



Moving Off and Stopping - Introduction

In your first lesson you will have been taught how to do the cockpit drill to ensure that you that you can sit comfortably and be in a position to operate the controls effectively

You will have been introduced to the main controls and been shown how they operate and if there was enough time you may have progressed to moving the car for a short distance and stopped in the normal parking position

This tutorial will introduce or revise you in the techniques we use to move off and stop the vehicle safely - if you have been revising what we covered in the first lesson you will understand enough to benefit from this tutorial - if you've not managed to do any studying since your last lesson you should consider a quick revision of the controls and cockpit drill before reading this tutorial

Remember the aim of these tutorials is to develop your understanding of the in car lessons and prepare you for the next lesson so that we can spend the maximum time driving and minimum time talking

Weelz

Lesson outline

When the lesson starts I'll drive us to a nice quiet place where we can do the lesson without having to cope with much other traffic - on the way I'll talk through the main points of the lesson

When we arrive at the training area we'll change places - remember you'll need to go through your cockpit drill when you get into the drivers' seat (I'll help you if you need it)

Then we'll revise the main points from the controls lesson - the foot and hand controls, safety checks before starting the engine and how to set the gas and find the biting point on the clutch - I'll be helping you when you need it

When you're confident with the controls we'll practice the procedures for moving off and stopping without moving the car

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Moving Off

Remember this first time is a "dry run" so we'll have to imagine that the engine has been switched on

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Prepare – once we've completed the cockpit drill and made sure the car is safe, we'll prepare the car for moving

Push the clutch to the floor and select 1st gear - set the gas - find the biting point - then keep the feet still

Observe - Now we need to check it's safe to manoeuvre (move off)

Look to the rear, sides, front and check the mirrors - IS IT SAFE? If yes

Keep looking and if it's still safe and moving off would not make anyone else change speed or direction

MAKE YOUR FINAL SAFETY CHECK - LOOK INTO THE BLIND SPOTS OVER YOUR LEFT AND RIGHT SHOULDERS - if it's still safe....

Manoeuvre - to get the car moving all we have to do is release the handbrake

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Once we're moving bring the clutch slowly up and when it is fully up take your foot off the pedal

Now we need to steer to the normal driving position - about the width of an open car door from the kerb. Because we're only making a small adjustment to our position we'll only need to move the steering wheel a small amount

We won't change gear once we're moving until you have become confident with how to move off - but we do need to know how to stop the car at this stage

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Stopping

At some point after we move off we're going to have to stop the car - when we do so we need to find a place that is:

Safe, Legal and Convenient

There are numerous rules relating to the places we can stop and park illustrated in the Highway Code rules 213 - 226. You should read this section and familiarise yourself with the rules regarding stopping, parking and waiting

Now we'll look at the procedure for stopping. The normal position for stopping is about 9 - 12 inches (about half the width of the steering wheel) from the kerb

Stopping is a manoeuvre - we use the **Mirrors - Signal - Manoeuvre** routine to manoeuvre safely

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Mirrors - we're checking the mirrors to make sure it's safe to make the manoeuvre

In this case we'll be moving to the left so we need to check in the interior mirror for any following traffic and check in the left hand exterior mirror (the nearside mirror) in case there are any cyclists behind who could come alongside as we slow down

If it's safe

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Signal - now consider whether a signal is necessary.

We need to make a signal if there are any other road users in the area who would benefit from the signal - the term other road users includes pedestrians as well as cyclists and vehicles

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Manoeuvre - now we'll steer gently towards the kerb and brake to a halt

Remember - just as when we moved off we'll only be making a small adjustment to the steering so it will require only a small movement of the steering wheel

You may well find it difficult at first to judge how far you are away from the kerb - when we do this in the car I'll give you some tips. You will soon become accustomed to judging your position accurately and we'll be having lots of practice

Once our position is adjusted move your right foot from the gas pedal to the brake and begin braking - because we'll be moving only slowly a very gentle pressure on the brake pedal is all that will be required

Cover the clutch (put your left foot over the clutch pedal without actually pressing it down)

