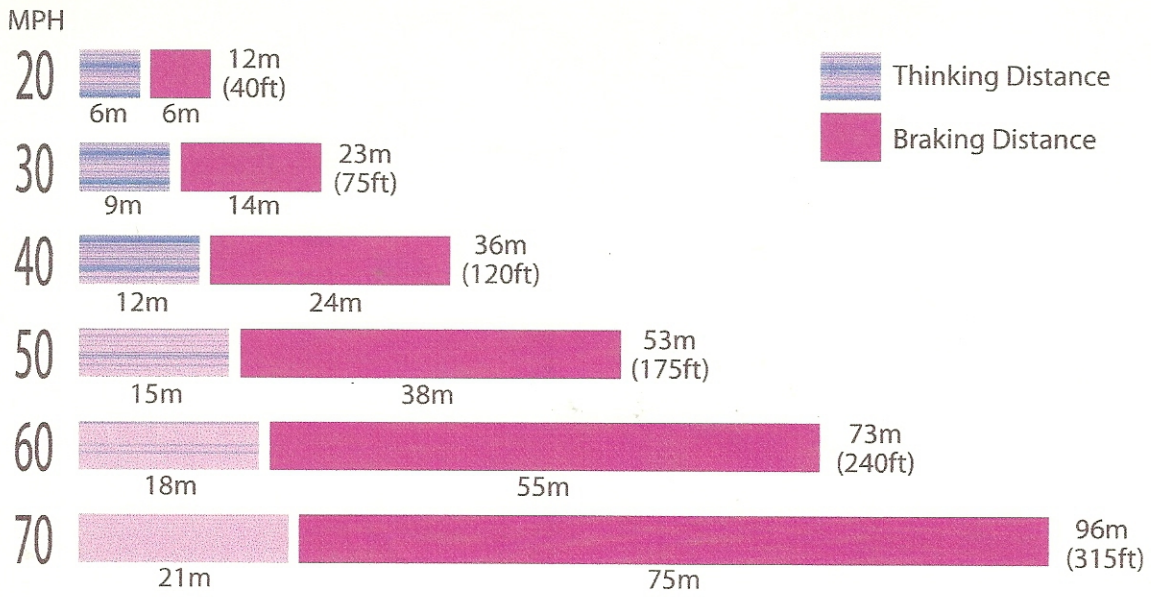
## TYPICAL STOPPING DISTANCES




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.