

Name:

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The journey

- Risk training for life -



◀ SÄLEN

YSTAD ▶

◀ ÅRE



The training

Before you do your driving tests at Trafikverket you have to pass Risk Training part 2. A valid ID has to be presented prior to the start of the training.

To pass you will have to have good driving ability, you need to understand the risks and hazards in traffic. This is why this training should be as late as possible in your driving education. Your educator will decide when it's time for you to book your time with us.

If you don't fulfil the requirements and goals of the risk training you will not pass and will then have to come back to do the risk training again.

After your training is approved it will be reported digitally on your personal identity number to Transportstyrelsen.

(If you have difficulties with the language it is your responsibility to bring an interpreter.)

If you haven't received your education through a traffic school you can contact a school nearby. On www.kristinehedsbanan.com you will find all traffic schools that carries out training here on Halmstads Trafikövningsplats. Another option is to call us directly to book a time on 035-12 60 30

Welcome and Good Luck!

The goal of the training is:

Understanding the need to correctly use the safety equipment of the car.

Knowing your own abilities and limits.
Understanding the strengths and limits of technology (ABS/ESP/drive system).

Understanding the effects of the laws of nature.

The contents of the risk training:

2 hours practical training.

1 hour theory in an experience room.

30 minutes briefing and wrap up by staff at the training facility.


Opening hours are:

Monday – Thursday 08:00 – 16:00

Friday 08:00 – 14:00

Safety rules

- 1– Always stop by STOP signs and await starting prompt.
- 2 – Always keep a 10 meter distance to the car in front of you
- 3 – To pass, you have to follow the directions of the teacher regarding the exercises and participate in discussions in connection with the group talks. If you don't fulfil these requirements the risk training will be aborted.
- 4 – The maximum speed on the return tracks is 40 km/h.
- 5 – Carelessness and play may lead to having to redo the risk training. This will also happen if you fail to follow the instructions of the teacher.
- 6 – Windows shall be closed.
- 7 – Mobile phones shall be turned off.
- 8 – There may be a sobriety check prior to driving. On a positive result the fee will be forfeited and the training will be aborted.
- 9 – In the event of and accident:
Bandages/AED are available in the main building.
Fire extinguishers are available in all areas.
Rendezvous point is in the parking area.

<p>Perform</p> <p>The student performs a task</p>	<p>Experience & Realise</p> <p>The student participates and understands</p>	<p>Explain</p> <p>The student describes and reflects about an area of knowledge or a process</p>
<p>1. Efficient breaking from at least 70 km/h on coarse surface</p>	<p>2. The connection between driving technique and the behaviour of the car</p>	<p>8. Reasons to and consequences of over estimating their ability</p>
	<p>3. How different surfaces affects the car's driving characteristics</p>	<p>9. The difficulty to safely assess different surfaces at different weather conditions</p>
	<p>4. How the choice of speed affects the difficulty in different situations</p>	<p>10. The connection between experience and the ability to assess risks</p>
	<p>5. The connection between speed and crash speed</p>	<p>11. The importance of creating safety margins whilst driving to avoid risks</p>
	<p>6. Advantages, limits and risks with different technological systems</p>	<p>12. The course of events in typical accidents, the most common reasons for accidents and how to prevent and avoid them</p>
	<p>7. How different factors affect the length of the stopping distance</p>	<p>13. How seat belts and other safety equipment in the car is used correctly</p>
	<p>14. The importance of the tyres for safety and how placement of the tyres affect the behaviour of the car.</p>	<p>15. The importance of technical systems, such as ABS and ESP, in regards to safety</p>
	<p>16. The importance of speed limits</p>	

KRISTINEHEDSBANAN



Use The student does something based on their knowledge	Adjust The student adjusts their behaviour to a certain level	Value The student takes a stand and can explain why	Self-evaluate
17. The seat belt correctly	18. Driving to handle a given situations	19. The importance of avoiding risks	22. The ability to handle a risk situation & how decisions can affect risks
		20. The significance of the speed in consequences in accidents	
		21. The importance of wearing a seat belt and other safety equipment	

What risks can the trip include?

