

PERSONAL SAFETY FOR (VULNERABLE) DRIVERS

DURATION	1 day.
RATIO	3 delegates to 1 instructor.
09.00	Introduction.
09.15	Personal Safety. a. Travelling alone. b. Discouraging unwelcome attention. c. Dealing with breakdowns.
10.15	Coffee Break.
10.30	Assessment drives and demonstration by instructor.
12.15	Lunch Break.
12.45	Roadcraft Theory
14.00	Manoeuvring exercises.
15.00	Tea Break
15.15	On road instruction.
16.45	Debrief.
17.00	Course close.
N.B.	Personal safety aspects will be stressed throughout the day. Comfortable, casual clothes recommended.