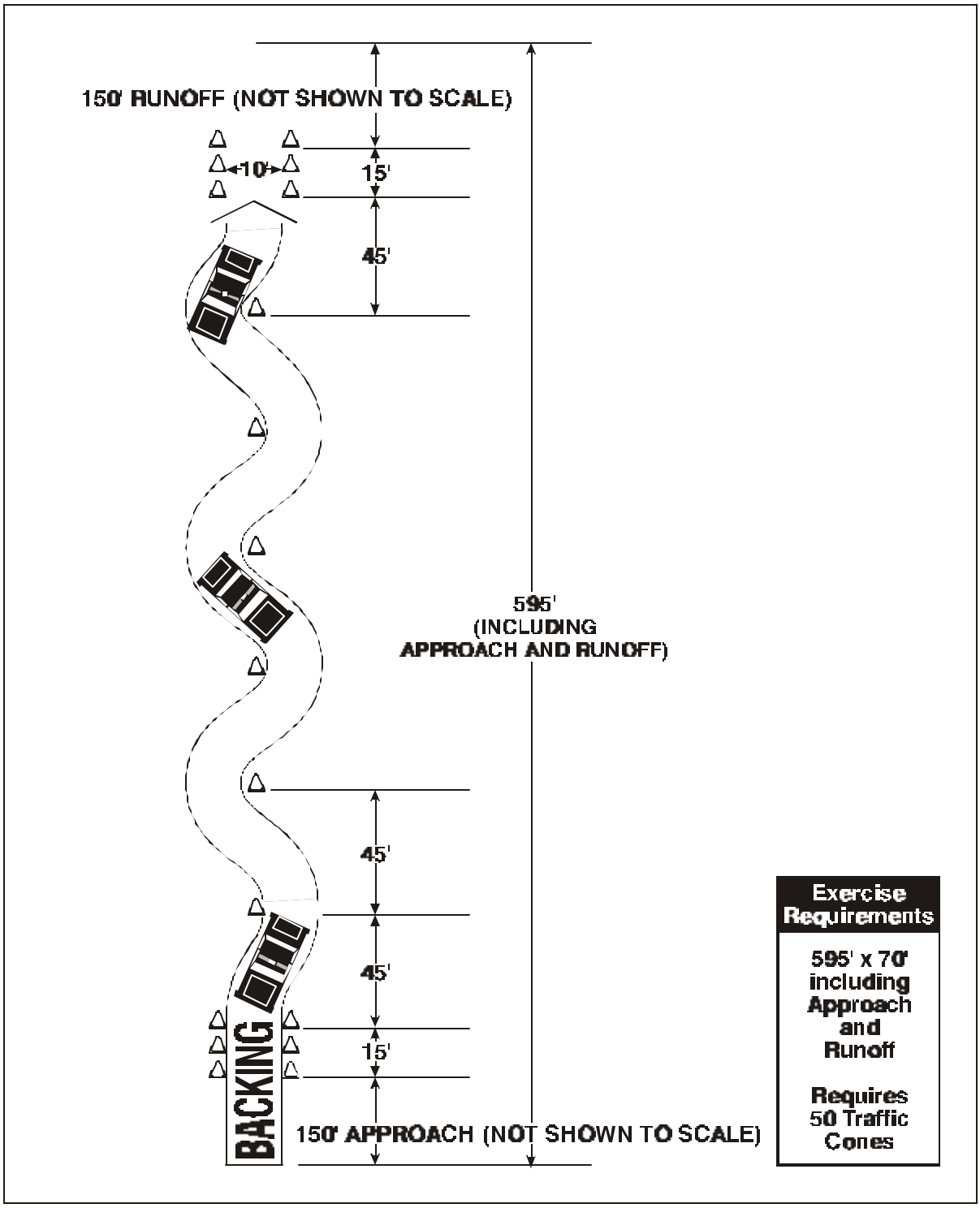
Backing Exercises

- Reverse Serpentine
- Dutton's Weave

Reverse Serpentine Exercise



Reverse Serpentine

Purpose:

To develop the basic skills of coordinating acceleration, timing of steering movements, and the use of the palm hand position. It also develops the ability to judge the relationship of fixed objects to the vehicle and to control front end swing.

