GET READY TO STOP

**Do you know what a STOPPING DISTANCE is?**

**Stopping distance = Reaction distance + Braking distance**

So, what does this mean?

1. **Stopping distance** is the combination of the reaction and braking distances.
2. The **reaction distance** is the distance a car travels from when the hazard registers in the driver’s brain to the time they apply the brakes.
3. The **braking distance** is the distance travelled from the time the brakes are applied to when the car comes to a stop.

**STOP & THINK**

1. Think about a young driver you know. What two important things would you tell them about stopping distances?
2. Many young drivers have rear end crashes. Why?
3. Write T (TRUE) or F (FALSE) next to each statement.
   - Your stopping distance is not affected by the condition of your brakes and tyres.
   - A loose road surface does not affect stopping distance.
   - If the road is wet, stopping distance should be more than doubled.
   - You should always drive to the conditions.
   - Under-inflated tyres can cause an increase in a car’s braking distance.

**DID YOU KNOW…?**

- Your reactions will be quicker if you are well rested and haven’t been drinking alcohol or taking drugs. It will also be quicker if you are concentrating and aren’t distracted.
- A car’s braking distance will be reduced at slower speeds.

**ON YOUR NEXT TRIP…**

- Watch your driver and the vehicles in front.
- Predict when your driver will slow down for an intersection, to turn a corner or to react to a hazard.
- Estimate how many seconds it will take your car to come to a stop once your driver has started braking.

**ASK YOUR DRIVER TO SHARE WITH YOU…**

- What can affect their braking distance.
- What can affect their reaction time besides alcohol and other drugs.
- What they do to allow for stopping distances.
- What they do if a car merges into the space in front of them.

**Road Safety Commission**

Stopping distance (0.39 sec)


[https://www.youtube.com/watch?v=XI35ll4eArI](https://www.youtube.com/watch?v=XI35ll4eArI)