Competency sheet
Core driving

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
Information	
Demonstrate early and accurate identification and anticipation of hazards by raising and expanding vision	
Check the appropriate mirrors before altering your position or speed	
Through observation, be aware of how other road users may affect your decisions	
Use all appropriate signals to communicate with other road users	
Position	
Hold the steering wheel in a way that allows for a full and accurate range of movement	
Demonstrate a smooth steering action which allows for easy use of the other controls	
Steer the vehicle accurately to maintain a stable, safe and appropriate course with the capacity to change direction, if required	
Speed	
Demonstrate smooth acceleration, deceleration and accurate use of 'acceleration sense'	
Demonstrate smooth and accurate braking (make use of regenerative braking EV/Hybrid)	
Hold the steering wheel with both hands during braking/accelerating	
Gear	
Demonstrate an ability to select the correct gear on every occasion	
Make all gear changes smoothly, matching engine revolutions where appropriate	
Position the steering for the required course when a gear change needs to be made while negotiating a hazard	
Manual vehicles - select the correct gear straightaway	
Automatic vehicles - use the vehicle's gear selector to best advantage	
Electric vehicles - single-speed transmission	
Acceleration	
Accelerate smoothly when vision and speed limits permit	

Achieved all competencies **Date**