As the vehicle is about to stop push the clutch down - then just before we stop ease a little pressure off the brake so we come to a smooth stop

KEEP YOUR FEET STILL - until we have applied the handbrake and selected neutral and then you can rest your feet

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Changing gear

Once you're confident with the procedures for moving off and stopping we'll move on to building up our speed - when the car is moving faster we'll need to be able to select the appropriate gear

You will have practiced gear changing while the car was stationary when we covered the cockpit drill - I'll revise it with you in this lesson - again whilst the car is not moving before we do it on the move

The procedure for any gear change is the same - the only thing that changes is the position of the gear lever according to which gear we are selecting

Let's look at changing from 1st to 2nd gear, which we need to do fairly quickly after moving off:

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Move your left hand from the steering wheel and take control of the gear lever (remember to have your palm facing slightly away from you)

Push the clutch all the way to floor (clutch can go in quickly) and ease off the gas

Move the gear lever slowly and smoothly back into neutral and down into 2nd gear

Left hand back to the steering wheel

Allow the clutch to come up slowly and smoothly (if we allow it to come up quickly the gear change will make the car judder)

Once the clutch is passing the bite keep it coming up smoothly and gently apply pressure back on the gas pedal

Once the clutch is fully up rest the left foot away from the pedal

The procedure is the same when we change gears downwards but when we are moving fairly quickly in a higher gear - say at 30mph in 4th gear and we need to slow down to make a manoeuvre we would generally need to brake to the required speed before selecting the appropriate gear.

That's all there is too it - you just need to repeat that simple procedure for each gear change that we need

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The skill element in gear changing comes in the following areas:

You may find it difficult at first to resist the temptation to look down at the gear lever when changing gear. I will be reminding you to look well ahead down the road (which is where any problems might be) and you will soon learn to select any gear confidently without looking down

Recognising when the time is right to make the gear change requires experience and practice - I will be guiding you at first until you learn to recognise from the sound of the engine or the right time to change down when we're approaching a manoeuvre - you'll soon get the hang of it for yourself

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Summary

This will probably be your first experience of driving a car, there is a lot to remember and it may seem complicated at first

Don't worry if it all seems a little confusing - by the end of the lesson you will be moving off and stopping smoothly and be able to change gear when prompted. We will be having lots of practice at the procedures we use in this lesson and practicing braking, clutch control and gear changing skills before we go onto to other areas of the syllabus

Remember these are the foundation blocks of your driving skills - I will make sure that the foundations are solidly in place before we move on to building on top of them

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Key Points

Moving Off

Look all round- we need to know it's safe! - If it is we can do the safety checks and start the engine

Prepare:

Select 1st gear - set the gas - find the bite

Keep feet still

Observe:

Check mirrors - is it safe?

If it's safe to continue - do we need a signal?

Move:

Release the handbrake to start moving

Steer gently to normal driving position

Clutch comes up slowly and when fully up foot away from pedal

Once in normal position check mirrors

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Changing gear:

Left hand to gear lever

Clutch to floor and ease off the gas

Smoothly move gear lever from 1st down into second

Hand back to steering wheel

Clutch slowly up - when past the bite gently on the gas

Once clutch is fully up foot away from the pedal

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Stopping: - Remember it's **Mirrors - Signal - Manoeuvre**

Interior and nearside mirrors - is it safe?

Consider signal

Keep looking well ahead as we steer gently to park position

Brake gently

Cover clutch and then clutch down to floor as we come to a stop

Ease the brake pressure just a little just before we stop

Handbrake on and select neutral

Rest your feet

Moving off & Stopping Knowledge Check

Q1

When stopping at the side of the road we should

- a. Always signal
- b. Signal only if it would help other road users
- c. Signal only if there are vehicles behind us

Q2

Before starting the engine we must check

- a. The handbrake is on
- b. The fuel gauge to see we have enough petrol
- c. The mirrors to see it is safe to move off

Q3

The normal driving position is

- a. In the middle of our side of the road
- b. About the width of an open car door from the left hand kerb
- c. Close to the left hand kerb

