

COURSE

Advanced Driving Techniques (ADT)



Length of Course: 8 hours

of Participants: 6, 9 or 12

Recommended for: Everyone with minimum class 7 driver's license

Prerequisites:

Your Greatest Risk (YGR) Presentation **OR** Standard of Care (SOC) Presentation
Minimum class 7 driver's license

Description:

Advanced Driving Techniques (ADT) has been developed to provide a comprehensive understanding of the driver's knowledge, skills and abilities, vehicles dynamics, and how the environment influences drivers. A key focus for all Advantage Fleet Services Inc. (AFSI) training programs is to demonstrate to drivers that most driving risks are not necessarily knowledge-based, but rather related to the driver's attitudes, motivation, and risk perception to engage in high-risk behaviour. AFSI customizes most training, including the ADT course, to meet the client's needs. This allows our clients to select the time of year and/or the driving conditions that are suitable for their drivers, equipment, and environment.

The purpose of the 8-hour course is to improve overall driving skills, to introduce the driver to shuffle steering and threshold braking, to heighten the awareness of the hazards associated with driving, and to modify risky habits and behaviour. This highly engaging and popular program is designed for participants with some driving experience, and is of benefit to employees who operate motor vehicles as part of their day-to-day activities.

Course Components:

The ADT training is typically a 1-day course that includes up to 4 hours of classroom plus a half-day of practical driving on a closed track, field, or parking lot to demonstrate advanced skills. Depending upon the size of the group (maximum is 12), the ratio is typically 3 students to 1 instructor. The course requires the use of 1 vehicle for every 2 students, preferably company vehicles that the employees use while on duty.

1) Classroom Session (3-4 hours)

This session is presenter-based. It gives students the opportunity to ask questions, to engage in peer-to-peer group experiences, and to share their stories and opinions. A participant workbook is provided for each student to help facilitate thinking and encourage participation. At the end of the session it can be taken away for future reference. Many of the techniques and concepts explained in the classroom session are a segue to the practical application.



A variety of topics are discussed regarding actual incidents, including: Due Diligence, Standard of Care, driving 'as an Art' rather than an Act, Foundation of Driving (stable platform concept, weight transfer, traction vs. friction, vehicle stability in cornering), Observation Skills (the Startled Driver, visual search methods, hazard avoidance, reaction time), time and distance, Threshold Braking and Shuffle Steering (acceleration, ABS vs. standard).

2) Practical Application and In-Vehicle On-Track (4 hours)

This component allows each student to practice performing practical hands-on exercises that reinforce the techniques described during the classroom and assessment process. These exercises are performed on a closed track under direct supervision of an AFSI instructor.

Operating in a controlled environment enables the students to acquire confidence. Practical exercises typically include 4 stations each with specific techniques assigned: Threshold (ABS) Braking Techniques, Slalom, Decision Maker, and Multiple Surfaces. In addition, other stations are often set up e.g. backing exercise in confined space.