Before accomplished training

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After accomplished training

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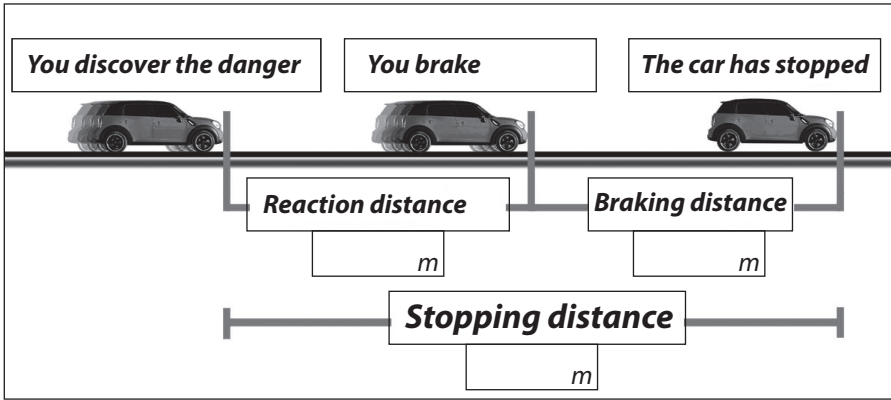
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Module 1

Braking on asphalt



The goal of the module:

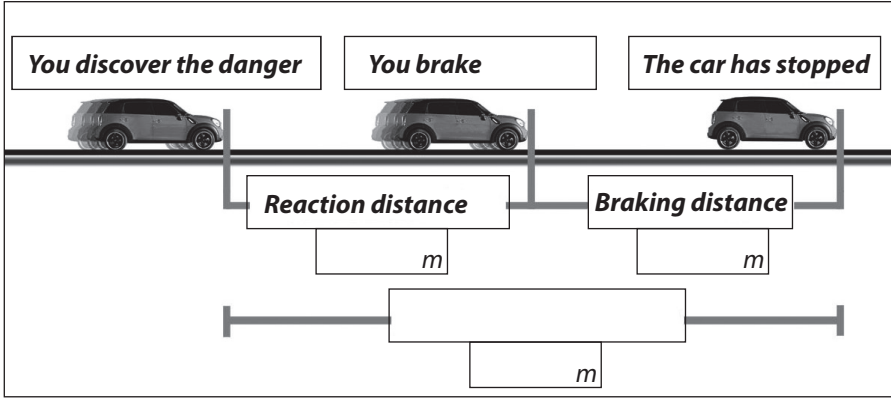
To experience the risks and problems that may occur at a hard brake on different surfaces and at different speeds.

This is how the module is completed:

- 1 – Accelerate to the speed your teacher has assigned
- 2 – Brake efficiently at the assigned spot
- 3 – Brake until the car stops
- 4 – Note the braking distance above

Module 1

Braking on slippery surfaces



Module 2

Braking on asphalt and slippery surface.

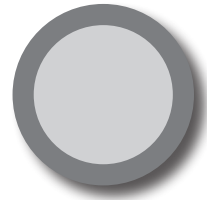
The goal of the module:

To experience the risks and problems that may occur at a hard brake on different surfaces and at different speeds.



This is how the module is completed:

- 1 – Accelerate to the speed your teacher has assigned
- 2 – Brake efficiently at the assigned spot
- 3 – Brake until the car stops
- 4 – Note the braking distance below



Speed/braking distance

Asphalt

Slippery

70 km/h

Speed:

