

## Run Sheet Driver/Rider- Competencies covered

This run sheet will assist in the development of the driver/rider on the reverse side is an area to record further information.

In the run column mark		
Competence Levels: 1 = Commended 2 = Satisfactory 3 = Requires Development		
Name	Competence	Observer comments. Run no.
Preparation	Pre-Drive/Ride Checks	
	Fitness/Eyesight check	
	Cockpit Drill (car only)	
	Rolling brake test	
	Knowledge – IPSGA	
Information	Observation – scanning	
	Use of mirrors and rear observation	
	Take, Use, Give (TUG)	
	Road signs and markings	
	Anticipation	
	Hazard Identification	
Position	Bends	
	Junctions and Roundabouts	
	Motorways	
	Overtaking	
	Hazard management	
	Vulnerable road users	
Speed	Speed limits	
	Acceleration sense	
	Limit point	
	Braking technique	
Gears	Clutch and changing gear	
	Choice of gear	
	Timing of changes	

		Competence	Observer comments. Run no.
<b>Acceleration</b>	Smoothness		
	Anticipation and planning		
	Hazard awareness		
	Progress and restraint		
<b>Other skills</b>	Steering		
	Slow manoeuvring		
	Knowledge H/code & course material		
	Courtesy to other road users		
	Vehicle/machine sympathy		
	Spoken thoughts (car only)		

## Run sheet - Observer Notes

Date:		Weather conditions		Observer Name	
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### Observer Comments

### Development Plan