

# Best Practice Guide

## Acceleration



### **Get Off To A Safe Start**

Accelerating is something that all drivers do, but many are oblivious to the way in which they do it. In fact many drivers probably fail to realize that there is a good deal of skill involved in safe acceleration.

The first thing to remember is to avoid **AGGRESSIVE** acceleration!

Next, remember to accelerate **SMOOTHLY** and steadily!

Get the basics of accelerating right and your trips should be more comfortable, safer, and better for the environment!

## Don't Force Your Car To Guzzle

Accelerating is the 'thirstiest' work you can ask your vehicle to do. Fast, hard acceleration uses a lot of fuel. It also wears out your tires and engine much more quickly. Accelerate gradually and smoothly and avoid speeding up and slowing down unnecessarily.

## Avoid Tailgating

Leave a following distance of at least three seconds from the vehicle in front to avoid having to slam your brakes on unnecessarily and re-accelerate frequently. It is much better to maintain a steady speed whenever possible, and leaving a safe gap behind other vehicles makes it easier to do this.



## Don't Jack-Rabbit

Aggressive driving - such as 'jackrabbit' starts from traffic lights - increases fuel consumption by up to 37%. The most fuel-efficient way of driving is to accelerate smoothly and maintain a steady speed.

## Go Gentle On Bends

Curves and bends require skill, especially when it comes to acceleration. Avoid accelerating as you are turning as this can lead to loss of control.

When taking a bend:

- Slow down gradually on the approach.
- Maintain a steady (safe) speed as you turn.
- Accelerate gently as you start to leave the bend.

## Watch Out For Skidding

Too much acceleration can lead to skidding and loss of control. The best way to avoid skidding is to stick to a safe speed and accelerate gradually and slowly. The same goes for when you are slowing down - braking and decelerating should be done smoothly.

## Go Green

Aggressive acceleration uses more fuel and therefore causes your car to emit more fumes. Watching your speed - in particular your acceleration - can help reduce your vehicle's emissions.



## Consider Your Pocket

Accelerating slowly, smoothly and steadily can help to save you money, as the less you accelerate the less fuel you use. Accelerating gradually and avoiding harsh braking will also reduce engine wear and prolong the life of your brakes, helping to reduce maintenance and repair bills!

## Think Of Your Comfort

Harsh acceleration and harsh braking = uncomfortable trips. You're also likely to feel more stressed if you demonstrate an "aggressive" driving style. Make your trips more comfortable and enjoyable by going easy on the accelerator.



## Don't Categorize Yourself

Drivers who accelerate harshly are often the same drivers who brake suddenly and exceed the speed limit. Don't categorize yourself as a dangerous driver by adopting any of these tendencies.

Address your behavior as a priority if you think you could be regarded as an aggressive driver by others.

- A** Avoid skidding.
- C** Corner carefully.
- C** Consider your pocket.
- E** Enjoy your trip more by avoiding harsh acceleration.
- L** Loss of control can be caused by too much acceleration.
- E** Environmental benefits occur from going gentle on the gas.
- R** Remember to set off SMOOTHLY
- A** Avoid jack-rabbit starts.
- T** Tailgating can lead to harsh acceleration.
- E** Exceeding the speed limit must be avoided.

## WARNING

Some drivers think that aggressive accelerating and hard braking will speed up a trip significantly. But a European study found that this type of driving reduces travel time by only 4% - this is the equivalent of 2.5 minutes in a 60 minute trip, or just over 1 minute in a 30 minute trip.