Braking distance: _____ m _____ m _____ m

Estimated
braking distance: _____ m



Module 3

Evasive manoeuvre on slippery surface

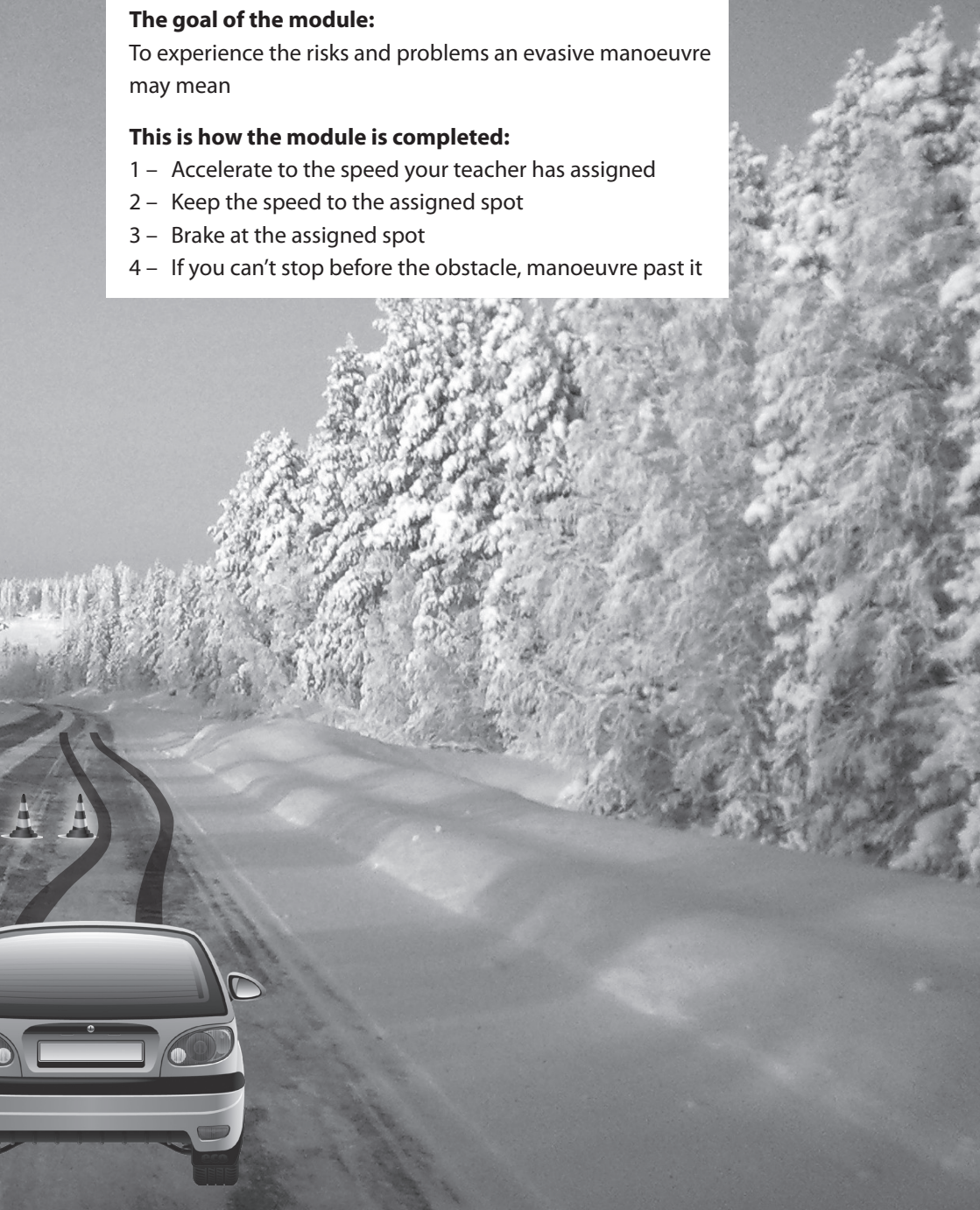


The goal of the module:

To experience the risks and problems an evasive manoeuvre may mean

This is how the module is completed:

- 1 – Accelerate to the speed your teacher has assigned
- 2 – Keep the speed to the assigned spot
- 3 – Brake at the assigned spot
- 4 – If you can't stop before the obstacle, manoeuvre past it



Module 4

Driving through a curve on asphalt/slippery surfaces

The goal of the module:

To experience and realise the risks and difficulties in driving through a curve on different surfaces

This is how the module is completed:

1 – Accelerate to the speed your teacher has assigned, keep your speed through the curve



Module 5

Efficient braking - stop by a traffic light

The goal of the module:

To experience and realise risks and difficulties in braking and steering simultaneously.

This is how the module is completed:

- 1 – Accelerate to the speed your teacher has assigned
- 2 – Keep your speed to the assigned spot
- 3 – Brake and steer along the right side of the road and stop by the traffic light



CURVE



STRAIGHT TRACK





Directions:

If you're coming from the E6/E20 – take exit 44 towards Centrum. Continue towards Centrum. Turn right at the first traffic light. Follow the road for about 500 meters, then turn right at the roundabout. Continue following the signs towards Kristinehedsbanan.

Welcome!