This exercise does not simulate a real world situation. It develops the skills for use in other exercises and gives the student the opportunity to become familiar with how the vehicle handles and to build confidence. It should be taught before teaching any backing exercises.

Procedure:

Instructor

- Explains purpose of exercise and key factors of the exercise.
- Demonstrates exercise at moderate speed.
- Demonstrates exercise at required speed.

Student

1. Wears duty leather goods.
2. Assumes proper driving position; seat. mirrors, seat belt.
3. Enters course at speed determined by instructor.
4. Negotiates the course smoothly.
5. Keeps steering movements constant and even.
6. Maintains shuffle hand movement.
7. Maintains constant speed throughout the course.
8. Does not use brakes.
9. Passes closely to the cones.
10. Exits the course at the direction of the instructor.
11. Increases speed for subsequent practices at the direction of the instructor.

Reverse Serpentine

Exercise Rating:

Student's Name _____ Date _____ Vehicle Make/Number _____

Practice No. _____ Qualification Attempt No. _____

		1	2	3	4
A.	Entered course correctly	❑	❑	❑	❑
B.	Maintained required speed	❑	❑	❑	❑
C.	12 o'clock hand position (Backing)	❑	❑	❑	❑
D.	Turn in seat to look back	❑	❑	❑	❑
E.	Check mirrors	❑	❑	❑	❑
F.	Controlled acceleration	❑	❑	❑	❑
G.	Steering control	❑	❑	❑	❑
H.	Accelerator, steering coordination	❑	❑	❑	❑
I.	Smooth acceleration	❑	❑	❑	❑
J.	Foot movement	❑	❑	❑	❑
K.	Use of brakes	❑	❑	❑	❑

Number of cones hit _____

Reaction time was adequate. ❑ YES ❑ NO

Vehicle remained under control at all time. ❑ YES ❑ NO

Describe negative actions or attitudes _____

_____

Failed to complete exercise because _____

_____

All requirements were met. ❑ YES ❑ NO

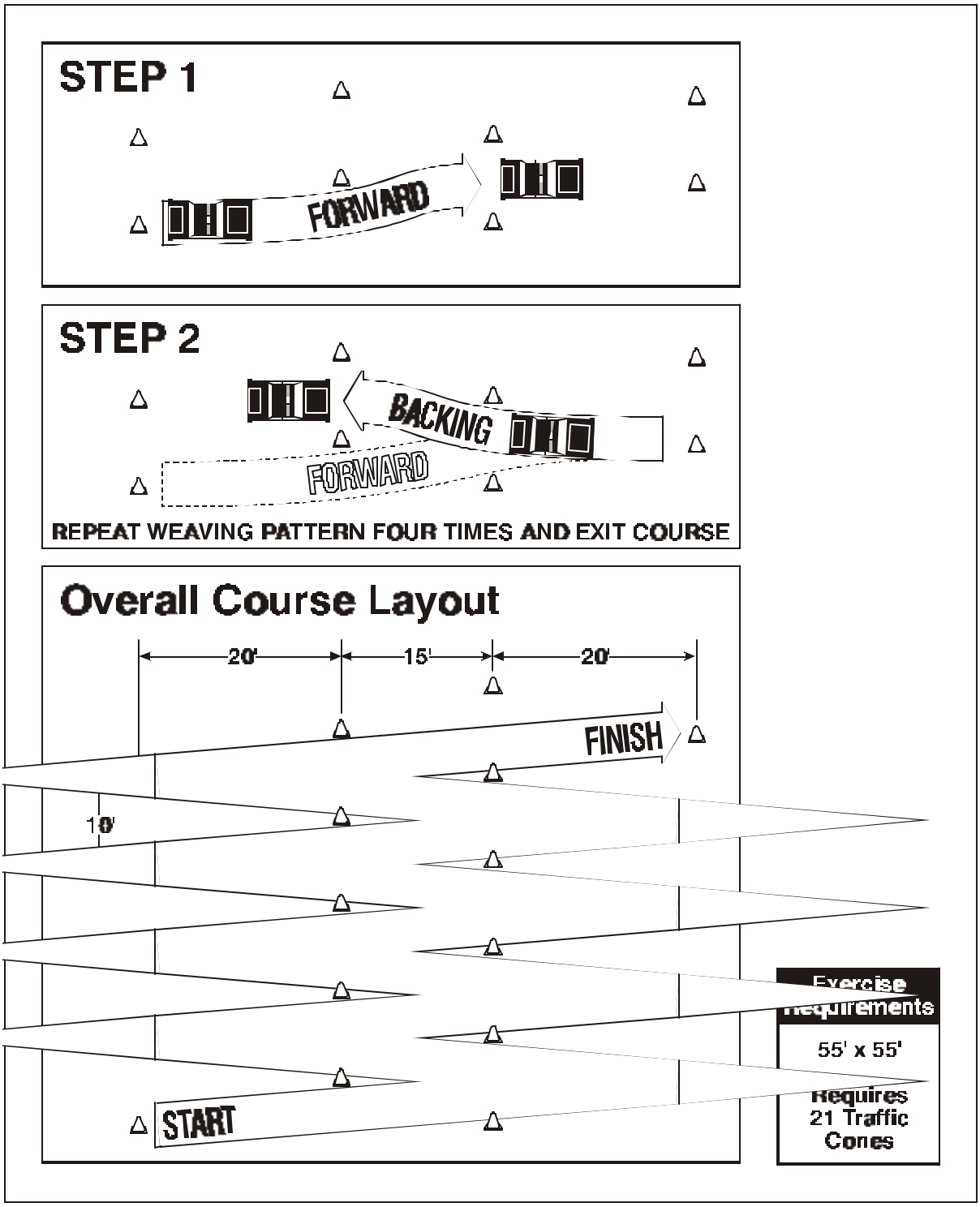
General Remarks:

Instructor's Signature _____ Date _____

I have seen the completed form and have been given an explanation of my performance and rating.

Student's Signature _____ Date _____

Dutton's Weave



Dutton's Weave

Purpose:

To develop precise forward and backward control of the vehicle in cramped quarters, at low speed. To develop skill in backing a vehicle using mirrors to judge rear and side clearance.

Procedure:

Instructor

- Explains purpose of exercise and key factors of the exercise.
- Demonstrates exercise at moderate speed.
- Demonstrates exercise at required speed.
- With improvement, increase speed for subsequent practices.

Student

1. Wears duty leather goods.
2. Assumes proper driving position; seat, mirrors, seat belt.
3. Enters course at speed determined by instructor.
4. The vehicle is driven alternately forward and backward in the pattern indicated on the drawing.
5. The vehicle should stop approximately 1 foot from the outer row of cones before changing directions.
6. Negotiates the course smoothly.
7. Keeps steering movements constant and even.
8. Maintains 9-3 hand position.
9. Maintains palm position during backing.
10. Maintains constant speed throughout the course.
11. Does not use brakes.
12. Passes closely to the cones.
13. Exits the course at the direction of the instructor.
14. Maximum time is 60 seconds.

Dutton's Weave

Exercise Rating:

Student's Name Date Vehicle Make/Number

Practice No. Qualification Attempt No.

		1	2	3	4
A.	Entered course correctly	❑	❑	❑	❑
B.	Maintained required speed	❑	❑	❑	❑
C.	Shuffle hand position (Going Forward)	❑	❑	❑	❑
D.	Controlled acceleration	❑	❑	❑	❑
E.	Steering control	❑	❑	❑	❑
F.	Accelerator, steering coordination	❑	❑	❑	❑
G.	Smooth acceleration	❑	❑	❑	❑
H.	Foot movement	❑	❑	❑	❑
I.	Use of brakes	❑	❑	❑	❑

Number of cones hit _____

Reaction time was adequate. ❑ YES ❑ NO

Vehicle remained under control at all time. ❑ YES ❑ NO

Describe negative actions or attitudes _____

Failed to complete exercise because _____

All requirements were met. ❑ YES ❑ NO

General Remarks:

Instructor's Signature _____ Date _____

I have seen the completed form and have been given an explanation of my performance and rating.

Student's Signature _____ Date _____