The journey begins. Are you ready?
Keys4Life is a comprehensive, national award winning, evidence-based, pre-driver education program. It assists parents, schools and agencies to educate young people about safer road use and provides licensing and school graduation benefits.

Road Laws and Legal Requirements
Road laws change and test requirements for learner drivers may change accordingly. The most up-to-date information on the licensing system and its requirements can be found on the Department of Transport’s website. You are encouraged to access this information https://www.transport.wa.gov.au/licensing/my-drivers-licence.asp

This book is a guide only and is not legal advice.

The Keys4Life Program is a Road Trauma Trust Account funded project approved by the Minister for Road Safety and supported by the Road Safety Commission.
ABOUT THE TASKS
Each task is different. They all require you to sit in the front seat of the car so you can see the road ahead and observe your driver and other drivers.

You’ll be asked to:
• watch what is happening inside and outside of the car
• talk to your driver when it is safe to find out what they do to make each trip in the car a safe one
• stop and think about the things you’ve observed as a passenger and what this might mean to you when you become a driver.

Throughout all of the 10 tasks you will be encouraged to think about the type of driver you want to be and how you can help to keep yourself, your friends and your family safe on our roads.

PRACTISE AND MORE PRACTISE
We all know that you can only get better at something if you practise. It’s the same with driving. The more you practise driving safely, the more competent you will be.

DID YOU KNOW…?
For all learner drivers, the single most important protective factor is the hours of supervised driving experience they gain in real-world traffic situations before driving alone.*

You’ll need to ask someone to help you complete the 10 tasks in this journal. You should look to ask someone who has:

- been driving for at least four years
- is a safe driver
- can explain things to you clearly
- has time to talk to you about driving.

Once you have found a driver you need to negotiate some suitable times to complete the tasks. Try to use trips that you already do with them such as driving to school, the shops or to a friend’s house.

**WHAT’S COMMENTARY DRIVING?**

One way to find out about driving is to ask your driver to explain what they are doing when they are driving the car. This is called ‘commentary driving’. Your driver can share with you their thoughts and feelings, identify any hazards they have seen, and explain how they are driving and adjusting to the conditions.

Just make sure you are only talking with them when it is safe to do so.

Your driver may also become your driving supervisor when you are on your L plates so try to build a positive relationship with them!

**STOP & THINK**

What do you know about driving?

How do you feel about learning to drive?

What will having a driver’s licence mean to you?

What type of driver do you want to be?

What responsibilities will you have as a driver?

Who do you think you will ask to be your driver helping you with the tasks in this journal? Why have you chosen them?
**ON-ROAD PRACTICE DIARY**

You can use this diary to record information about each on-road task. Ask your driver to sign each task after you’ve entered it in your diary.

<table>
<thead>
<tr>
<th>TASK</th>
<th>DATE</th>
<th>TIME</th>
<th>CONDITIONS</th>
<th>DRIVER’S SIGNATURE</th>
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<td>Write the amount of time spent on the task</td>
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<td><strong>Traffic:</strong></td>
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<td>• None</td>
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</tbody>
</table>

1. Keeping an eye on things
2. Spot the error
3. Tolerance and courtesy
4. Be aware of distractions
5. Get ready to stop
6. Keeping a safe distance
7. Check your speed
8. Stop! Hazards ahead
9. Check out the conditions
10. Safety check

**Total time:**
Peripheral vision is what allows you to see objects all around you without turning your head or moving your eyes. Sometimes you only ‘detect motion’ but even this is very important when you are driving as it could identify a potential hazard.

Peripheral vision = The part of your vision that occurs outside the very centre of your gaze

1. What are four things that, as a driver, you need to be aware of in your peripheral vision?
   -
   -
   -
   -

2. It is more difficult to see things at night and your peripheral vision may not be as helpful. List four night time driving tips.
   -
   -
   -
   -

Now that you know what your peripheral vision is and why it is so important for safe driving, every time you are in a car, practise using your peripheral vision to notice what’s happening in front and to the sides of the car.

STOP & THINK

ON YOUR NEXT TRIP...

