

# Competency sheet

## Bends



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		
<p><b>Information</b></p> <p>Actively scan the road to the limit point in the distance and back</p> <p>Build awareness of other road users' position and activity</p>			
<p><b>Position</b></p> <p>Position correctly on the approach to a bend: In a right-hand bend – towards the nearside bend In a left-hand bend – towards the offside</p> <p>Position correctly throughout the bend without compromising safety</p>			
<p><b>Speed</b></p> <p>Use the limit point correctly and be able to stop within the distance seen to be clear on your own side of the road</p> <p>Use appropriate speed to negotiate the bend safely</p>			
<p><b>Gear</b></p> <p>Select and engage the appropriate gear for the speed and circumstances</p> <p>Engage gear before steering in a manual vehicle</p>			
<p><b>Acceleration</b></p> <p>Maintain appropriate accelerator application to retain stability</p> <p>Accelerate to an appropriate speed in relation to hazards</p>			
<p><b>Achieved all competencies</b></p>	<p>Date <input type="text"/></p>		