

The Emergency Stop

In an emergency stop **Do Not** check into the interior mirror as this will cause a time delay. As you have been carrying out periodic checks into your rear view mirror you should be aware of what is behind you.

What is required is a quick reaction, so to begin with I would like you to practise pivoting your foot from gas to brake.

Throughout the manoeuvre it is important to maintain a firm grip with **both hands** on the steering wheel and as you brake stiffen your arms slightly to stop the wheel wandering and to stop you being thrown forward as you brake.

When you apply the brakes remember to pivot your foot from the gas to the brake pedal as you always do in general driving. There has got to be a firm pressure but do not stamp on the brake because it may lock up all four wheels and cause a straight wheel skid.

Let's just practise that pivoting. Well done.

Make sure your pupil does keep his heel on the ground and pivots the foot

You must depress the clutch immediately **after** depressing the brake.

If you depress the clutch before, or simultaneously with the brake, there is more chance the car will skid.

Once the car has come to a stop secure the handbrake and select neutral.

Select 1st gear and achieve your biting point.

Carry out a good pronounced all round observation - **looking from the blind spot over your left shoulder and taking in all mirrors and glass during the sweep of your eyes to the blind spot over the right shoulder** - to make sure there are no pedestrians who you may inconvenience or other vehicles who may undertake or overtake because you are stationary in the middle of the road.

Once clear, pull away and continue your drive.

However as this exercise is simulated, once we move away I would like you to pull up at the side of the road so we can discuss the exercise.

Remember to check both the appropriate mirrors and give a signal if necessary before moving to and stopping at the side of the road.

Remember that certain road conditions such as smooth tarmac, a greasy surface, wet leaves or ice can cause you to skid if you do not brake progressively, as when you apply the brake firmly weight is thrown forward causing the back of the car to become lighter.

Instructor - Emphasise

This car however is equipped with ABS braking which allows you to brake - and at the same time if appropriate, steer - the ABS will control braking and minimise skidding

It is essential in a car equipped with ABS that you continue to brake firmly and progressively when you hear a banging noise from the wheels. This is the ABS system working. If you take your foot off the brake at this point you will lose the benefit of ABS and possibly create more problems.