- Practise using your peripheral vision to notice what’s happening in front of the car and to the sides as well.
- See how many vehicles, road signs and signals you can spot using your peripheral vision.
- Watch your driver. How do they react to things in their peripheral vision?

ASK YOUR DRIVER TO SHARE WITH YOU...

- Some of the things they saw in their peripheral vision while driving.
- How they use their peripheral vision when driving.
- How they use their mirrors and over-shoulder checks to see what is happening behind and at the side of their vehicle.
- What a blind spot is.
- What else they do to help keep track of what is going on around their vehicle when driving.

TAKE-HOME MESSAGE

As a driver you will need to learn how to use your peripheral vision well so that you become aware of as much surrounding activity on and off the road as possible.
**SPOT THE ERROR**

Everyone makes mistakes. We all know that. **BUT** making a mistake when driving a car can be fatal.

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**ON YOUR NEXT TRIP...**

Spot any errors that drivers make. Here are some that you may see.
- Driving too fast for the conditions.
- Driving too slow for the conditions.
- Obstructing other vehicles.
- Not keeping left.
- Driving faster than the posted speed limit.
- Tailgating or following too close to the vehicle in front.
- Not judging or anticipating the speed of oncoming vehicles.
- Failing to completely stop at a stop sign.
- Changing lanes without indicating.
- Talking on a hand-held mobile phone.
- Changing lanes when it is unsafe to do so.
- Going through a red light.
- Driving too fast for the conditions.
- Being distracted.

---

**STOP & THINK**

1. Think of one error you spotted during a recent drive. What did the driver do wrong?

   ____________________________________________
   ____________________________________________
   ____________________________________________

   Why do you think the driver made this error?

   ____________________________________________
   ____________________________________________
   ____________________________________________

   How could the driver have avoided making this error?

   ____________________________________________
   ____________________________________________
   ____________________________________________

2. Think of a safe driver you know. What characteristics make them safer than other drivers?

   ____________________________________________
   ____________________________________________
   ____________________________________________

   What actions do they take that make them safer than other drivers?

   ____________________________________________
   ____________________________________________
   ____________________________________________

   Which characteristic is the most important for a safe driver? Why?

   ____________________________________________
   ____________________________________________
   ____________________________________________

---

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

- What errors they have seen other drivers make.
- How they deal with potentially risky driving situations.
- How they feel when another driver makes an error or does something that is unsafe.
- How they remain calm when another driver does something that puts their life or other road users’ lives at risk.
- What advice they can give about driving safely.

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Check out the following for more information about the Zero Deaths Start with Zero Excuses campaign.

Road Safety Commission
Zero Deaths Start with Zero Excuses
& Take a pledge
https://www.rsc.wa.gov.au/Campaigns/zero-excuses

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Keys4Life is a pre-driver education program for young people and their parents that aims to develop positive attitudes towards driving.

School Drug Education and Road Aware (SDERA.wa.edu.au)
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TOLERANCE AND COURTESY

SAFETY FIRST

As a driver you need to be careful, alert and considerate at all times. You have to work hard to ensure that your mood and emotions do not impact the way you behave behind the wheel of the car or as a passenger.

Even when another driver acts aggressively towards you, it’s best to remain tolerant, courteous and calm.

ON YOUR NEXT TRIP...

Observe your driver and other drivers showing tolerance and courtesy. This is what you can look for.
• Letting other drivers merge into traffic queues and giving them space to do this.
• Leaving a gap when traffic is banked across an intersection.
• Keeping left.
• Leaving a gap between cars. No tailgating.
• Allowing buses to enter back into the traffic flow.
• Remaining calm when another driver has made an error.
• Anticipating errors and constantly adjusting speed.
• Allowing cyclists to share the road.
• Giving way to pedestrians.
• Making way for emergency vehicles.

ASK YOUR DRIVER TO SHARE WITH YOU...

• How they show tolerance and courtesy to other drivers.
• What they do to stay calm when other drivers act unsafely or aggressively.
• Why they choose not to drive when upset or angry.

STOP & THINK

1) Describe some of the examples of tolerance and courtesy you saw during your on-road task.

