

Hints & Tips for constructive Private Practice

This document is intended to provide helpful hints & tips for learner drivers, able to take advantage of private practice, whilst having professional driving lessons.

Around the Bend generally encourages private practice however, it is essential that learners remain disciplined and stick to what they have been told by their instructor.

In most cases it is blatantly clear when private practice had taken place between lessons. A lack of mirror checks and observations are 'tell-tale' bad habits which creep in if you're not careful.

Here are a few pointers to keep you on the right track:

Moving off & the P.O.M routine

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| P | Prepare (select a gear, find your bite, little bit of gas) |
| O | Observe (take effective 'all round' observations – signal if necessary – make sure you finish with a blind spot check BEFORE you start to move) |
| M | Move (providing it's safe to move off, release the handbrake and gently see-saw your clutch & gas to move away.) |

M.S.P.S.L

On approach to hazards (including junctions, roundabouts, parked cars and more). Follow your MSM Routine. This stands for Mirror, Signal, Manoeuvre. The manoeuvre part can be broken down further in to Position, Speed & Look.

For example, say we're going left at the T-junction ahead.

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| M | Mirrors. Use the Centre Mirror & the appropriate wing mirror. In this case.....Interior (find out what's behind and check it's safe to slow down) and the left exterior mirror (is it safe to turn). |
| S | Signal. Now that we've decided it is safe to turn, signal as early as convenient without being misleading. Check in particular for other roads on the left before indicating. |
| P | Position. Keep your safety margin of 1 metre from the curb |
| S | Speed. Reduce your speed and plan to stop on the Give Way lines at the end of the road. |
| L | Look. Keep checking to see if you can decide if it is safe to go without stopping. If in doubt. Stop. Look both ways. Make sure it's safe before you emerge. |



Manoeuvres

It's important that you use the P.O.M routine before starting to move. When reversing, it's important that your observations finish with a check in the direction you are travelling. If you're going straight back look all-round but finish looking over your left shoulder– you MUST be looking out of the rear window as you start to move. If you're reversing to the right, check all-round but finish over your right shoulder.

Manoeuvres MUST be conducted at a slow crawl pace and DO NOT have to be done in one swift movement. You CAN stop during manoeuvres. Be sure to check all-round again before continuing but TAKE YOUR TIME. It's not a race.

Crossing your hands while steering.

This isn't the 'instant fail' that many people think it is. You should always use the 'push-pull' technique taught to you by your instructor however, if you do slip up and cross your hands accidentally, particularly when manoeuvring at slow speeds...don't worry – just don't make a habit of it.

Changing down through the gears when slowing down.

This is something that learners were taught years ago but it's not recommended or advised by the Driving Standards Agency.

In today's day & age, brakes on cars are so effectively and efficient that we can simply brake down to the speed we require, then select a gear to match. There's no need to go from 5th, 4th, 3rd, 2nd etc.

Good luck – and if you need further help, get in touch 01642 678180