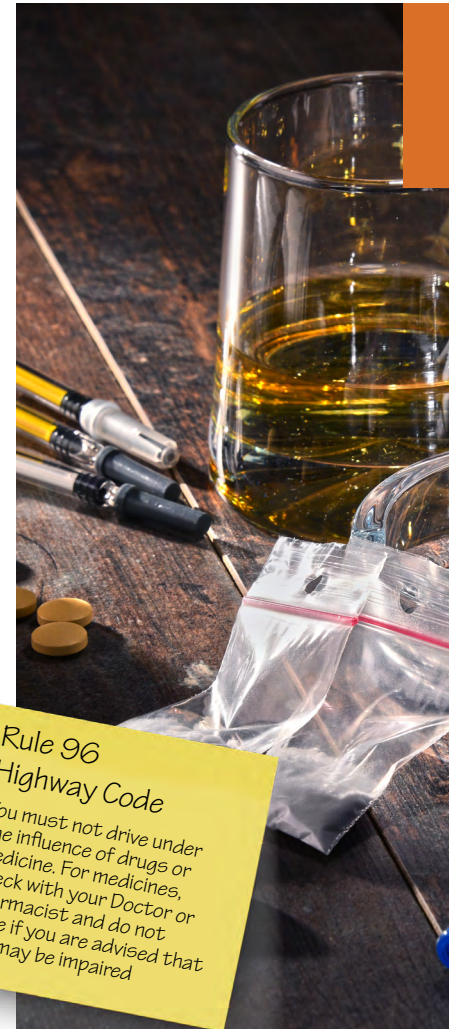
If you're convicted of drug driving, you'll get:

- a minimum 1 year driving ban
- an unlimited fine
- up to 6 months in prison
- a criminal record

Your driving licence will also show you've been convicted for drug driving. This will last for 11 years. The penalty for causing death by dangerous driving under the influence of drugs is a prison sentence of up to 14 years.

Other problems you could face through Drink & Drug Driving

- your car insurance costs will increase significantly
- if you drive for work, your employer will see your conviction on your licence
- you may have trouble travelling to countries like the USA
- driving ban for at least 1 year (3 years if convicted twice in 10 years)



**Rule 96
Highway Code**
You must not drive under the influence of drugs or medicine. For medicines, check with your Doctor or pharmacist and do not drive if you are advised that you may be impaired

5. Careless and Inconsiderate Driving

There is no standard list that would be considered as careless or inconsiderate however, examples include;

- Driving too close
- Failing to give way at a junction
- Inappropriate speed
- Operating a Sat Nav while driving
- Eating and drinking at the wheel
- Poor overtaking.

There are four different ways an offence can be dealt with depending on the circumstances and its severity.

- Summons – either plead guilty and accept a fine or go to the Magistrates Court
- Fixed Penalty
- Offer of Educational Training
- Warning – no further action.

Operation Snap is a secure online facility which allows submissions of video and photographic evidence relating to driving incidents (not road traffic collisions) that members of the public have witnessed. You **MUST** read the Dorset Operation Snap FAQs, then provide the registration number of the offending vehicle, be over the age of 18, prepared to sign a witness statement and possibly give evidence in court.

www.dorset.police.uk/opsnap



Action Plan

Make a commitment to change the way you think and feel about your driving so that you can manage the risks you've identified and start with a personal goal.

My personal goal is to:

.....

.....

To achieve this, I will:

.....

.....

My plan might not work because:

.....

.....

The coping strategies I will use to overcome these barriers are:

.....

.....

I will review my progress every:

.....

.....

Coping Strategies

One of the key reasons that drivers lose concentration or become stressed when driving is because they are in a hurry.

Remember **COAST**:

Concentrate on your driving at all times.

Observe all around you.

Anticipate what might happen next.

Space give space at all times; it gives you:

Time to plan your driving.

Always allow plenty of time to complete your journey however you are using the road.

Let us know what you thought of the course and the supporting material by emailing, or use the QR code below

das@dorset.pnn.police.uk or Melvin.Vincent@Dorset.PNN.Police.uk

Dorset Road Safe – www.dorsetroadsafe.org.uk

Dorset Police 101 email – 101@dorset.pnn.police.uk

Devon & Cornwall 101 email – 101@dc.police.uk

Dorset Police Driver Awareness Scheme and Education enquiries – **01202 227549**

www.dorset.police.uk



All Dorset courses are delivered by highly qualified Road Safety Professionals with many years' experience. Qualifications include Driving & Vehicle Standards Agency Approved Driving Instructor (DVSA, ADI), Award in Education & Training (AET) to Degree level. Produced and edited by Mel Vincent 6911 September 2024. E&OA.

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