

Final step 4 - Safety course on the road - log form

Keep this document through the course



Name: _____

1. Step 3 reflection

What experiences have you gained from the safety course on the skid drive track?

- points that have been useful and instructive?
- what do you want to get better at?
- can you use any of this for final training of step 4?

Regulation:

The student must further develop his driving skills in a road environment by:

- a) practice driving on roads of varying standards
- b) identify and describe the traffic environment, anticipate and point out possible risk points and indicate an appropriate way of driving ahead in time
- c) apply precise driving techniques and further develop an environmentally friendly and economical way of driving
- d) experience and experience situations with particularly high risk when entering and/or exiting a major road and assess and display appropriate behavior in such situations
- e) experience meeting situations and being overtaken, and assess and display appropriate behavior and willingness to ensure one's own and others' safety in such situations
- f) write log

2. Step 4 Safety course on the road

What expectations do you have for driving in a country road environment, as well as what expectations you have of yourself?

Intro theory (in classroom):	Reflection/summary:
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Loggføres under/etter kjøreturen i landevegsmiljø (4.1.2)

3. Justify the choice of speed

Throughout the drive, you must constantly assess your choice of speed. Which elements can be contributing and decisive when choosing a speed?

Intro theory (in classroom):	Reflection/summary:
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4. Environmentally friendly driving?

During the drive, you must drive in a way that is environmentally friendly. Which elements can be instrumental and decisive for environmentally friendly driving?

Intro theory (in classroom):	Reflection/summary:
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5. Precise driving technique/driving skills

Throughout the drive, you should have a precise driving technique and driving skills. What do you understand by the term precise driving technique?

Intro theory (in classroom):	Reflection/summary:
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6. Situations that involves overtaking and meeting situations

Experiencing meeting situations and being overtaken, as well as assessing and exhibiting appropriate behavior and willingness to safeguard one's own and others' safety in such situations.

What is important to you in such situations?

Intro theory (in classroom):	Reflection/summary:
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7. The authorities' measures to avoid accidents?

Do you know and have experienced/experienced what measures the authorities have put in place to avoid accidents?

Intro theory (in classroom):	Reflection/summary:
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Regulation:

Plan and practice driving in a varied traffic environment by

- a) use appropriate aids in order to be able to describe, explain and justify various conditions one must wait for and take into account during the drive
- b) drive independently over longer distances in a changing environment that varies in road standards and between typical country roads, urban and urban environments
- c) justify action choices and driving methods
- d) write log

4.1.3 - planning route - step 4

Planning and execution of a driving route in a varied traffic environment

Start at Bergen Bil&MC Skole on Danmarks plass, or place agreed with your teacher.

Then follow the different places in the order set.

The most important thing is that you make a plan, and follow YOUR plan.

Ideally, plan the drive at home in advance

You must plan the route in advance, and all aids are permitted. Feel free to use map services such as Google maps, 1881 etc. Feel free to ask your traffic teacher if you have any questions.

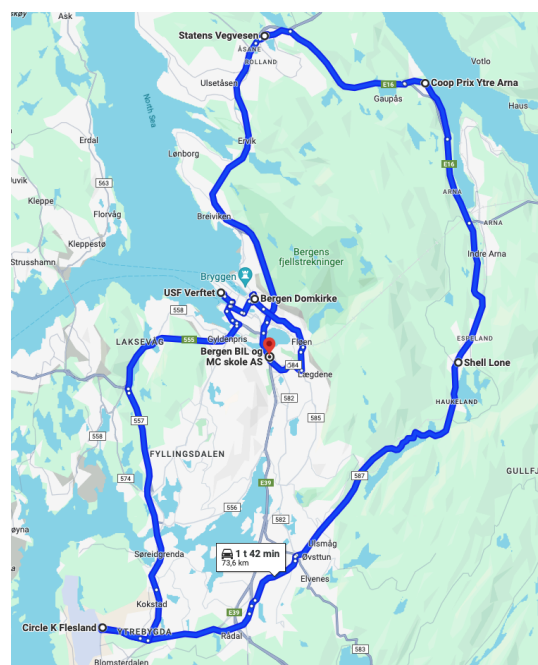
It is permitted to use navigation/GPS as an addition, but based on experience it is not sensible to rely solely on that, as attention often disappears from the traffic picture when following navigation.

Good luck!

During planning, you should:

- think through what you expect to encounter from one point to the next, e.g. surroundings, type of road, traffic volume, environment, safety
- justify the choice of route to the individual point
- think through the need for breaks and nutrition
- calculate time consumption between each point, as well as time consumption at a stop
- prepare the car for the trip (what could be important points here?)

Tip: Very often it can make sense to check out Google Street View, to take a look at relevant signs and intersections, so that you may recognize yourself when you get to the various places.



Start at the traffic school or planned destination

	Notes/plan (road number signs, etc.)	Destinasjon
1		Statens Vegvesen kontrollstasjon Heiane, 5131 Nyborg
2		Coop Prix Ytre Arna Peter Jepsens veg 19, 5265 Ytre Arna
3		Shell Lone Hardangervegen 697, 5268 Haukeland
4		Circle K Flesland Flyplassvegen 425, 5258 Blomsterdalen
5		USF Verftet Georgernes Verft 12, 5011 Bergen
6		Bergen Domkirke Domkirkeklassen 1, 5003 Bergen
	extra destination if available time	
7		Bergen Bil&MC Skole Fjøsangerveien 32, 5054 Bergen

Log with reflections of the planning route 4.1.3

Here you can write a little about what experiences you had during the planning route. Did you make a good plan? Did you manage to follow your plan? What was challenging?

And of course you are welcome to use this available open space on the sheet to write whatever you like. 😊