

Course Overview / Agenda

Our training consists of hands-on accident avoidance training, supplemented by classroom discussion. The training methodology is used by the VT state police, the MA state police, Vermont League of Cities and Towns, and many private companies to make their employees safer by reducing accident rates. It has been proven to reduce accidents among all of these agencies (additional info. can be provided by request).

Specifically the training addresses the driving issues that most affect the safety of drivers while on the road. The inclusion of skills was developed after examining insurance and police data to find the most dangerous activities, and assessing the biggest needs.

All of the training is performed in our vehicles, and each hands-on drill is taught one-on-one with one of In Control's highly qualified instructors in the car.

Our hands-on training includes:

- Proper hands and seating
- Emergency braking skills (ABS), including two-off maneuvers
- Advanced steering skills, including over and under steering and speed control
- Backing up skills and awareness
- Following distance/tailgating
- Emergency avoidance maneuvers

This is supplemented with classroom discussion and training that additionally addresses:

- Situational awareness
- Understanding road-rage
- Airbag awareness
- Vehicle assessment
- Other topics pertinent to the specific individuals involved
(contact In Control with specific curriculum enhancement requests)

Time	Description
PRE-START	Arrive at Site / Check-In Arrive early so you don't get locked out from the airfield
0:00	Introduction / Orientation
0:30	ABS – Panic Stop Learn what ABS means and does. Feel how it works when you accelerate to highway speed & then slam on the brakes.
1:00	Slalom Course Practice proper hand position while steering through a series of cones at slow speeds, and then gradually accelerate so that you can appreciate the difficulty of controlling your vehicle (even at relatively slow speeds).
2:00	Tailgating How close is too close when following another vehicle. Get the opportunity to follow our lead car, deal with distractions and try to react quickly enough to avoid a fender bender, ambulance ride or trip in a hearse!
2:40	Backing Up Far fewer deaths occur in these accidents, but backing up crashes are responsible for a millions of dollars in property damage every day. Learn what you can do to avoid these costly mistakes.
3:00	Emergency Lane Change Take everything you've learned today and put it together to learn how to control your vehicle when it counts.
4:00	Wrap up / Quiz / Course Evaluations
4:30	Course Complete