



# NOTTINGHAM ADVANCED DRIVERS

Welcome to the spring edition of the Nottingham Advanced Drivers Newsletter 2019. The weather is still cold and weather warnings will keep us using our advanced driving skills to stay safe whilst driving. Please enjoy the newsletter and if the text is to big or small or you want more or less give us your feedback! [mjd.swift@gmail.com](mailto:mjd.swift@gmail.com)

## 2018 was quite a busy year for your group!

### Here are just some of the highlights

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- 2018 was a busy year
- Nottingham Motor Show 2019
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- ◆ We have just started a reorganising observers activities to improve the process for candidates, we see this as an important change for the future.
- ◆ GDPR completion for group members
- ◆ Wollaton Park show success with new candidates and get together for members.
- ◆ National Observers attending Continental tyre demonstration at Donnington Park Circuit
- ◆ Another busy year for coaching to Advanced test standard with a very high Pass rate. Thank you to all observers helping make this happen.
- ◆ Change of meeting venue, We now Use the Holiday Inn as well as Lymns facilities and Edwalton Golf club depending on event.



## Nottingham Advanced Drivers AGM 2019

This years AGM is not far away and your attendance will be very much appreciated. The date of the next AGM followed by a Committee meeting will be **26th March 2019 starting at 7:30** at Holiday Inn Castle Bridge Road Nottingham.

Due to the success of last years event supported by members of the Nottingham Advanced Drivers group, the committee have decided to once again have a presence at this years show on the **8th and 9th June at Wollaton Hall**.

Plans are well underway and we hope to position ourselves in the same location as last year. We will be changing a few things to not only gain a few extra test candidates and members but spread the word about safe driving to the general public. There is quite a lot of publicity about smart motorways at the moment and we may decide to choose this as a theme (if agreed by the committee).

One thing is for sure! **We need your help!** Last year a few of you were kind enough to give up a morning or afternoon to help support the group and talk to the public about safe driving. The feedback I received was that everyone enjoyed themselves and were pleased to help. This year, although we do need help on the Saturday, we need more help on the Sunday as that's when we get lots of interested drivers.

Please don't think you will be left on your own, or you don't have enough experience. We will make sure you are up to speed with everything we are promoting on the stand and a committee member will always be present. Contact (click on name) [Mike Swift](#) or [Colin Davenport](#) if you can offer a morning or afternoon. Believe me your help will be appreciated. Further contact details on our website [Nottingham Advanced Drivers](#)

The meeting has a "formal" process to agree and or change committee members and report on group finances and progress for the last year (2018). It is open to all members and any member of the group can ask questions or raise issues.

Following the AGM there is a committee meeting to discuss ongoing activities and discuss a range to topics to move the group forward in its aims and objectives. These are always interesting and once again, all members are invited.

For too many years we have had the same committee (not that there's anything wrong with any of them you understand☺). But we need fresh ideas in the team, you don't have to sign up for weeks and weeks of volunteering, just a few days per year would be wonderful. If you want to help promote road and driver safety, and actually make a difference then come along.

A quick tip, some members park in Sainsbury's car park opposite (check the times) to avoid searching for a spot in the hotel.



# **iAM** LiveSmart RoadSmart

## Have you heard of IAM LiveSmart?

We believe that some of you are not aware of the current IAM LiveSmart webpage where discounts are available on a wide range of purchases.

I have listed just a few of these below and a link to the website and would recommend you have a look as there are far too many discounts to list here!

Visit the website by clicking [here](#) or go to <https://www.iamlivesmart.co.uk/>

You need to log in to take advantage of the discounts so have your membership card handy!



- Save up to £8600\* on a new car with Griffin
- Members can save up to 70% with Holiday Extras
- Save up to £350 per room with Warner Leisure
- Sail and save: 10% discount on ferry crossings with DFDS
- Protect your car with a Car Care Plan warranty
- Three course meal with wine for two at Café Rouge
- Get on the road with Blackcircles.com

## Nottingham Advanced Driver Group Information

As a local IAM affiliated group we provide all the mentoring and guidance you'll need as you develop your advanced skills with our team of friendly and skilled Observers. Each group provides this support in a number of different ways so please get in touch to find out more about the mentoring you will receive from us.

### Group Contact Details:

Colin Davenport and David Crooks are on the Group website with more information about our training courses and other useful information. [www.nottsiam.org.uk](http://www.nottsiam.org.uk)

### National Contact Details:

Details of the national IAM Roadsmart and the range of training courses available nationally can be found at <https://www.iamroadsmart.com>

## On the Road:

# 20's Plenty - from Mike Swift

Last year Colin ran an update for our Observers which included the adoption of 20mph speed limits and the slide which I have reproduced below. Those present showed a lot of interest so we thought it worth re-producing here.

