

Commentary Drive

A Proven System for Preventing Accidents

Commentary Drive is a proven method for developing defensive driving habits that helps prevent accidents. The methodology entails understanding critical defensive driving skills and then consciously thinking about them and acting upon them as you drive. The goal of utilizing Commentary Drive is consciously driving to prevent accidents in spite of adverse conditions or the incorrect actions of others. The key components of Commentary Drive include understanding and developing good visual habits that help the driver be more aware of his driving environment and understanding and implementing the Fourteen Points Plus Two defensive driving skills. Developing and using good defensive driving skills means that the driver must be keenly aware of the space around his vehicle, maintain good visibility and a positive attitude while driving.

Defensive Driving

In order to maneuver or escape a dangerous situation, you need a space cushion (SPACE) around your vehicle. The driver should always maintain a positive, mental attitude (ATTITUDE) that will be reflected in your ability to act, as well as in your actions toward other drivers. The driver must see and be seen, which means maintaining visibility (VISIBILITY).

Developing good visual habits is essential to being a defensive driver. Developing good visual habits relate to the two key elements of maintaining a space cushion around your vehicle and maintaining good visibility at all times. Good visual habits to develop include keeping your eyes moving, being aware of the surroundings around your vehicle at all times, keeping your eyes up and looking ahead while driving, leaving yourself an “out” and not allowing yourself to get trapped in traffic, and making sure other drivers and pedestrians see you while you are driving.

Commentary Drive includes 14 + 2 key defensive driving skills. The defensive driving skills are listed below:

14 Points

1. Don't abuse your vehicle.
2. Check mirrors and gauges.
3. Make a positive glance over your shoulder.
4. Scan parked cars and back up carefully.
5. Check wheel-to-ground reference.
6. Allow 2-4 seconds following time.

7. Check the road 10-12 seconds ahead.
8. Check mirrors every 5-8 seconds.
9. Pick a point of decision (point of not stopping) at traffic lights.
10. Stop so you can see the rear tires of the car ahead touching the ground.
11. Count “1-2-3-delay” after the car ahead starts to move.
12. Look left-right-left at all intersections.
13. Use your horn to establish eye contact.
14. Don't forget the hazards of rural and in-plant driving.

Plus 2

1. Always wear your seatbelt.
2. Turn on your low-beam headlights during the daylight.

Commentary Drive methodology entails taking the 14 + 2 points defensive driving skills and consciously applying them to the driving situation while the driver is behind the wheel. This involves mentally and/or verbally working through the 14 + 2 defensive driving skills when preparing to drive and then when driving. This puts you, the driver, on defensive alert and means that the defensive driver is consciously driving to prevent accidents in spite of adverse conditions or the incorrect actions of others.

Commentary Drive is a proven defensive driving methodology for training people to drive safely and avoid accidents. This methodology or something similar should be used by all drivers, whether casual or professional. Commentary Drive is an excellent training tool for companies with employees who drive as part of their jobs and for parents to train their children how to drive safely.