

**Day 1 - Training Progress Guide - SDM Driver Training**

	Full Instruction	Prompted	Independent	Notes
<b>Prior to driving</b>				
Vehicle and Safety Checks - Show Me/Tell Me Questions, sent via email with "Course Information"	1	2	3	
Setting up seat correctly	1	2	3	
Setting up mirrors correctly	1	2	3	
Ensuring handbrake is applied and gears in neutral	1	2	3	
<b>Reversing manoeuvre</b>				
Close as possible to "A" cone	1	2	3	
Use of left and right mirror throughout	1	2	3	
Must not cross line	1	2	3	
See cone B in offside mirror	1	2	3	
See parking bay cone in offside mirror	1	2	3	
Use the reversing camera to maximum advantage	1	2	3	
Don't hit either cone or barrier - Can pull forward to adjust	1	2	3	
<b>Stopping at the side of the road</b>				
Use of all mirrors to establish if any signals needed	1	2	3	
Assessing the environment for a suitable place to stop	1	2	3	
Use of left mirror to judge distance from kerb	1	2	3	
Application of handbrake and select neutral	1	2	3	
Cancellation of any signals given whilst stopping	1	2	3	
<b>Moving away from the side of the road</b>				
Selecting appropriate gear for road conditions	1	2	3	
Finding appropriate bite-point	1	2	3	
Left Mirror Check	1	2	3	
Right Mirror Check	1	2	3	
Right Blind Spot Check	1	2	3	
Releasing handbrake fully	1	2	3	
Signal if necessary	1	2	3	
Additional right blind spot check	1	2	3	

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<b>Moving away after stopping in normal road conditions (traffic lights, stationary traffic, etc)</b>				
Selecting appropriate gear for road conditions	1	2	3	
Finding appropriate bite-point	1	2	3	
Left Mirror Check	1	2	3	
Right Mirror Check	1	2	3	
Right Blind Spot Check	1	2	3	
Releasing handbrake fully	1	2	3	
Additional right blind spot check	1	2	3	
<b>Normal driving</b>				
Position - use of mirrors to maintain normal driving position	1	2	3	
Acceleration - lack of, due to weight of vehicle	1	2	3	
Braking - lack of, due to weight of vehicle	1	2	3	
Steering - lack of, due to weight of vehicle - No steering and turning at the same time	1	2	3	
<b>Anticipation, meeting and overtaking</b>				
Forward planning	1	2	3	
Use of all mirrors to establish if any signals needed	1	2	3	
Signalling - necessary and timing	1	2	3	
Position - Remember/use the size of the vehicle as required	1	2	3	
Speed and gears	1	2	3	
Distance from vehicles (parked, approaching)	1	2	3	
Distance from pedestrians (narrow pavement)	1	2	3	
<b>Turning left and right</b>				
Left Mirror Check	1	2	3	
Right Mirror Check	1	2	3	
Right Blind Spot Check	1	2	3	
Correct gear for corner	1	2	3	
Hitting kerb when turning left	1	2	3	
Cutting corners when turning right	1	2	3	
Left and right mirror before accelerating	1	2	3	

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<b>National speed limits</b>				
Single carriageway - 50mph	1	2	3	
Dual carriageway - 60mph	1	2	3	
Motorway - 70mph	1	2	3	
<b>Country Roads</b>				
Single carriageway - 50mph	1	2	3	
Use of mirrors to establish - distance from nearside (hedges etc) and offside (narrow/no white lines)	1	2	3	

Dual Carriageways / Motorways	Full Instruction	Prompted	Independent	Notes
Dual carriageway - 60mph	1	2	3	
Motorway - 70mph	1	2	3	
Cross winds	1	2	3	
Loss of speed on uphill gradients	1	2	3	
Width of vehicle - narrow lanes in road works	1	2	3	
Mirror/blind spot mirror and blind spot checks before overtaking	1	2	3	
Keeping signal on until fully in lane	1	2	3	
Use of left mirror and delaying moving back in to lane 1 or 2 after overtaking	1	2	3	

Additional Notes

	Signed: -	Print Name: -	
Instructor			Date: -
Pupil			Date: -