

# Moving Off & Stopping

**Moving Off:** Firstly, make sure you have completed your Cockpit Drill and checked the handbrake is on and the gear lever is in neutral. Once you have started the engine you can start the Prepare, Observe & Move routine (POM for short).

## Prepare:

- Press the clutch pedal all the way down and hold it there.
- Select first gear, without looking down at the lever.
- Set the gas by gently depressing the accelerator. The engine sound should be a lively hum.
- Ease the clutch up slowly till you reach the biting point. You should hear the sound of the engine change as the revs drop slightly. Hold the clutch still in this position.
- You are now prepared.

## Observe:

- Check the road ahead and your centre mirror. If there are other road users (O.R.U.s) approaching then wait and check again before proceeding further.
- Check your left door mirror and your left blind spot if necessary.
- Check your right door mirror.
- Look around over your right shoulder to check the blind spot.
- Consider giving a signal. If safe to move - handbrake ready.
- Check behind and over the right shoulder again just before moving off.

## Move:

- When you are absolutely sure it is safe to move off release the handbrake.
- At the same time gently ease the clutch up until the vehicle starts to move.
- Apply a little more gas as you let the clutch up slowly.
- Steer smoothly out to the normal driving position.
- Take your left foot completely off the clutch pedal.
- Check your mirrors.
- If safe to do so make progress.
- Continue frequent mirror checks.

**Stopping:** The routine for stopping is always the same with the exception of an emergency stop. Use the MSM routine.

## Mirrors:

- Check your centre and left door mirrors.
- Check for O.R.U.s especially cyclists who may come up on your left side.

## Signal:

- Consider whether a signal is necessary.
- Remember pedestrians need to know your intentions as well as other traffic.
- Make sure your signal is not misleading.

## Manoeuvre:

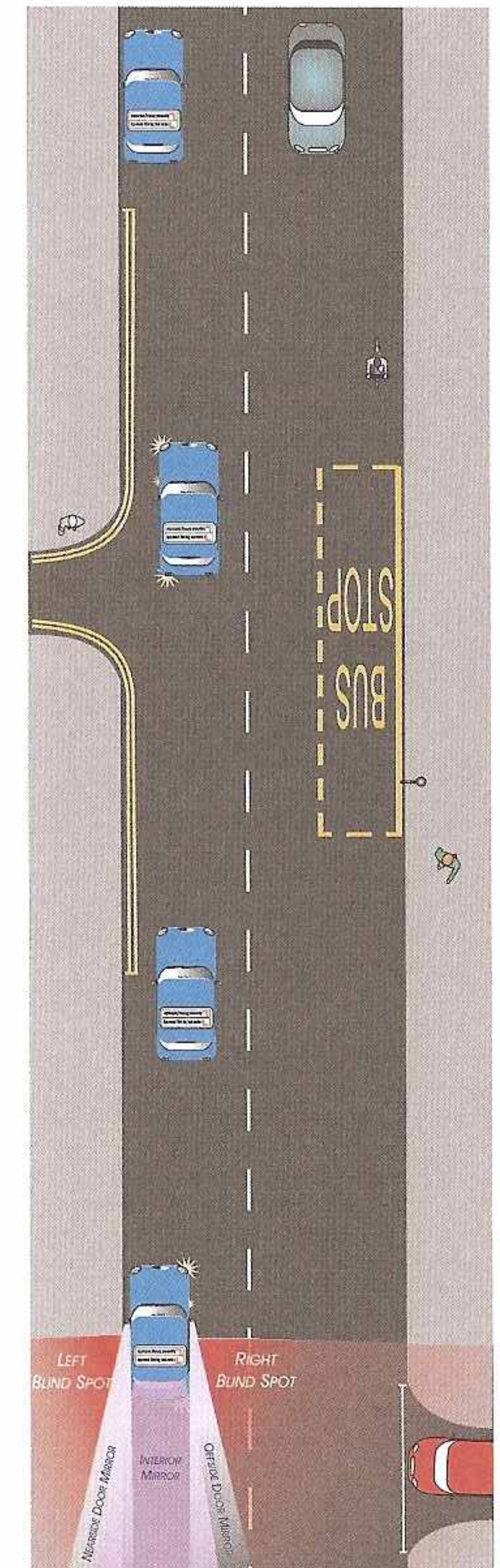
- Come off the gas and progressively start to brake.
- Steer into a parked position.
- Just before the vehicle stops press the clutch all the way down.
- Ease off the brake slightly as the vehicle comes to a stop. Keep your feet still.
- Apply the handbrake and select neutral.
- Relax your feet.

**NB:** You must make sure that you choose a safe, convenient and legal position to stop.



**Quick Quiz**

1. True or False? When about to move off if a car is approaching from behind you should signal to let him know that you intend to move off.
2. Where, on the illustration, would it not be safe, convenient or legal to stop?
3. Where is your 'normal driving position'?
4. What do the signs above mean?



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