



Bedford Group RoSPA Advanced Drivers

RoSPA Advanced Drivers and Riders Accredited

Members Newsletter

May 2022

Visit the Bedford Group of RoSPA Advanced Drivers at <http://www.road-a-bedford.org.uk>

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Other Committee Members	Tony Glasson, Jenny Holliday and Rosemary Whittington	
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**Welcome to the May 2022 issue of the Bedford Group of the
RoSPA Advanced Drivers Newsletter.**

Main topics:

Chairman's chatter

Report on Elstow May Festival held at Bedford Moot Hall Green 7th May

**AGM 17th May 8pm- 9pm Face to face meeting- Venue Bedford Fire and Rescue
Southfields Kempston**

Committee meeting – 24.05.22

Snippets

Quiz

Val Jones

May 2022

Elstow May Festival held on Saturday 7th May at Moot Hall Green Elstow.

There were a variety of entertainment and stalls.

We had a stall for RoSPA. We were blessed with the weather and the event was well attended.

This was the first festival to be held in three years. £2363 raised for the church coffers and (money is still being received)

Martin our able Chair, Secretary and tutor manned the stall with Jenny another tutor from the committee.



We had some goodies provided by RoSPA headquarters and Martin had prepared some information about the Bedford Group to distribute and a raffle.

We managed to have a couple of good conversations with like-minded groups which may lead to something interesting in future.

There was some interest in the stand and we made a small profit on the raffle.

We felt very fortunate that the weather was so kind.

This picture was taken from the bell tower. It shows how busy it was!



AGM – Tuesday 17th May 8pm – 9pm

Our AGM was held at The Fire and Rescue Headquarters Southfields Road in Kempston. Members were invited to join the AGM in person and eat cake or via a skype link.

It was a real treat to have the opportunity to meet face to face thanks to Martin Smith the Watch Manager of the Fire and Rescue Service.

The committee members have all agreed to continue to stand with Martin Kidds as our able Chair and Secretary, David Worgan as our Treasurer, Alan freeman as Webmaster, David Chamberlain as Training Co ordinator, Jenny Holliday as tutor and myself as Newsletter Editor. Martin and David are also tutors and the group aims to secure an Advanced Tutor as soon as possible to enable further tutors to be trained. Tony Glasson and Rosemary Whittington also agreed to remain standing as committee members.

The updated constitution which can be found on the group's website was adopted. Following the committee meeting the group can renew our accredited group status for another three years.

Members with a retest were invited to arrange a free observed drive to provide any pointers to prepare for their test.

We thanked our members joining us via Skype namely, Tony Glasson (committee member) Bob Bethnell, and Judith Slaymaker. Judith proposed a vote of thanks for the committee for keeping the group going under recent challenging circumstances which was much appreciated.

The meeting at the Fire and Rescue Headquarters concluded with coffee and cake.

Val Jones Newsletter Editor

Committee meeting held 24th May 8pm

Discussions included thanks expressed to the Watch Manager Martin Smith for allowing our group to access the Fire and Rescue Headquarters in Kempston in Spring Road for our AGM.

It was noted that the annual website security certificate has been secured for the forthcoming year.

Martin has in Chairman's mentioned some interesting contacts were made at the Elstow May Festival which may lead to something positive in the future.

Chairman's Chatter

Chairman's chat – May 2022

Thanks for picking up a copy of our latest newsletter – as ever packed full of interesting features.

I'll keep it brief this time and just reflect on a few recent successes for the group. We've taken our first step to getting out and about again, firstly with a stand at the Elstow May festival on a beautiful sunny Saturday earlier in May. We had some modest interest and made some contacts with a couple of local organisations which may lead to some interesting collaboration in the future. My thanks to those on the committee who helped with the committee and Alan our Webmaster who got us the

pitch and arranged for the weather to be kind on the day!

We also held our first 'in person' AGM at the Beds Fire and Rescue headquarters in Kempston – with a few members joining on Skype also we had the best of both worlds! The committee were re-elected and we've updated our constitution. Since then our accreditation with RoSPA has been renewed for another three years. All important to give us a foundation to keep the group going. We couldn't have done it without the wonderful hospitality of Martin Smith at BFRS, so our thanks to him.

Another success as you'll see elsewhere is we've had our first Associate test pass since the end of Covid restrictions. A milestone for the group and especially for the candidate and their Tutor, heartfelt congratulations to them both. This is why we do what we do folks.

Thanks as always for your continuing support.