2) What could you do to keep calm in difficult driving situations? (eg take several deep breaths, remove distractions etc)

3) In WA the government is sending a strong message about shared responsibility on the road and that anti-social behaviour or ‘hooning’ will not be tolerated. Drivers doing burnouts, racing another vehicle or driving 45km/h or more over the speed limit can have their vehicle impounded.

Why do you think that some people believe ‘hooning’ is okay?

What would you do if you were in the car and the driver started ‘hooning’?

Check out the following for more information about sharing the road with all road users.
Road Safety Commission
Might be a mate (Sharing the road safely with cyclists)
https://www.rsc.wa.gov.au/Campaigns/Might-be-a-Mate

Must be a metre (New law 30 Nov 2018 – Cycling passing distance legislation)
https://www.rsc.wa.gov.au/Campaigns/Must-be-a-metre
Be Aware of Distractions

Driving is a complex task = Lots of concentration + An ability to anticipate hazards on the road

When drivers are distracted they can’t give enough attention to the driving task. Driving safely has to be the FIRST priority.

Stop & Think

1. Although some driver distractions are unavoidable, there are things a driver can do to manage these distractions.

Write a list of ways to manage driver distractions.

- Turn off your mobile phone or set it to DO NOT DISTURB while driving.
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- Make a list of ways to manage driver distractions.

On your next trip...

- Make a list of driver distractions both inside and outside of the car.
- Watch your driver. How does their driving change if they are distracted?

Ask your driver to share with you...

- How they manage distractions inside the car.
- What might distract them outside of the car.
- If they think that experienced drivers cope better with distractions than P plate drivers and why.

Ask your driver to share with you...

- How they manage distractions inside the car.
- What might distract them outside of the car.
- If they think that experienced drivers cope better with distractions than P plate drivers and why.

2. When you start driving, how will you manage your friends if they are distracting you?

3. Do you think it should be illegal to use a mobile phone while driving? Why?

Check out the following for more information about managing distractions while driving.

Road Safety Commission Priorities – Distractions (0.32 secs)
https://www.rsc.wa.gov.au/Campaigns/Distractions
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.

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.

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
Now that you know how much distance is required to stop a car, let’s think about how drivers keep a safe distance from other cars.

Have you heard of the 2-second rule?

**HOW TO APPLY THE 2-SECOND RULE**

1. Select a landmark ahead (eg sign, tree) and when the vehicle in front of you passes that landmark, start counting 1001 and 1002.

2. If you reach the landmark before you count 1002, you are too close. SLOW DOWN!

**ON YOUR NEXT TRIP...**

- Have a go at judging when your driver is travelling at a safe following distance by applying the 2-second rule. How did they go?
- Look behind you. Is the car behind travelling too close?

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

- How they know when to slow down or not.
- If there is anything else other than the 2-second rule you need to think about when keeping a safe distance.
- How they feel when someone is ‘tailgating’ them.
- How tailgating affects their driving.
- What they do if they are being tailgated.

**STOP & THINK**

1. Think about what you’ve seen while checking following distances. What will you need to consider and do when you start to drive?

2. If someone was tailgating you, how do you think you would feel?

3. What’s the best way to deal with a tailgating car?

4. The 2-second rule works well on good roads and in fine conditions. What should you do if it is wet or foggy, or you are travelling on a gravel road or freeway/highway?

**Remember, always drive to the conditions.**

- Check out the following for more information on following distances.
  - Road Safety Commission
    - Following distances (0.39 sec)
    - https://www.rsc.wa.gov.au/Rules-Penalties/Browse/Following-Distances

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**Task 6**

Keys4Life is a pre-driver education program for young people and their parents that aims to develop positive attitudes towards driving.
The faster you drive. The harder you hit.

Lower speeds save lives. However, each year in WA people are killed on our roads or critically injured due to speeding.

Speeding isn’t just about high speeds. It’s also about driving at a speed that is too fast for the conditions.

Remember in the wet, in poor light, in heavy traffic or on poor roads, you need to adjust your speed.

SAFETY FIRST. DRIVE TO THE CONDITIONS.

ON YOUR NEXT TRIP...

• Look out for the posted speed on signs or as markings on the road.
• Check to see if your driver travels at different speeds within the posted speed limit. Why do you think this is?
• Try to guess the speed of the car you are travelling in. Check it with your driver.
• Watch other drivers on the road. Are they travelling within the posted speed limit?

