

CALEDONIAN

TRAINING ACADEMY LTD

MANAGING TRANSPORT COMPLIANCE



ABERDEEN
01224 796695
INVERNESS
01463 701966
GLASGOW
01236 280117 / 07920 809111



training@ccll.uk.com
www.caledoniantraining.com

SUMMARY: We offer a half-day speed and driver awareness advanced driving course for business customers and private individuals, who wish to become safer drivers. Our Speed Awareness Course is an engaging and interesting course that clients enjoy and that leads to a sustained change in how they drive. The course is designed to take people on a journey that shows them how to identify the speed limits, helps them recognise why it is not safe to speed, the potential consequences to them and others if they speed and if they were to be involved in a road incident. The driver can recognise and resist pressure to speed for themselves and others. The course aims to motivate them to comply with speed limits.

COURSE OUTLINE

- Forward planning and observation
- Anticipation – Learning to see and not just look
- Developing effective observation and planning skills to help manage speed
- Creating a positive and responsible driving attitude
- Dealing with road rage
- Speed awareness
- Dealing with unfamiliar roads – often where speeding occurs
- Understand the link between stress and speeding
- How to enter and exit areas with varying speed limits – often where people get caught speeding
- Know when it is safe to use speed, and when to hold back
- Dealing with emergency situations
- Vehicle stability and control
- Advanced cornering techniques
- Car or van control (gears, steering, foot controls, signals)
- Car handling dynamics and techniques
- How to become a safer driver on all roads
- Rules of the road
- Motorway driving
- Town and urban defensive driving

Awarding Body: DVSA (Driver & Vehicle Standard Agency).

Course Duration: 1 Candidate per trainer over 4 Hours.

Costings: Training course costs per candidate £200.00+Vat.