Martin Kidds (Chairman and Secretary)

Note from RoSPA

Fleet examiner vacancy with RoSPA

RoSPA is currently recruiting Fleet Examiners and we're sharing this in case any of our members are interested

Do you have experience in fleet training/examining?

If so....do you?

- hold (or are willing to achieve) a Gold standard in the RoSPA Advanced Driving Test
- have good verbal and written communication skills

RoSPA Fleet Safety are looking for Associate Fleet Examiners to deliver examinations on behalf of RoSPA Fleet Safety as part of an ongoing project. To promote RoSPA as the number one choice for road safety training and train the trainer solutions.

We can offer you:

- The opportunity to improve road safety by

improving standards, knowledge and skill of road users

- Paid expenses
- Fees for driver tests
- Flexible work

Do you meet this criteria and are you interested in joining our team of passionate road safety advocates?

Please visit www.RoSPA.com/vacancies for more information. The closing date for applications is 20 June 2022.

Reminder

If you are waiting to be allocated a tutor you are advised to purchase and read the current edition of Roadcraft (2020) and The Official Highway Code (2022).

When you are allocated a tutor you are advised to **make contact within a four week period.**

Drives can be arranged at a mutually convenient time. If contact has not been made within the four week period you may be put back on the waiting list to allow another member access.

Remember to forward details on your test passes, dates and grades to secretary@roada-bedford.org.uk to ensure we have the correct details and can celebrate your successes. We also wanted to highlight that **the group offers an observed drive to members ahead of a retest.** If we have the relevant details we can anticipate a request may be forthcoming.

Have you been notified by RoSPA that you are due a retest?

If so, let us know if you would like to book an observed drive through the Training Co ordinator? training@roada-bedford.org.uk

Congratulations are in order.

Congratulations to Carol O'Brian who achieved a **Gold** on her test on Friday 20th May after nine drives with Mary Arnold and one observation drive with Martin.

Details forwarded by David Worgan (Tutor and our treasurer) from **Care on the Road** – April issue.

He noted with some interest the article (p.10 onwards) which mentioned 'Safe Motorway Driving' and the importance to make sure the vehicle is roadworthy and carrying out the FLOWERY check:-

- F – Fuel
- L – Lights
- O – Oil
- W – Water
- E – Electrics
- R – Rubber
- Y – Yourself

'R – Rubber' refers to tyres. Logically this SHOULD include wipers since if your wipers aren't in good condition then you can't see due to rain (heavy spray from lorries etc.)or snow which is so dangerous.

An interesting point.

Another information sheet you can download from the RoADA website

Driver Fatigue and Road Accidents Factsheet

Crashes caused by tired drivers are most likely to happen:

On long journeys on monotonous roads, such as motorways.

Between 2am and 6am

Between 2pm and 4pm (especially after eating, or having an alcoholic drink)

After having less sleep than normal

If taking medicines that cause drowsiness after long working hours or on journeys home after long shift, especially night shifts

Drivers most at risk

Young male drivers, truck drivers, company car drivers and shift workers are most at risk of falling asleep while driving. However any driver travelling long distances or when they are tired is at risk of a sleep related accident

Young male drivers are most commonly involved in sleep-related road accidents, but this may be because they are more likely to drive in situations which are likely to lead to fatigue rather than because they are more susceptible to falling asleep at the wheel. Similarly, shift workers and commercial vehicle drivers may have a higher risk of sleep-related crashes due to work-related factors. Many professional drivers, especially HGV drivers report increased levels of sleepiness and are involved in a disproportionately high number of fatigue-related accidents, with around 40% of sleep-related accidents involving commercial drivers. However, two thirds of drivers who fall asleep at the wheel are car drivers. Most (85%) of the drivers causing sleep-related crashes are men, and over one third are aged 30 or under.

There has also been a recent focus on medical professionals and fatigue in the media, especially those who work long night shifts. A recent study has discovered that amongst 2170 trainee anaesthetists in the UK, 84% stated that they had felt too tired to drive home after a night shift and 57% had experienced an accident or near-miss when travelling home from a night shift

How to avoid falling asleep at the wheel

The Highway Code (Rule 91) gives the following advice:-

Driving when you are tired greatly increases your accident risk. To minimise this risk:

- Make sure you are fit to drive. Do not begin a journey if you are tired. Get a good night's sleep before embarking on a long journey.
- Avoid undertaking long journeys between midnight and 6am, when natural alertness is at a minimum
- Plan your journey to take sufficient breaks. A minimum break of at least 15 minutes after every two hours of driving is recommended
- If you feel sleepy, stop in a safe place. Do not stop on the hard shoulder of a motorway
- The most effective ways to counter sleepiness are to drink, for example, two cups of caffeinated coffee and to take a short nap (up to 15 minutes).

