**For the Trainer**

Hand out page 2 to each driver. Use page 1 (this page) as your guide and ask the questions below. Guide the conversation to get the correct answer. Many questions have more answers listed then required.

Drivers should complete page 2 by writing in the answers, signing and dating the handout. Once the training is completed collect page 2 for your training file.

For the best result, supplement this training with an online training program or DVD’s.

1. What is the easiest way to minimize the odds of getting into rear end collision?

Maintaining extra following distance from the vehicle ahead of you.

2. How much following distance should be between you and the vehicle in front of you in the city?

2 to 4 car lengths or 2 to 4 seconds in normal driving conditions.

3. On the highway or freeway, how far behind another vehicle should you travel?

4 to 6 car lengths or 4 to 6 seconds in normal driving conditions.

4. Name two (3) three additional ways to avoid rear end collisions?

Signal in advance for lane changes, be aware or surroundings, increase distance during bad weather, pay attention to how the car in front of you is using their brake lights, don’t drive distracted.

**For the Driver**

Write your answers to the questions below, print and sign your name, date and turn this into your trainer.

1. What is the easiest way to avoid rear end collisions?

2. How much following distance should be between you and the vehicle in front of you in the city?

3. On the highway or freeway, how far behind another vehicle should you travel?

4. Name two (3) three additional ways to avoid rear end collisions?

Driver Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Driver Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Trainer Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_