

## **CPC Advanced Performance 7 Hours**

### **Course Aims and Objectives**

#### Aims:

To develop, reflect and enhance existing skills, behaviour and attitudes. Develop safer approaches towards safe road use using advanced and defensive techniques. Including vehicle checking, on-road skills, fuel-saving techniques and hands-on skid & ABS training.

Objectives – to discuss, understand and develop strategies to manage:

- **A presentation discussing skid risks and causes**
- **Skid training**
- **ERT (Emergency Reaction Training)**
- **The role speed plays on the road**
- **Skid causation and prevention, modern technology in skid prevention**
- **Advanced and defensive driving techniques**
- **Time to reflect on attitudes and beliefs**
- **Promoting safer road use**
- **Optimising fuel use and reducing wear & tear**