



## DEFENSIVE DRIVING TRAINING 2014 PROGRAMME

TIME	Day 1	Day 2
08h30 - 10h30	<b>Urban</b> ✓ principles of vehicle control	<b>Rural</b> ✓ principles of off road driving ✓ 4x4 obstacle course (practical)
<b>10h30 - 11h00</b>	<b>REFRESHMENT BREAK</b>	
11h00 - 12h30	Anti-Hijack Drills (practical)	Negotiating Different Terrain ✓ mud ✓ sand ✓ water
<b>12h30 - 13h30</b>	<b>LUNCH</b>	
13h30 - 15h00	Skip Pad (practical)	Vehicle Recovery (practical)
<b>15h00 - 15h15</b>	<b>REFRESHMENT BREAK</b>	
15h15 - 16h30	Principles of Night Driving	Review