

Competency sheet

Human factors

To be an advanced driver, these are the competencies that you should be able to demonstrate. Consider how confident you feel with each. Read on to learn more about each competency.

Progress

The driver

Put safety first in all driving judgements

Remain calm and considerate of others at all times

Always maintain concentration while driving

Manage any external influences and distractions

Change plans if any factor is likely to impair performance or decision making

Consistently evaluate your own performance, with a view to retaining and developing skills

Apply new found knowledge to improve driving performance

The vehicle

Conduct pre-drive checks correctly and ensure that vehicle maintenance is up to date

Know the performance and features of the vehicle being driven
Can conduct a cockpit drill

Understand the purpose of and conclusions from a moving brake test

Recognise the issues when driving an unfamiliar vehicle

The journey

Understand that the purpose of your journey and time available may influence your driving and decision making

Understand that route choice and planning will influence the way you drive

The wider world

Consider the range of influences that may impact on your driving

Understand how attitude to risk may affect driving choices

Achieved all competencies

Date