Most of the things that drivers do to try to keep themselves awake and alert when driving are ineffective, and should only be regarded as emergency measures to allow the driver time to find somewhere safe to stop. Drinking at least 150 mg of caffeine and taking a nap of around 15 minutes are the only measures that help to reduce sleepiness. But even these are temporary measures; sleepiness will return if the driver does not stop driving within a fairly short period of time

The safest option is for drivers to avoid driving when sleepy, when they would normally be sleeping or when they are ill or taking medication which recommends not driving or using machinery. It is crucial that drivers plan journeys, especially long ones involving driving on motorways or other monotonous roads.

Drivers should:

- Try to ensure they are well rested, and feeling fit and healthy (and not taking medication which contraindicates using machinery), before starting long journeys
- Plan the journey to include regular rest breaks (at least 15 minutes at least every two hours)
- If necessary, plan an overnight stop • Avoid setting out on a long drive after having worked a full day

- Avoid driving into the period when they would normally be falling asleep
- Avoid driving in the small hours (between 2am and 6am)
- Be extra careful when driving between 2pm and 4pm (especially after having eaten a meal or drunk any alcohol)
- If feeling sleepy during a journey, stop somewhere safe, have a drink containing caffeine and take a short nap.

Fatigue detection and warning devices

There are devices to detect when drivers are feeling sleepy and to warn them. However, RoSPA is concerned that drivers would rely on them, and may even be tempted to drive when they are tired, believing that the device will prevent an accident. It is far better for drivers to avoid driving when too tired, to plan their journeys safely and follow the advice in the Highway Code and RoSPA's guides.

The cost of motoring- Electric cars

If you're considering an electric vehicle for the first time, you might be confused by the terminology and array of acronyms you're faced with. A summary of the commercially available electric car types is as follows:

1. Electric vehicle (EV)
2. Battery electric vehicle (BEV)
3. Plug-in hybrid (PHEV)
4. Hybrid (HEV)
5. Mild electric vehicle (MHEV)
6. Range-extended electric vehicle (RE-EV)
7. Hydrogen vehicle (FCEV)

What EVs are available?

These are exciting times for EVs with the number of vehicles available increasing rapidly and new models launched almost weekly.

Models currently available in the UK include the Nissan Leaf, Renault Zoe, BMW i3, Kia e-Niro and Soul, Hyundai Ionic and Kona, VW e-Golf, Jaguar I-PACE and Tesla Model S, Model X and Model 3.

How much does an electric car cost?

Evs generally have higher purchase costs but are cheaper to run.

The lowest price EV's according to the RAC start at a little under 20,000 once the government funded purchase grant has been deducted, though at this price you will have to lease the batteries monthly. The lowest price EVs with owned batteries start at around 25,000. Used EV's can be purchased in the U.K from around £10,000, but you will have to consider a potentially deteriorated battery life.

The RAC note that electric car leasing is often much more an affordable option for those looking to make the switch.

Price of electric cars vary widely from less than £7,000 for a Renault Twizy (however the Twizy is technically a quadricycle, rather than a car) to £120,000+ for a top spec Tesla Model S.

Entry level EV's

	Approximate price
Nissan Leaf	£27,000
Vauxhall Corsa- e	£27,000
Voltswagon ID.3	£27,000
Honda e	£26,000
Renault Zoe	£25,000
Mini Electric	£24,000
Voltswagen e-up	£20,000
Smart EQ	£17,000

Mid Range EV's

	Approximate price
Tesla Model 3	£40,000
BMW i3	£36,000
Tesla Model Y	£35,000
Tesla Cybertruck	£35,000

Kia e Niro	£34,000
Voltswagon e golf	£34,000
Hyundia Ioniq	£30,000
Hyundai Kona	£29,000
Peugeot e-208	£29,000

Remember to factor in deductions from the government grant and the cost to hire the battery if that's applicable to the model you are interested in.

Warranty

EVs typically have between five and eight years warranty on the electric motor and battery components.

For the rest of the car, the length of warranty depends on the manufacturer – ranging from three years and 60,000 to seven years and 100,000

How much does it cost to run an electric car?

A household tariff of 15p/KWh would cost £6.60 whereas fully charging the same battery at a motorway might typically cost twice the amount.

(NB I am not sure what the cost per KWh is at present with the hike on energy costs so please check your home tariff rather than rely on the figures in this RAC article.)

