



STOPPING TO PULL UP AT THE ROADSIDE

The drill for stopping is always the same, except in an emergency. You must learn it thoroughly from the beginning.

The amount of pressure you need to apply to the footbrake depends on;

- Your speed
- How quickly you need to stop

DRILL FOR STOPPING

- Use the mirrors.
- Decide whether you need to signal your intention to stop.
- Signal if necessary.
- Adjust your road position
- Slowly take your foot off the accelerator. The engine will slow you down.
- Push down the brake pedal lightly with your right foot and then more firmly. **(FEEL AND FIRM)**
- Just before the vehicle stops, press the clutch pedal fully down with the left foot. This disengages the engine from the driving wheels and prevents stalling. Don't do it too soon: the engine helps with braking.
- Ease the pressure off the footbrake just as the vehicle stops. **(FEATHER)**
- Apply the handbrake.
- Put the gear lever into neutral.
- Cancel the Indicator
- **SLOWLY** take both feet off the pedals.

PROGRESSIVE BRAKING

- This is a safe driving technique, which
- allows other drivers time to react (BECAUSE YOUR BRAKE LIGHTS ARE ON FOR LONGER)
- prevents locked wheels
- prevents skidding
- Saves wear and tear on brakes, tyres and suspension
- Saves fuel
- Is more comfortable to your passengers.

TO BRAKE PROGRESSIVELY (The three F's)

- Put light pressure on the brake at first **(FEEL)**
- Gradually increase the pressure as required to slow the vehicle **(FIRM)**
- When the vehicle has almost stopped, ease off the pressure so that the vehicle stops smoothly. There should be little or no pressure as the vehicle actually stops **(FEATHER)**

Bob Mapstone D.S.A.A.D.I. (Car). F.A.E.T.C., M.I.A.M. R.O.S.P.A

[E-mail bob@phoenix-som.com](mailto:bob@phoenix-som.com)

46 Monks Park Avenue, Horfield, Bristol, BS7 0UH Tel: 0117 969 4309 Mobile: 07836 585214

www.phoenix-som.com