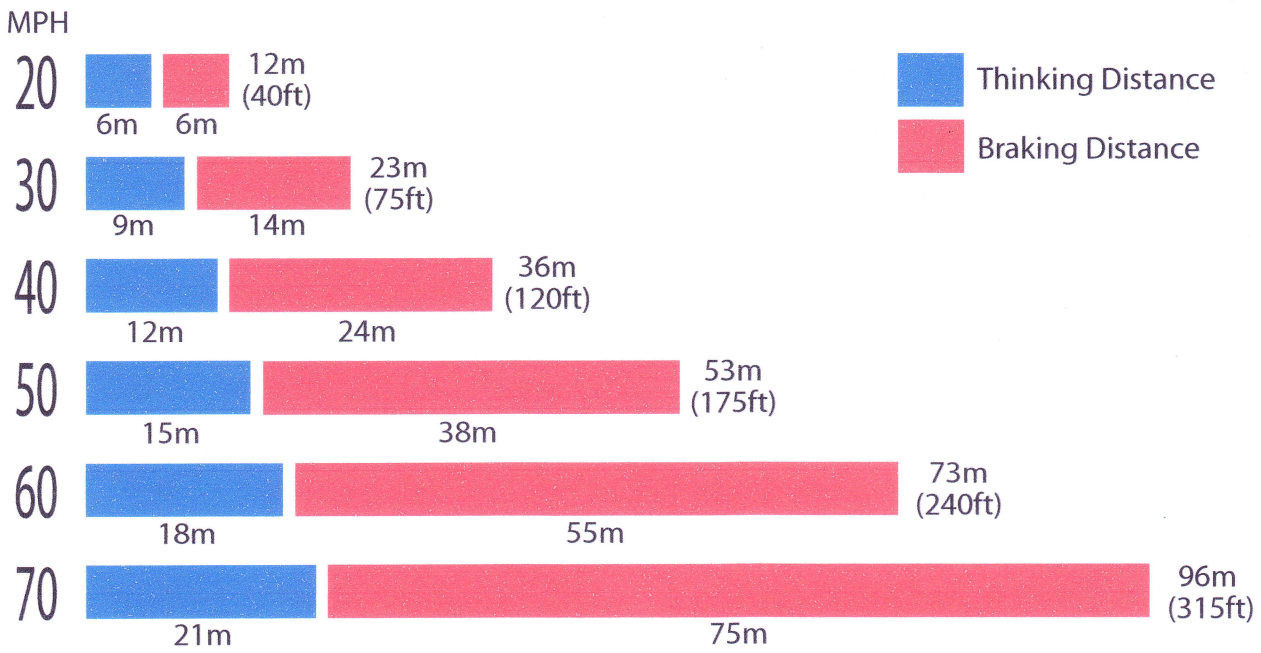
TYPICAL STOPPING DISTANCES



The Overall Stopping Distances are **DOUBLED (x 2)** for wet roads and multiplied by **TEN (x 10)** for snow and icy conditions.

Below is a chart showing a system for working out the **Overall Stopping Distance** in feet.
Example: 30mph x 2½ = 75ft

Thinking Distance in feet is the same as the speed travelling at.
Example: 30mph = 30ft think distance

To calculate the **Braking Distance** in feet just deduct the Thinking Distance from the Overall Stopping Distance
Example: 75ft - 30ft = 45ft

CALCULATION SYSTEM FOR STOPPING DISTANCES IN FEET

MPH	THINKING DISTANCE	+	BRAKING	=	**OVERALL STOPPING DISTANCE**	=	***MPH x ?***
20	20	+	20	=	**40**	=	***20 x 2***
30	30	+	45	=	**75**	=	***30 x 2½***
40	40	+	80	=	**120**	=	***40 x 3***
50	50	+	125	=	**175**	=	***50 x 3½***
60	60	+	180	=	**240**	=	***60 x 4***
70	70	+	245	=	**315**	=	***70 x 4½***

1m = 3.28 feet. For metres: divide measurement in feet by 3 and take the nearest answer.

SEPARATION DISTANCES

A reasonable rule to apply with good dry road conditions is a gap of **1 metre per mph** of your speed.
Example: 45mph = 45 metre gap.

To judge this gap a useful technique is the **'two second rule'**. When the vehicle in front passes an object, say to yourself - **'only a fool breaks the two second rule'** if you reach the object before you've finished saying it then your are too close.

If a vehicle travelling behind you has a gap of only 1 second, then increase the gap in front of you to 3 seconds.