Level 1 - Basic Skills

The Cockpit Drill - DSSSM

Doors
As the driver it’s your responsibility to check all doors are closed properly. You can hear if they shut with a nice thud and by looking in the door mirrors or look for warnings on the dashboard.

Seat
Adjust your seat so you can reach all the pedals and controls. In a manual car adjust your seat so that when your left foot fully depresses the clutch pedal you have a slight bend in your left knee.

Seatbelts
As the driver it’s your responsibility to check all passengers are buckled up for your own safety. Legally you are responsible for passengers aged 13 and under. Passengers above 14 are legally responsible for themselves.

Steering
Most modern cars have adjustable steering wheels. You should be able to comfortably reach the steering wheel and have an un-interrupted view of the dashboard. You can do this by checking that your wrists can touch the top of the steering wheel without having to stretch.

Mirrors
Finally adjust your centre and door mirrors. First, frame the rear window in the centre mirror. Then the door mirrors – you should be able to see 10% of car with the horizon running through the middle – half road / half sky.