

C A R E 2 D R I V E

FREE DOWNLOAD

The first lesson, start to finish

A timed run sheet for a two hour first lesson
with a complete beginner, and a page to plan
your own.



Timed run sheet

What to say when they stall

Plan your own



3 pages · PDF · for instructors and trainees

care2drive.co.uk · helping people who help people

The first lesson, start to finish

Lesson one sets what the next thirty feel like. This is a run sheet for a two hour first lesson with someone who has never driven, timings included, so a new instructor can walk in with a plan rather than a hope.

Before you knock on the door.

Know their name, how they contacted you, and whether they hold a provisional. Have a route to a quiet, flat, wide road with few parked cars and no hills. Nothing about the first lesson should be improvised.

0 to 10 minutes · the conversation, at the kerb

Check the licence. Then ask three things and actually listen: why do you want to drive, has anyone taught you anything already, and what would you most like to feel confident about? Write down what they say, in their words. Most first lessons skip this and lose the single easiest competency on the form.

10 to 25 minutes · the cockpit drill

Doors, seat, steering, seatbelt, mirrors. Explain what each adjustment is for rather than just doing it, because you want them able to repeat it in someone else's car. Show them the pedals, the handbrake and the gears with the engine off.

25 to 40 minutes · the controls, stationary

Engine on. Find the biting point three or four times with the handbrake on. This is the part that decides whether the first move is calm or a kangaroo, so do not rush it because you feel behind.



Pat says: if they stall in the first ten minutes, say "good, now you know what that feels like, and you know how to sort it". A stall is just a situation with a clear answer, and how you meet the first one sets the tone for every one after it.

