The Cockpit Drill

As we all come in slightly different heights & sizes, it is necessary to set the car up for an individual drivers comfort and safety. Below is an easy to remember acronym to help you memorize the order in which to do the cockpit drill.

The **DSSSM** routine. 
**Doors**, **Seat**, **Steering Wheel**, **Seat Belt & Mirrors**.

**Doors**
Ensure that all the doors are shut, including the Hatch back if your vehicle has one. Check the interior light has gone off; also look in the side mirrors along the length of the car to ensure the lines are unbroken, indicating that a door may be open.

**Seat**
You need to position your seat so that the foot pedals can be reached easily. Start by completely pushing the clutch pedal (the left of the three pedals) as far down as it will go. If you can't push it far enough with a slight bend in your leg, then the seat needs to move forward until you can do this comfortably. Adjust the seat with the relevant controls for your vehicle until this is achieved.

**Steering**
You will need to be able to move your hands around the steering wheel freely. The wheel is slightly angled away from you. Imagine the wheel as being like a clock face. Place your hands at the top of the wheel at around the 10 to 2 position. You should have a slight bend in your elbows if the wheel is at the correct distance. If you are too close or need to stretch for the wheel, you must adjust the back of the seat to enable the correct position to be achieved. Now also check that your head restraint is positioned correctly for you, so that it will, minimize the risk of whiplash you might have in an accident. The top of the head restraint should be approximately in line with the top of your ears.

**Seat Belt**
It is a legal requirement to wear a seat belt. Also as a driver you will now be held legally responsible for passengers under the age of 14 who do not wear their seat belts. Do not drive off until everyone has their seat belt on.

**Mirrors**
You should have a minimum of three mirrors attached to your car. One interior, one left hand mirror, and one right hand mirror. Your interior mirror needs to be adjusted so that you can see as much of the back windscreen as possible, framing the rear windscreen to give you the best possible view of the road behind. When adjusting the side mirrors, you should be able to see as much of the road as possible and only a slight view of rear side of the car.

**Once you have completed these checks you have completed your Cockpit Drill.**

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