

## Run Sheet Driver/Rider- Competencies covered

Name		ELECTRONIC VERSION NOT FOR PRINTING	
In the level column mark competence Levels: 1 = Commended 2 = Satisfactory 3 = Requires Development			
Run Number	Level	Observer comments.	
<b>Preparation</b>	Pre-Drive/ Ride Checks		
	Fitness/ Eyesight check		
	Cockpit Drill (car only)		
	Rolling brake test		
	Knowledge - IPSGA		
<b>Information</b>	Observation - scanning		
	Use of mirrors and rear observation		
	Take, Use, Give (TUG)		
	Road signs and markings		
	Anticipation		
	Hazard Identification		
<b>Position</b>	Bends		
	Junctions and Roundabouts		
	Motorways		
	Overtaking		
	Hazard management		
	Vulnerable road users		
	Speed limits		
<b>Speed</b>	Acceleration sense		
	Limit point		
	Braking technique		
<b>Gears</b>	Clutch and changing gear		
	Choice of gear		
	Timing of changes		
<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	
<b>Observer Comments</b>					

<b>Development Plan</b>					