ASK YOUR DRIVER TO SHARE WITH YOU...

• How often they check their speedo when driving.
• What strategies they use to stay within the speed limit.
• When they adjust their speed to drive to the conditions.

The speed limit varies according to the type of road and the amount of traffic on it. On local roads where there are NO signs, the speed limit is 50 km/h.

STOP & THINK

1. Why do some drivers speed?
   -
   -
   -

2. What might stop a driver from speeding?
   -
   -
   -

3. List three examples of potential hazards where you should reduce your speed.
   •
   •
   •

4. What is the speed limit in a school zone?
   —

Check out the following for more information about speeding:

Road Safety Commission
Priorities – Speeding (0.32 sec)
https://www.rsc.wa.gov.au/Campaigns/Speeding

Post-It Notes (0.31 sec)
https://www.rsc.wa.gov.au/Campaigns/Speed

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Remember in the wet, in poor light, in heavy traffic or on poor roads, you need to adjust your speed.

SAFETY FIRST. DRIVE TO THE CONDITIONS.

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• Check to see if your driver travels at different speeds within the posted speed limit. Why do you think this is?
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• Watch other drivers on the road. Are they travelling within the posted speed limit?

ASK YOUR DRIVER TO SHARE WITH YOU...

• How often they check their speedo when driving.
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STOP & THINK

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   -
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   •
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Road Safety Commission
Priorities – Speeding (0.32 sec)
https://www.rsc.wa.gov.au/Campaigns/Speeding

Post-It Notes (0.31 sec)
https://www.rsc.wa.gov.au/Campaigns/Speed
**STOP! HAZARDS AHEAD**

It doesn’t matter where you live, there will always be hazards near to or on the road.

On country roads there may not be a lot of traffic but there are hazards such as wandering animals, large trucks, and long sections of unsealed and gravel roads.

In the city there are more cars, motorbikes, pedestrians and cyclists. This means you have to be constantly watching for cars braking or pulling out in front or turning across busy intersections, and motorbike riders and cyclists sharing busy roads.

Concentrating, scanning for hazards, and reacting safely when you see a hazard are skills that you develop when you are learning to drive.

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

- How they notice hazards.
- What sort of hazards they have had to manage while driving.
- What is the first thing they do when they see a hazard.

**STOP & THINK**

1. Think about how, as a learner driver, you can avoid some of the potential hazards you have seen. Write down your ideas.

2. What do you think will be the most challenging driving skills to learn? Why? Who and what can help you to learn these?

3. What strategies will you use to avoid distractions while driving so you can concentrate on scanning for hazards?

**ON YOUR NEXT TRIP...**

1. Spot at least five hazards that your driver had to manage.
   - 
   - 
   - 
   - 
   - 

2. Watch how your driver manages each hazard. What did they do each time they approached a hazard?

3. Think about where you live. What are some hazards in your local area?

---

**TASK 8**

Keys4Life is a pre-driver education program for young people and their parents that aims to develop positive attitudes towards driving.
**CHECK OUT THE CONDITIONS**

**Practise driving in different conditions on different roads.**

Have you ever thought about all of the different conditions drivers have to manage when driving? Check these examples out.

### Different types of roads
- Freeways and highways
- A long stretch of road
- Narrow, winding road
- A gravel or corrugated road
- A busy intersection
- Railway crossing

### Weather conditions
- Smoky
- Foggy
- Stormy with hail
- Rainy
- Bright sunshine
- Night time
- Dusk/sunset

### Environment
- Heavy traffic
- Stretch of road where there are cyclists
- Near a school at finish time
- Hilly areas with curvy roads
- Flat countryside where everything looks the same

### ON YOUR NEXT TRIP...

1. Watch how your driver reacts to different conditions.
2. Try to anticipate what your driver will do when they notice different conditions. For example, if it started to rain, did your driver reduce their speed and turn on their windscreen wipers? Did they leave a bigger gap between them and the car in front?
3. Record the skills that were used by the driver to deal with different conditions.
   - **Vehicle control skills (eg changing gears, using the brakes)**
     - ____________________
     - ____________________
     - ____________________
   - **Traffic skills (eg changing lanes, merging)**
     - ____________________
     - ____________________
     - ____________________
   - **Safety skills (eg keeping a 2-second gap between their car and the car in front)**
     - ____________________
     - ____________________
     - ____________________
   - **Advanced driving skills (eg taking a break after two hours of driving)**
     - ____________________
     - ____________________
     - ____________________
4. At the end of the trip, talk to your driver about the conditions you observed.
ASK YOUR DRIVER TO SHARE WITH YOU...