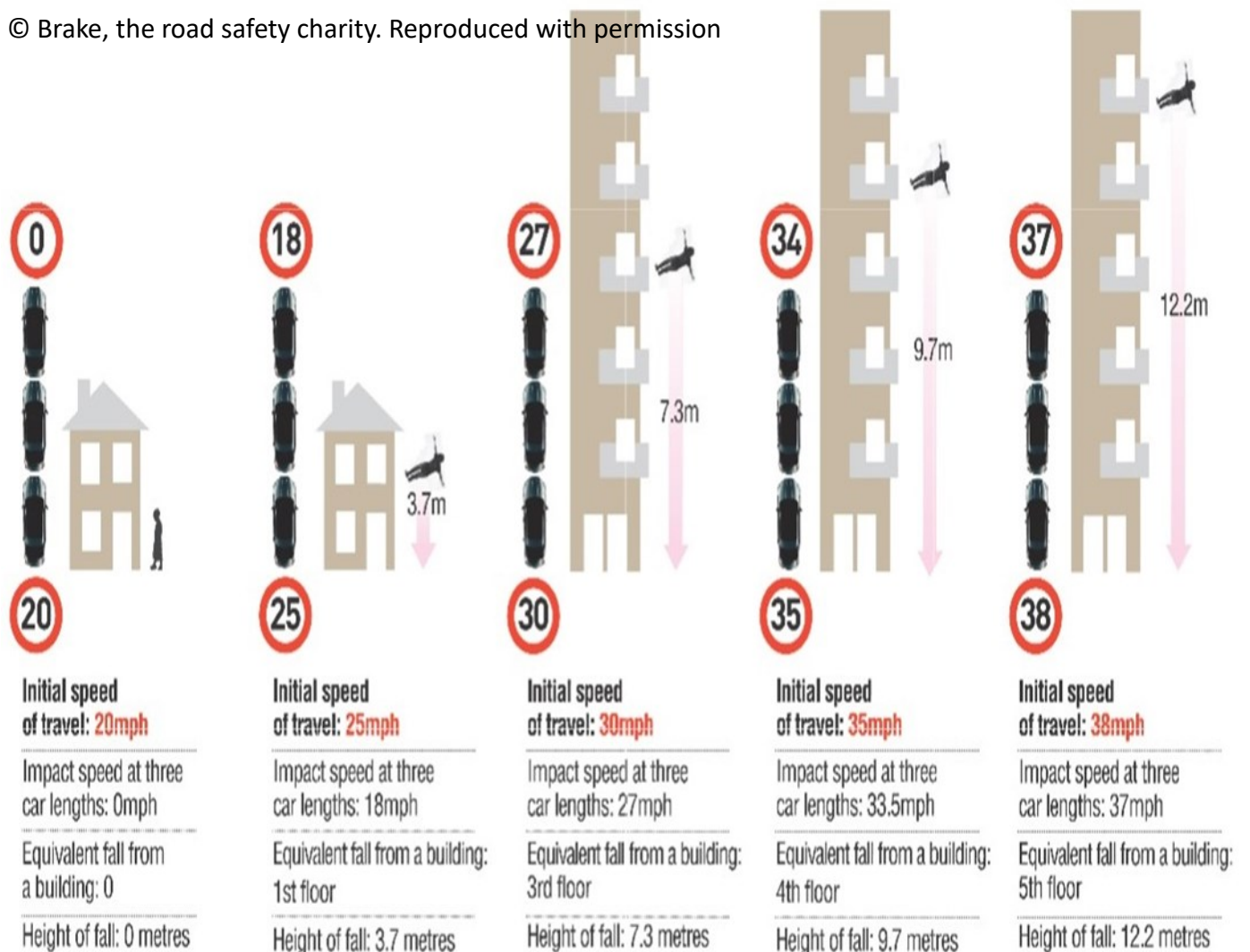
Just before you look at the diagram you need to take into account a couple of things. This exercise was set up for the average driver and the reaction times taken from the current Highway code. Now, (I hear you shout) those stopping distances were measured decades ago, tyre and braking technology has developed a huge amount so the true stopping distance will be less!

Whilst I agree the distance in which you can stop a vehicle has indeed reduced (but not by very much), the science behind measuring the average drivers reaction time has also improved! It is now agreed by most that driver distraction is a major factor in reaction time and recent tests have shown that the average drivers reaction time is over twice as long as stated in the Highway Code!

Add that into the mix and you can see why the diagram below makes sober reading. At an initial 30mph the driver hardly touches the brake as the distance is covered as he/she is reacting.

Mike Swift.

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## How to drive on a smart motorway

So, we all use Motorways but how many of us know everything we need to know about them. I have spent many years both working and driving on them and know they are the safest roads in the country,,,,,, until something goes wrong.

See below for a few tips from the Highways Agency.

If you would like a visit to the East Midlands Motorway Control centre to find out more (I think there is one in Nottingham), let me know [here](#), or via my email address, I will see if I can arrange something!

