

4X4 'Professional Off Road Driving



Course Objectives: To enable course members to:

- Be able to carry out a risk assessment
- Understand the main principles of driving off-road
- Recognise the safe working environment for off-road vehicles on typical ground surface conditions
- Be able to assess the suitability of any ground/route, before attempting to drive over it
- Prepare and perform the necessary checks to ensure the safety of a vehicle off-road and on-road
- Safely operate a vehicle in an off-road situation with a variety of typical ground surface conditions (slopes, Mud, obstacles, water)
- Have an understanding of the dangers of vehicle recovery

Who is the course designed for?

Any person who is/will be required to operate a 4X4 vehicle in an off-road environment. All trainees must be able to demonstrate that they are competent in driving normal vehicles in a road situation and hold a **current driving licence**. An individual assessment will be carried out and those reaching the required standard will receive the nationally recognised certificate

Duration: 2 days

Instructor/Trainee Ratio 1:3 Max

Course Content:

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| <ul style="list-style-type: none"> • Vehicles • What can go wrong. • Familiarisation. • Tram lining. • Are you stuck? (Regaining traction) • Route planning • Off-road to on-road. • Water. • Avoiding 'bellying'. • Vehicle control • Assessment | <ul style="list-style-type: none"> • Preparation of vehicle for off-road • Practical preparation of vehicles • Hill use including traversing • Obstacles and crossing ruts, etc • V shaped gully • Recovery techniques • Cadence braking and power braking • Descending slippery hills • Conclusion |
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Equipment & Facilities: **Trainee Equipment**

- 4x4 vehicle complying with safety regulations in a well maintained state
- Wellington boots
- Wet Weather clothing
- Tyre pressure gauge
- Operators instruction books for own machinery
- Notebook and pencil
- Overalls