



## **'Driving for Work Risk Management'**

### **Coaching Vehicle**

Vehicle types: Car/LCV maxi 3.5 ton

Coaching is carried out in the driver's vehicle, which must be certified by the driver as being fully road legal and fit for purpose.

### **Half Day & Full Days**

Full day 6 hours = £360.00

Half day 3 hours = £180

2 Hours = £120

Full day in duration individual sessions 6 hours 1:1 or 2:1 basis

Half Days 3 hours each driver 9am- 12.00 or 12.30pm- 3.30pm

Optional variable sessions 2 hours each driver

9am-11am, 11.15am- 1.15pm, 2.15pm- 4.14pm

Schedule can be altered to suit client's requirements.

### **Section 1: Introduction**

Section one takes no more than 10 minutes, during which there will be an initial briefing explaining the course schedule drivers aims and how it will be achieved. The route to be taken, along with the timing and possible comfort stops, will be agreed with the driver. Health and Safety aspects will also be covered.

## **Course Structure**

### **Section 2: Vehicle checks (including eyesight check)**

This session will last around 10 minutes, during which time drivers will be asked how to carry out basic, essential safety checks both outside and inside the vehicle, to ensure it is safe and legal to drive. This session will also include an eyesight check, to see if the driver can read a standard number plate from a distance of 20 metres (a legal requirement for all UK drivers).

### **Section 3: Optional Eco-driving bespoke to drivers individual requirements as arranged**

This section will take approximately an hour, aiming to show that fuel consumption can usually be improved and pollution proportionally reduced by simply making slight adjustments to driving behaviour.

This session comprises of 5 elements:

1. Introduction & route planning
2. Discovery drive
3. Eco debrief
4. Coached eco drive
5. Final debrief

#### **Introduction & route planning**

The trainer introduces the session and agrees on a route with the driver within 5 minutes.

#### **Discovery drive**

The driver is asked to drive as he or she normally would for 15 to 20 minutes, with no input about their driving from the trainer, but ensuring the driver is put at ease with general conversation (i.e., to avoid a silent drive). This Discovery Drive is a section during which the trainer will observe the driver's general driving, making mental notes of any issues for later discussion and possible development.

#### **Eco debriefs**

On completion of the route, the average fuel consumption and average speed are recorded via on board vehicle average mpg display (if incorporated on dashboard). The trainer also discusses the 3 eco drive techniques within 5 minutes which includes:

1. Greater anticipation
2. Use of gears
3. Lifting off the accelerator early (observations/planning)

#### **Coached eco drive**

The driver then drives the same route again within 20 minutes, whilst being coached by the trainer in fuel saving techniques.

#### **Final debriefs**

Within 5 minutes, the average speed and fuel consumption readings are taken for a second time and compared with those from the Discovery Drive, allowing the percentage difference in fuel consumption to be calculated. A short discussion on fuel saving techniques summarises the findings and sets goals for future driving, with a view to fuel economy and pollution reduction.

The trainer will give his or her appraisal of the driver's general driving performance.

Strengths and weaknesses will be highlighted in a constructive way, with a view to enhancing and reinforcing good practice, whilst developing issues that impinge on the driver's ability to Observe, Anticipate or Plan when driving. This is coupled with smooth, effective and efficient use of vehicle controls.

#### **Section 4: The principles of safe driving**

This section is scheduled to last remainder of time during which the trainer will coach the driver to enhance his or her driving strengths, whilst rectifying up to 3 main identified problem areas or situations during the Discovery Drive.

Where possible, the route will comprise urban roads, rural roads, motorways and dual carriageways (location permitting).

During this section, drivers are given the opportunity to practice some of the techniques, developing the Three Key Principles of Safe Driving:

Observation

Anticipation

Planning

#### **Section 5: Confined space manoeuvring**

Many incidents happen at low speeds when vehicles are manoeuvring in confined spaces. The aim of this 3 minutes session is to consider the specific hazards associated with moving the vehicle around in typical areas encountered at work when parking, loading or simply turning round.

Drivers will be coached in how to carry out a quick risk assessment of the available options, before deciding on the preferred method of manoeuvring. Practice in manoeuvring the vehicle will then be given to ensure the appropriate levels of observation, anticipation and planning are in place to minimise the risk of incident.

This section encompasses discussion on how to manage risk in confined space manoeuvring

Turning around safely

Bay park

Parallel park

#### **Session 6: Consolidating risk management**

During this final 30 minute session, the driver will be coached in application of 'the Three Key Principles of Safe Driving' (Observation, Anticipation and Planning) in order to manage space around the vehicle.

Managing space effectively, also requires the driver to manage speed. The driver will be able to practice the techniques obtained on the course resulting in a safer, smooth, planned drive that manages both space and speed, leaving time to react, in order to reduce risk from hazards.

#### **Section 7: Summary/Feedback**

Competency Based Coaching is coaching designed to allow a driver to demonstrate their ability to do a particular task, activity or exercise.

In order to achieve this, the task, activity or exercise is analysed and broken down into a set of competencies, comprising the necessary knowledge, skill and attitude required in order to perform the competency under specified conditions, as stated in the report which would be emailed within one week

On completion of each session the driver demonstrates their ability to do the task, activity or exercise as specified in the in the course content.

The trainer then grades the driver's competence against the standards of safety via a written report which would be emailed to you within three days.

## **Speed Awareness**

This course is designed for those drivers having penalty points on their driving license for excess speed offences who are at risk of losing their license through 'totting up' or upon conviction at court for speeding, and safe driving practice.

It tackles the likely causes of excess speed by raising a driver's awareness of the associated dangers and how to prevent inappropriate use of speed.

Drivers are far more likely to conform if they understand the reasoning behind speed limits and how to distinguish between the limits imposed on various roads.

## **UK Familiarisation**

This course is designed for drivers who are new to the UK road system.

Given the diverse range of road systems around the world, the training is tailored to the precise requirements of the driver.

The course gives an overview of the law requirements for drivers, Speed limits, various types of roads and much more.

If required, can be expanded to assist a driver to attain a UK driving license by taking them through the requirements of the UK Driving Test.