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# Road Safety Winter Driving Session Plan

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| **Session Plan** | | | | |
| **Session**  Road safety – Topic – **Winter Driving.** | | **Length**  20 Minutes. | **Facilities Required**  Parking, access, and egress.  Computer.  Projector & screen.  Internet access. | |
| **Content**  Slides 1 – 10. | | | | |
| **Aims**  This presentation is aimed to look at how drivers be prepared for winter driving, to be safer on the roads during the winter months. | | **Objectives (delivery Staff).**   * Teach road safety and how to be prepared for the winter months. * Explain that winter driving is very different than other times of the year. * Describe what actions to take before setting off on a winter journey, near or far. * Tell the group some winter car maintenance tips. * Talk about how to make a car more visible in poor winter weather. * Clarify some driving methods on winter roads. * Provide general advice on what to do if you get stuck in snow or ice. * Explain what to do if you're completely stuck in the snow. | | |
| **Time** | **Topic & Activity** | | | **Resources** |
| 2 minutes. | **Slide 1. Introduce yourself and the topics you will be discussing throughout the session (Road safety, Winter Driving).** | | | PowerPoint. |
| 2 minutes. | **Slide 2. Explain that driving in the winter is very different than in other times of the year.**  Adverse weather and longer periods of darkness (especially after the clocks go back at the end of October) makes driving more hazardous.  Sometimes conditions can be extreme, as we have found out over recent winters, with prolonged periods of heavy snow and floods.  Different weather conditions create different hazards throughout the winter and in different areas of the country at different times.  A single journey may take us into very different weather, road and traffic conditions, so we need to be prepared for each one.  This means that we need to adapt the way we drive to the conditions.  Most of us have very little experience of driving in extreme conditions, such as snow, so take some time to consider how it affects your driving.  Don't just drive as normal.  In very bad conditions, avoid driving completely, unless you absolutely have to make the journey and driving is the only option. | | | PowerPoint. |
| 2 minutes. | **Slide 3**. **Explain that before you set off…**  Allow extra time for winter journeys.  Plan routes around major roads, which are more likely to be cleared and gritted.  Try to get up at least 10 minutes early to give you time to de-ice the car.  Wear comfortable, dry shoes for driving so your feet don't slip on the pedals.  Check fuel levels – have at least a quarter of a tank in case of unexpected delays.  Clear all windows using a scraper and de-icer and wait until the windscreens fully demisted.  If you drive an automatic, check the handbook – some have a winter mode or recommend selecting ‘2’ in slippery conditions. | | | PowerPoint. |
| 2 minutes. | **Slide 4. Before you set off continued…**  Check the weather and remember to adapt your driving conditions if the weather turns.  Are you fit to drive? Have you slept well? Are you on medication that could affect your driving?  Remember that snow and ice can increase the normal breaking distance for your vehicle.  Leave plenty of space between you and other vehicles and try to avoid breaking hard. Using your gears to slow down too is a good idea.  Wrap up warm, take a flask containing hot drinks and blankets.  Charge your phone or have a charger in the car for emergencies.  A decent snow kit should include a shovel, torch, blankets, warm clothing, packaged food with a decent sell-by date, an ice scraper, a fully charged phone and any additional winter kit like tyre chains.  If you have these basics in the boot, then you'll be warmer, less hungry, and potentially back home quicker. | | | PowerPoint. |
| 2 minutes. | **Slide 5. Car maintenance tips…**  Don't let air out of your tyres to get more grip – it doesn't work, and it’s unsafe.  Only use snow chains if there’s enough snow to prevent damage to the road.  Think about getting winter tyres or all-season tyres – these are made from a special rubber that gives better grip in cold, wet conditions.  We recommend at least 3mm of tread for the winter.  Look after batteries and electrics.   * Top up your antifreeze in cold weather. | | | PowerPoint. |
| 2 minutes. | **Slide 6. Make your car visible in poor winter weather.**  With shorter days and more chance of rain, sleet and snow, there can often be poor visibility when driving in winter.  Make sure all car lights are working and the lenses are clean.  If the roads are really mucky, you might have to clean your lights after every trip.  Keep number plates clean, to avoid fines.  If you have to clear snow, don’t forget the lights – front and back.  You must use headlights when visibility is seriously reduced.  If you use fog lights, remember to switch them off when visibility improves so they don’t dazzle other drivers or obscure your brake lights. | | | PowerPoint. |
| 2 minutes. | * **Slide 7. Driving methods on winter roads.**   Pull away in second gear, easing your foot off the clutch gently to avoid wheel-spin.  If you have to use your brakes, apply them gently.  Driving uphill – leave plenty of room between  other cars or wait until it’s clear so you don’t have to stop part way up.  Keep a constant speed and try to avoid having to change gear on the hill.  Driving downhill – slow down before the hill, use a low gear and try to avoid braking.  Leave as much room as you can after the car in front. | | | PowerPoint. |
| 2 minutes. | **Slide 8. If you get stuck in snow or ice.**  Straighten the steering and clear the snow from the wheels. Put a sack or old rug in front of the driving wheels to give the tyres some grip.  Keep the windscreen and other windows clear of dirt and snow to avoid a fine.  Clear snow from the roof – it can fall onto the windscreen and block your view.  Air-con demists the screen faster and reduces condensation.  Replace worn or damaged wiper blades.  Don’t leave your wipers on auto when you park up if there’s a risk of frost. If the blades freeze to the screen, you could damage the blades or wiper motor when you turn the ignition on.  Use a suitable additive in your screen wash to reduce the chance of it freezing. | | | PowerPoint. |
| 4 minutes. | **Slide 9 and 10. If you're completely stuck.**  Keep calm. By panicking and trying to drive your way out, you'll only make things worse for the car, plus small passengers may get upset if they think there's a serious problem.  Don't spin your tyres or move your wheels from side to side - you'll end up burying yourself deeper or overworking your clutch and engine.  Use a snow shovel to dig the snow that is under your tyres. If you don't have one then use whatever comes to hand. If the car's exhaust is covered in snow, dig this out too as this could cause your engine to cut out.  If you have bought any snow socks or snow chains place them over your tyres, taking care to follow the instructions.  If you can get all passengers out of the car, then this can help to reduce weight and potentially make getting out easier. If you've got children in the car, then leaving them in their seats is advisable so they don't get cold.  If you get stuck on a road, deploy your red hazard triangle (if you have one) and don a high vis vest, if other motorists or larger vehicles are managing to get by, then you'll give them a better warning if you're blocking the way. | | | PowerPoint. |
|  | **Slide 11 - End with Stay safe this winter. Thank you. Any questions?** | | |  |