Electric service and repair are likely to be considerably lower than petrol or diesel equivalents) EV's will have less wear on brake pads and do not have a gear box, clutch, exhaust, catalytic converter, starter motor etc.

Electric cars however still have to have an MOT after three years of age, but there is no emissions test.

Other Electric Car incentives

- 1) Pay zero road tax (unless the car has a list price of more than £40,000)
- 2) Very low/ Zero company car tax
- 3) The VAT on domestic electricity is only 5%

- 4) EV's are eligible for 100% discount on the London Congestion Charge
- 5) In many places EVs pay reduced or zero parking charges
- 6) Planned "green licence plate initiative which would allow them to use bus lanes

And here's one with an astronomical costbut quite amusing.....see below

Snippet

The Independent – I motoring 4th May 2022



A look into the future in the luxury market for well- heeled business owners

The BMW i7 is priced at **the eye-watering cost of £107,400** and the first deliveries are expected in December 2022

This flagship limousine is aimed at **well-heeled business men and diplomats** who **prefer being driven** rather than taking to the wheel which may explain why it boasts a glitzy cinema set up complete with **36 speaker surround sound** and exciter backrests for immersive music magic on the move.

It has a single charge driving range of up to 388 miles. It is powered by two electric motors, together they deliver a combined maximum output of 537bhp which propels it from 0-62 in just 4.7 seconds

The car is enormous. Length 5.391mm width, 1,950 mm, height 1,544mm and wheelbase

3,215mm **so good luck with trying to park it at the supermarket!**

..... and **far too many gadgets for distraction free driving** methinks and besides it's way out of my price range! (Newsletter editor's views)

Val Jones

The cost of fossil fuel continues to rise

Daily Mail 14th May 2022

Diesel Price Rockets

Diesel prices have hit a new record despite the fuel duty cut. The average cost of a litre of diesel on Monday was 178.4, according to a Government data. The previous record of 177.5p was set two days before Chancellor Rishi Sunak cut fuel duty by 5 p a litre in March 23

A press association analysis says filling a 55 litre family diesel car is £26 more expensive than a year ago.

The average cost of petrol was 163.7 per litre on Monday. On March 21 it was 165.4p

Quiz: ANSWERS to quiz in last edition

March 2022 Quiz

Roadcraft (2020) Chapter 7 : Maintaining Vehicle Stability (pages 135 – 149)

- 1) Why will your vehicles stability be reduced when you brake, accelerate or steer?

Because these actions produce forces that alter the vehicles weight distribution and balance

- 2) In what circumstances would you consider turning off your vehicles safety features?

Safety features are there to protect you so, in non emergency driving, they should be turned on. However in some operational circumstances, and in some adverse weather

condition, you may want to consider turning off certain functions.

- 3) How does a traction control system work?
It controls excess wheel spin on individual wheels and applies independent braking to the spinning wheel.

- 4) What is the best way of avoiding a skid?
Knowing your own and your vehicles limits for the road, traffic and weather conditions. It is better to avoid a skid than to correct one.

- 5) What's oversteer?
The tendency of the vehicle to turn more, in response to a given turn of the steering wheel

- 6) What do you need to be aware of if you are driving an older vehicle without safety features?
The action you take to correct the skid will depend on whether it's a rear wheel, front wheel or four wheel drive

- 7) Where does aquaplaning occur?
Aquaplaning occurs between the front tyres and the road surface

- 8) Are wider or narrow tyres more likely to aquaplane?
Wider tyres are more likely to aquaplane. A wide tyre spreads weight over a larger area, allowing it to rise onto the water more easily.

Newsletter Editor Val Jones

May 2022 Quiz

RoadCraft 2020

Chapter 8: Drivers Signals

- 1) When should you give a signal?

- _____
- _____
- 2) How many manoeuvres should one signal cover?

- _____
- _____
- 3) You're driving along an urban road and the car in front is indicating. It's close to a junction on the nearside. Should you take the indication as proof that the vehicle is about to turn into the junction?

- _____
- _____
- 4) You're waiting to emerge from a junction. A car on the nearside lane is driving at a steady speed and indicating left on the approach to a junction. Given this information, can you safely pull out?

- _____
- _____
- 5) When should you use a horn?

- _____
- _____
- 6) When should you flash your headlights

- _____
- _____
- 7) What is the most appropriate way to give a courtesy signal to other road users?

- _____
- _____
- 8) You're emerging from a junction and a lorry driver is beckoning you to move forward. What should you do?