

Get more from your

Driving



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When driving, do you ever find yourself:

- Having to brake sharply?
- Too close to the car ahead?
- Regretting what you've just done (e.g. accelerated through an amber light)?
- Creeping above the speed limit?
- Feeling anxious, tense or intimidated?

Driving (whether it's commuting, popping to the shops, taking the kids out, etc) is an essential part of personal, family and work life for millions of us. It can be enjoyable and pleasant, but it can also be stressful and dangerous.

Most of us take professional lessons when learning to drive, but very few of us take any training after passing the Driving Test. Cars are changing rapidly as technology develops and driving conditions are becoming more difficult.

We all develop our own driving style and bad habits over time, and many of us would fail the Driving Test if we re-took it today. We would all benefit from refresher training every few years to review and update our driving skills and attitudes.

This leaflet describes what you can do to become a better, safer and more confident driver. If you apply safe driving principles, then the risks to yourself and your passengers and other road users will be reduced automatically, with the added benefits of saving yourself money and helping the environment by using less fuel, reducing wear and tear and vehicle emissions.



Why Take Further Training?

To Enjoy Your Driving

You'll enjoy driving more and feel much less stressed. Your passengers will prefer being driven by you, and children who suffer from motion sickness will be less likely to feel ill, because the drive will be so much smoother and safer.

To Improve Your Confidence

You'll feel much more confident, both in your own driving and in your ability to deal with the behaviour of other drivers.

To Reduce Your Crash Risk

It will help you to avoid making mistakes and mis-judgements that lead to crashes, and help you cope with the mistakes of other road users.

To Improve Your Fuel Consumption

You'll spend less money on fuel, and cause less harm to the environment, because your driving will be smoother and more systematic, with less sharp acceleration and braking and better use of gears.

To Ensure Less Wear and Tear on Your Vehicle

Your car (possibly the second most expensive item you own) will last longer and may have a higher resale value.

To Lower Your Insurance Premiums

You may be able to receive insurance discounts – make sure you tell your insurer what extra training you've taken.

To Meet People

By joining a driving group, you can meet a variety of people.

To Meet the Challenge

A reason given by some people who take refresher driver training is the challenge of proving that they are a driver of the highest standard.



What's the Best Training for Me?

New Drivers

For drivers who have recently passed their test, taking a Pass Plus course is an excellent way of gaining more experience, reducing risk, reducing insurance premiums and making driving a little less stressful. Contact www.passplus.org.uk

Driving Assessment

For both new and experienced drivers, the best way to start is to have an assessment with one of the organisations below or a local Approved Driving Instructor. This is a drive in your own car with a qualified assessor who will tell you what you are doing well, give you tips for improving certain aspects of your driving, your all-round ability and suggestions for further training if you want to do more.

Refresher Courses

Many professional driving instructors offer refresher courses for people who have been driving for some time. They are a quick, easy and useful way to update your driving knowledge and skills and to get impartial professional advice on your driving.

Some courses are designed for specific purposes, such as helping anxious drivers or people who have not driven for a long time, or towing courses. Others are suitable for any driver.

Look for driving schools who specifically offer refresher courses and discuss your requirements with the trainer before booking any lessons.



Fleet Driver Training

Many employers provide some form of driver training for staff who drive for work. More information is available from the organisations listed overleaf.

Advanced Driving

Advanced driver training is provided by four organisations approved by the Driving Standards Agency.

They will help you:

- improve your confidence and ability
- develop a positive attitude towards driving and other road users
- improve your concentration
- become more observant
- analyse and anticipate the actions of others
- create space and time to deal with hazards or your own or other's mistakes.

Some people want a formal qualification, which can be useful when job hunting.

Research has found that advanced drivers are 20% less likely to be involved in an accident than 'ordinary' drivers, are less likely to have penalty points and more likely to remain accident-free.

Courts or Police

Drivers convicted of certain offences may be required to re-take the Driving Test. The police may offer drivers who would normally face a charge of 'driving without due care and attention' the chance to take a Driver Improvement Course instead. Speed Awareness Courses are also available in parts of the country.



Where Can I Find Out More?

Details of local driving schools can be found in the local press, directories such as Yellow Pages or on the internet – look for ones who say they provide refresher courses.

Information about refresher and other driver training courses in your area is available from your local Road Safety Officer. Contact your Local Authority or www.larsoa.org.uk

Useful Contacts

RoSPA Advanced Drivers Association (RoADA)

Edgbaston Park
353 Bristol Road
Birmingham B5 7ST
www.roada.org.uk

Driving Instructors Association (DIA)

Safety House
Beddington Farm Road
Croydon CR0 4XZ
www.driving.org

Diamond Advanced Motorists

Safety House
Beddington Farm Road
Croydon CR0 4XZ
www.driving.org/diamond_enjoy.html

RoSPA

Edgbaston Park
353 Bristol Road
Birmingham B5 7ST
www.rospa.com
www.rospa.com/driver_training

The Motor Schools Association of Great Britain Ltd (MSA)

101 Wellington Road
North
Stockport SK4 2LP
www.msagb.co.uk

Association of Industrial Road Safety Officers (AIRSO)

68 The Boulevard
Worthing
West Sussex BN13 1LA
www.airso.org.uk

Institute of Advanced Motorists (IAM)

IAM House
359 Chiswick High Road
London W4 4HS
www.iam.org.uk

Driving Standards Agency (DSA)

Stanley House
56 Talbot Street
Nottingham NG15GU
www.dsa.gov.uk

RAC Advanced Driving Course

www.bsm.co.uk/about_bsm/radc/index.html

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