- How they know to drive differently for different conditions.
- Which driving conditions are the most challenging.
- How they feel when other drivers don’t adjust their driving to meet the conditions.
- Why they think road users are at risk if drivers do not drive to the conditions.

STOP & THINK

1. What are some driving conditions that you will see and experience in your local area?

2. What are some driving conditions that you won’t see and experience in your local area?

3. Many crashes involving young people happen on country roads. What are six things you should do to stay safe when driving on country roads?

What can you do to experience and practise handling these conditions? For example, if you live in the country and want to travel to Perth, how will you cope with the increased traffic in the city?

Which of these is the most hazardous? Why?
**SAFETY CHECK**

As a driver you have a responsibility to make sure that the condition of your car isn’t putting you, your passengers or other road users at risk.

STOP & THINK

1. Write down who can help you check a car for faults and roadworthiness.

2. Write a list of five things you should check on your vehicle to make sure it is roadworthy.
   - 
   - 
   - 
   - 
   - 

ON YOUR NEXT TRIP...

- Ask your driver to show you how to do a POWER check. You can try it next time.
- Go with your driver to the petrol station and check the tyres, fill the car with fuel or gas, and clean the windscreen.
- Ask your driver to show you how to change a tyre. If they don’t know, Google it. Have a go at changing a tyre.
- Watch what your driver does before they start the car (eg check mirrors, seatbelt on, adjust seat etc).

ASK YOUR DRIVER TO SHARE WITH YOU...

- What they do regularly to maintain their car.
- How they know when their car is not running right.
- What makes a car roadworthy.
- What they do if they get a flat tyre when driving.
- How often they change the car tyres.
- Which car controls and devices they check regularly.

GO FOR FIVE!

Your choice of car can make all the difference if you are involved in a crash. Used Car Safety Ratings or ANCAP provide you with a safety rating that shows how well each vehicle protects its driver from death or serious injury in a crash.

So, if you are thinking of buying a car, check out its safety rating.

- Australasian New Car Assessment Program (ANCAP)
  - New car safety ratings
    - www.ancap.com.au
- Used Car Safety Rating (UCSR) system
  - How safe is your car

3. What type of car do you think you will buy when you start driving? Why?

4. Does it have a 4 or 5 star rating?
CONGRATULATIONS!
You have completed all of the on-road tasks in *Behind the wheel*.

Take some time to STOP and THINK about what you have learnt and what it means to you to become a SAFE driver.

What have you learnt?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Of all the things you have learnt and practised, the most important was...?

________________________________________________________________________

________________________________________________________________________

How do you now feel about learning to drive?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What type of driver do you want to be?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What will having a driver’s licence mean to you?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What will your key responsibilities be as a new driver?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Ask your driver to comment on any increase they have noticed in your knowledge about driving and the skills required to drive safely.

Your driver may like to suggest skills that you still need to practise before you get behind the wheel of the car.
SAFE DRIVING PLEDGE

You’ll soon be behind the wheel of a car, so it is important that you commit to being a safe, tolerant and courteous driver who respects other drivers and complies with all of the road rules.

1. Read and sign this pledge.
2. Ask your supervisor to sign the pledge.
3. Put this pledge somewhere where you can see it frequently or take a photo of it to use as your phone screen saver.

As a learner driver, I will:

- Get as much on-road experience as possible
- Plan my driving lessons
- Stay calm while I am learning to drive
- Talk to my supervisor about how I am feeling
- Always wear a seatbelt when driving
- Listen and act on feedback provided
- Put my phone away/on silent

Learner driver

Supervisor

Date

Date