

# Controlled Stop

**Purpose:** To stop the car quickly, safely and under full control in as short a distance as possible.

## Key points:

**Quick reaction:** As this is an 'emergency' simulation a quick and immediate reaction is needed.

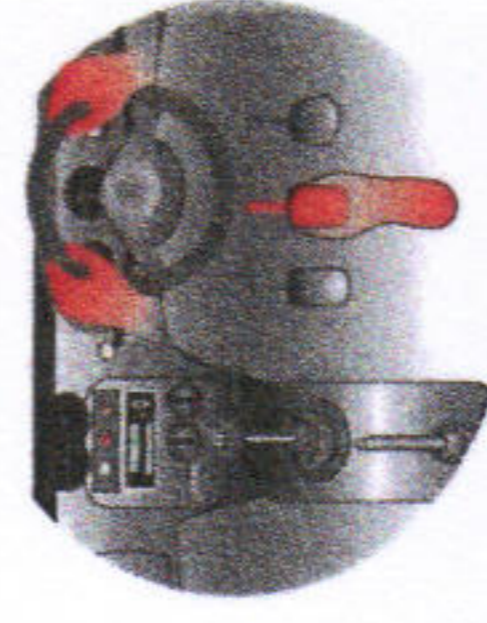
**Control:** Firm, progressive braking prevents the wheels from locking and a firm grip on the steering wheel with both hands keeps the car straight.

**Observations:** This is the one occasion when a mirror check is not required before stopping, however, you must do **all-round** observations before moving off.

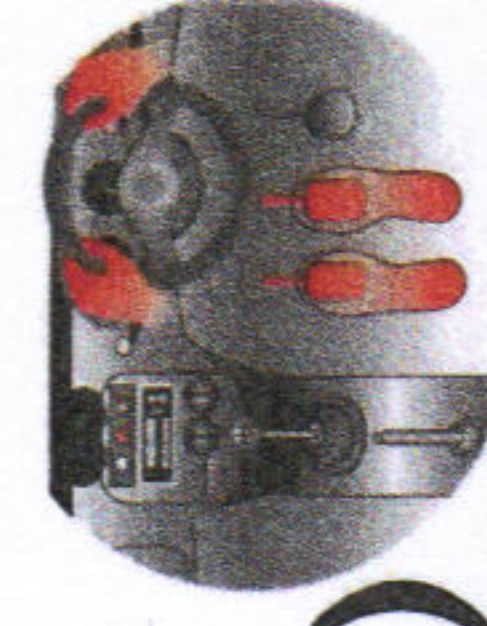
## Performing the Controlled Stop

- 1) Once you have been given the instruction to 'STOP' grip the steering wheel firmly and quickly apply the brakes increasing pressure as the car begins to slow to a halt.
- 2a) **In a vehicle with ABS** it is often advised to depress the clutch at the same time as braking. (Check the manufacturer's guide)
- 2b) **In a vehicle without ABS** depress the clutch just before the car stops.
- 3) Once the car has stopped apply the handbrake and select neutral.
- 4) When given the instruction to drive on prepare the car and check all around (360°, including left & right blindspots) before moving off. When it is safe to do so drive on.

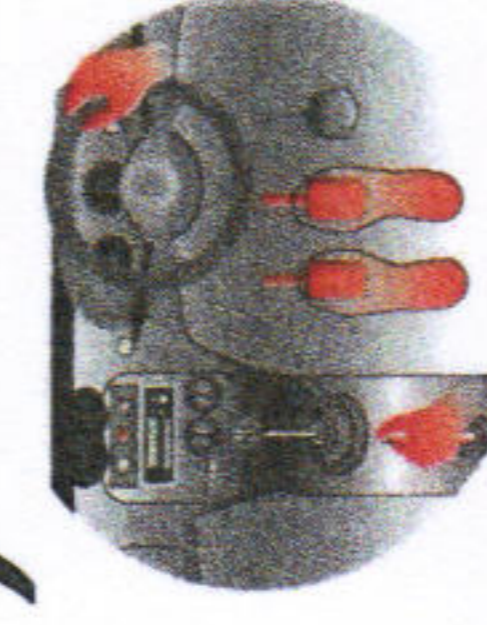
# STOP!



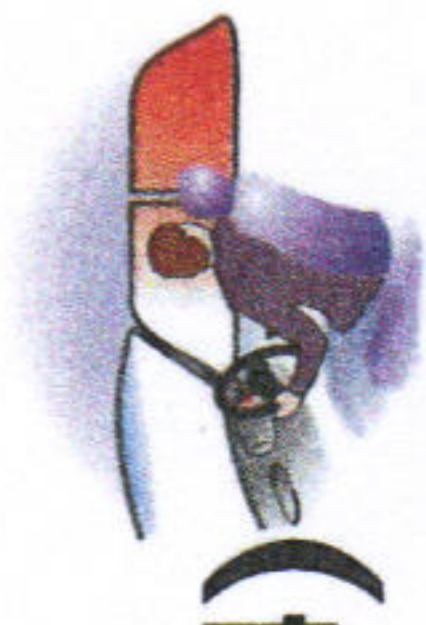
1)



2)

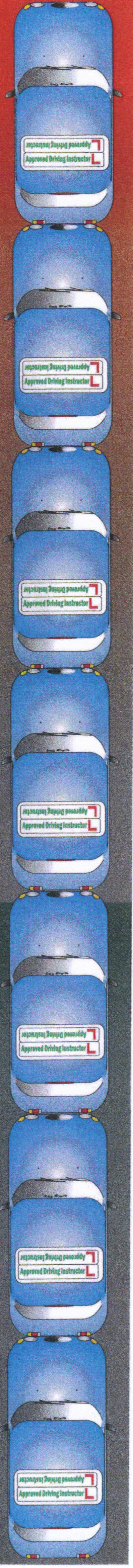


3)



4)

## REACTION DISTANCE BRAKING DISTANCE



At 50km/h, under dry conditions, the reaction distance is 9.2m; the braking distance is 14.8m, giving a total stopping distance of 24 m.

## Quick Quiz

1. Why is it not necessary for you to check your mirrors before braking when doing a controlled stop?
2. What is ABS and what does it do?
3. Why is it important to carry out all-round observations, before moving off, after a controlled stop?
4. True or false? Depressing the clutch early helps with braking and stability.
5. What is meant by the term 'progressive braking'?

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