

# TASK 5

# GET READY TO STOP

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

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

So, what does this mean?

- Stopping distance** is the combination of the reaction and braking distances.
- 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.
- The **braking distance** is the distance travelled from the time the brakes are applied to when the car comes to a stop.

## ? 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.

As a driver you always need to be **READY TO REACT.**

## 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.

## 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?

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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.

Check out the following for more information about stopping distances.

**Road Safety Commission**  
**Stopping distance (0.39 sec)**  
<https://www.rsc.wa.gov.au/Your-Safety/Behaviours/Speeding>  
[https://www.youtube.com/watch?time\\_continue=7&v=XI35ll4eArI](https://www.youtube.com/watch?time_continue=7&v=XI35ll4eArI)