### *Quick tips from Highways Agency*

- Never drive in a lane closed by a Red X.
- Keep to the speed limits shown on the gantries or signs.
- A hard shoulder is always identified by a solid white unbroken line - if there's no speed limit displayed above it or a Red X is displayed, do not use it except in emergency.
- A broken white line indicates a normal running lane.
- If the hard shoulder is being used as an extra lane, use the designated emergency areas for emergencies.
- If your vehicle experiences difficulties, eg warning light, exit the motorway immediately, if you can.
- If you break down, put your hazard lights on. Most breakdowns are preventable - keep your car well maintained, check your tyres and make sure you have enough fuel for your journey.

If your vehicle is damaged or appears to have problems, always try to exit the motorway immediately. If that's not possible, you should follow these steps:

1. Use an emergency area if you can reach one safely. These are marked with blue signs featuring an orange SOS telephone symbol.
2. If you can leave your vehicle safely, contact Highways England via the roadside free emergency telephone provided in all emergency areas. If you can't get to the emergency telephone but have a mobile phone with you, call us on 0300 123 5000.
3. If you can't get to an emergency area but your vehicle can be driven, move it to the hard shoulder (where available) or as close as possible to the nearside (left hand) verge or other nearside boundary or slip road.



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## **Quick tips from Highways Agency Cont:**

4. If you feel you can exit safely with any occupants, consider exiting your vehicle via the nearside (left hand) door, and wait behind the safety barrier, if there is one and it's safe to do so. Keep clear of your vehicle and moving traffic at all times (for example if your vehicle gets hit, you're out of the way).

5. Switch on your hazard warning lights and any other lights such as rear fog lights or side lights, to increase your visibility especially if it's dark or foggy. Do not put out a warning triangle.

6. Contact your breakdown recovery service. All motorists should be able to make their own recovery arrangements in the event of a breakdown. We advise you to carry details of your provider with you.

If it's not possible to exit your vehicle safely, there's no safe place to wait, or you feel your life is in danger, put your hazard warning lights on and stay in your vehicle with your seat belt on. If you have a mobile phone, dial '999' immediately.

Our regional control centres use CCTV cameras to monitor and manage our motorways. Once they're aware of your situation (via CCTV or the police), they can set overhead signs and close the lane to help keep traffic away from you.

The control centre can also send a traffic officer or the police to help you, and assist you to rejoin the motorway when appropriate.

Please note that if you break down or are in an emergency, you must call for help as soon as possible.

Keep the following items in your vehicle in case you break down:

- warm clothes
- hi-vis jacket
- breakdown cover details
- charged mobile phone
- access to a route planner either via your smart phone or an atlas
- water and food
- a torch
- any medication you need

**Please be aware, in my opinion (Mike Swift) the first few seconds of a stationary vehicles on smart motorways are (by far) the most dangerous as although the technology identifies stationary vehicles very quickly, it takes a few seconds for the overhead signs to be switched on. I have seen this recently! Once the lane is closed I believe you are as safe as if you stopped on the hard shoulder of a normal motorway. Let me know your thoughts on Smart Motorways, I will print them in the next newsletter**  
[mjd.swift@gmail.com](mailto:mjd.swift@gmail.com)



## ***How is your Driving holding up?***

Many of us passed our advanced test quite a few years ago so have our standards dropped? I personally try to have my driving assessed each year as I know bad habits can creep in without me realising, many of you may be thinking the same! As a member of the NAD group, there is plenty you can do to check your standard.

We have a few Master Drivers within the group and National Observers who will be happy to complete a “check test” and offer advice to any member who wants someone to have an objective look at your standard and offer advice to keep you as safe as is reasonably possible. This is free to members.

There are a couple of other options that are mentioned below.

### **Members Assessment £36**

A chance to check if your driving skills are still at advanced level.

#### **Course overview**

Our member's Driving Assessment offers current full members of the IAM to have their current skill level voluntarily assessed against our advanced test standard.

This assessment is particularly suited to members who would like to demonstrate that their skills are of a standard to be added to our F1RST Register.

This assessment follows the format and structure of an advanced test and is conducted by one of our Examiners. You will benefit from a comprehensive report and personal feedback session at the end of the drive.

As a voluntary check of your current driving standard this assessment does not affect your IAM membership status. In the unlikely event that your skills have dipped below the advanced level then we will simply provide you with a personal report and debrief suggesting the areas that you may wish to develop. Your IAM membership will not be affected.

Get expert help to polish your skills, if there are a few areas that need a refresh then your local IAM RoadSmart group will be delighted to arrange some mentoring for you. Get in touch and see how they can help you.

## **The IAM RoadSmart Masters standard offers the ultimate challenge for civilian drivers and riders.**

### **Master Driver or Rider course with six mentoring sessions £299**

The full course including personal logbook, dedicated mentor, six mentored sessions and Masters test including extensive written report and feedback. Success will mean we award you Master status and includes the beautiful and coveted Masters membership card and certificate.

For more information about the group check test contact Colin Davenport via the NAD website [here](#). For more information about the Member Assessment or the Masters, you can get further information from IAM RoadSmart [here](#). If you have any problems, drop me an email at [mjd.swift@gmail.com](mailto:mjd.swift@gmail.com)