

## Run Sheet Driver/Rider - Competencies covered

<b>Name</b>
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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	

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Run Number	Level	Observer comments.
<b>Information</b>		Use of mirrors and rear observation
		Take, Use, Give (TUG)
		Road signs and markings
		Anticipation
		Hazard Identification
<b>Position</b>		Bends
		Junctions and Roundabouts

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Run Number	Level	Observer comments.
<b>Position</b>	Motorways	
	Overtaking	
	Hazard management	
	Vulnerable road users	
<b>Speed</b>	Speed limits	
	Acceleration sense	
	Limit point	

In the Level column, mark competence levels: 1=Commended 2= Satisfactory 3= Requires Development

Run Number	Level	Observer comments.
<b>Speed</b>	Braking technique	
<b>Gears</b>	Clutch and changing gear	
	Choice of gear	
	Timing of changes	
<b>Acceleration</b>	Smoothness	
	Anticipation and planning	
	Hazard awareness	

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Run Number	Level	Observer comments.
<b>Acceleration</b>	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