Q4

When moving off we should signal

- a. Always
- b. When we are in an area that is normally busy with traffic
- c. Only when necessary

Q5

You may park without lights at night on

- a. Well lit roads with a 30mph speed limit
- b. Well lit roads with a 40mph speed limit
- c. Any well lit road

Q6

When bringing the vehicle to a normal stop we should brake

- a. With a steady pressure - then easing the pressure when nearly stopped
- b. Hard and firmly so we can stop quickly
- c. Progressively - releasing some pressure just before we stop

Q7

The last thing we must do before moving off is

- a. Signal to let others know of our intention
- b. Use the door mirrors
- c. Look over our right shoulder into the blind spot and check the drivers side door mirror

Q8

To move off safely from a parked position you should?

- a. NOT look round if there is a parked vehicle close in front of you.
- b. Give a hand signal as well as using your indicators.
- c. Use your mirrors and look round for a final check.
- d. Signal if other drivers need to slow down



Q9

What is the safest way to brake?

- a. Put your gear lever into neutral, brake hard, then ease off just before stopping
- b. Brake lightly, then harder as you begin to stop, then ease off just before stopping
- c. Brake hard, put your gear lever into neutral and pull your handbrake on just before stopping
- d. Brake lightly, push your clutch pedal down and pull your handbrake on just before stopping

Q10

In which THREE places would parking your vehicle cause danger or obstruction to other road users?

- a. In front of a property entrance
- b. On your driveway
- c. At or near a bus stop
- d. In a marked parking space
- e. On the approach to a level crossing

Q11

When you park your vehicle you must NOT

- a. leave it in gear
- b. leave the sidelights on
- c. obstruct other road users
- d. park on a major road

Q12

In which FOUR places must you NOT park or wait?

- a. At a bus stop
- b. Opposite a traffic island
- c. On a dual carriageway
- d. On the slope of a hill
- e. In front of someone else's drive
- f. On the brow of a hill

Q13

What is the nearest you may park your vehicle to a junction?

- a. 15 metres (50 feet)
- b. 20 metres (65 feet)
- c. 10 metres (33 feet)
- d. 12 metres (40 feet)

Q14

You intend to park on a road at night without lights.

- a. Your vehicle must be visible from at least 10 metres (33 feet)
- b. You must park facing opposite the traffic flow
- c. You must park at least half of your vehicle on the pavement
- d. The road must have a speed limit of 30 mph or less

Q15

In which TWO places must you NOT park?

- a. Near a police station
- b. At a bus stop
- c. Near a school entrance
- d. In a side road
- e. In a one-way street

Q16

You wish to park facing downhill. What THREE things should you do?

- a. Park close to the bumper of another car
- b. Park with two wheels up on the kerb
- c. Put the vehicle into reverse gear
- d. Put the handbrake on
- e. Turn the steering wheel towards the kerb

Q17

You are leaving your vehicle parked on a road. When may you leave the engine running?

- a. Not on any occasion
- b. If the battery is flat
- c. If there is a passenger in the vehicle
- d. If you will be parked for less than five minutes

Q18

You want to move off from a parked position. The road is busy with traffic passing from behind. You should:

- a. Edge your way into the traffic until someone gives way.
- b. Wait without signalling for a safe gap in the traffic.
- c. Signal while waiting for a gap in the traffic.
- d. Give a signal and move away as soon as someone flashes you

Q19

What is the safest way to brake?

- a. Brake lightly, push your clutch pedal down and pull your handbrake on just before stopping
- b. Put your gear lever into neutral, brake hard, then ease off just before stopping
- c. Brake lightly, then harder as you begin to stop, then ease off just before stopping
- d. Brake hard, put your gear lever into neutral and pull your handbrake on just before stopping

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Answers:

- Q1 B
- Q2 A
- Q3 B
- Q4 C
- Q5 A
- Q6 C
- Q7 C
- Q8 C
- Q9 B
- Q10 A,C,E
- Q11 C
- Q12 A,B,E,F
- Q13 C
- Q14 D
- Q15 B,C
- Q16 C,D,E
- Q17 A
- Q18 B
- Q19 C