

ADI PART 3 WORKSHEET – BLIND SPOTS (KUSC)

What do we mean by “blind spots”?

Blind spots are the areas around the vehicle that cannot be seen in the mirrors – even when they’re adjusted correctly.

Drivers must physically look to check them before moving where someone could be.

Typical risk situations:

Moving off

Changing lanes

Overtaking cyclists

Turning right or left across side roads

Emerging from junctions

Pulling round parked vehicles

KNOWLEDGE

Questions to check knowledge

What exactly is a blind spot?

Where are the blind spots on a typical car?

When must you check blind spots before moving?

Do larger vehicles have more (and bigger) blind spots?

Key teaching points

The main blind spot is over each shoulder, especially the right.

Mirrors cover most of the view – but not everything.

Cyclists, motorbikes, scooters, pedestrians, and even small cars can be hidden.

Before moving off: mirrors → right shoulder check → go (if safe).

Before changing position or direction, check the appropriate blind spot.

Long-standing rule: never assume the mirror showed you everything.

Knowledge red flags

Thinks mirror checks replace blind-spot checks.

Can't point to where the blind spot is.

Unsure which situations require shoulder checks.

Believes blind spots only matter on dual carriageways.

UNDERSTANDING

Questions to explore thinking

Why can a cyclist disappear from the mirrors completely?

What could happen if you rely only on the mirrors?

How do speed and position of others change the risk?

Why is timing important when checking blind spots?

Concepts to draw out

Objects move quickly through the mirror field – then vanish.

A shoulder check gives a final confirmation that the path is clear.

The check must be just before you move – not five seconds earlier.

Bigger vehicles and high pillars (A-pillars) can create additional blind areas.

Understanding red flags

Checks too early, then moves without re-checking.

Looks but doesn't link what they saw to their decision.

Thinks blind-spot checks are only for the test.

Doesn't recognise higher risk near schools, cycle lanes, and parked cars.

SKILL

Practical habits to develop

Smooth head movement – quick glance, not a long stare.

Mirrors first, then shoulder, then move.

Keep steering straight while checking.

Combine with gentle gas and clutch control so movement is calm.

Repeat consistently – make it a habit, not a performance.

Training exercises

Stationary practice: identify exactly where blind spots are from the driver's seat.

Moving-off drills with instructor prompting – then fade prompts.

Lane-change practice on quiet dual carriageways.

Parked-car pull-around with cyclist role-play (safe, controlled).

“Pause and review” after each attempt: what did you see?

Skill red flags

Turns body too far and drifts off line.

Forgets the check entirely under pressure.

Over-checks and hesitates unnecessarily.

Only checks on the right, never on the left when appropriate.

CONFIDENCE

Confidence barriers to explore

Fear of getting it “wrong” and looking silly.

Worry about taking eyes off the road.

Over-reliance on mirrors because they feel safer.

Panic when unexpected hazards appear in the blind spot.

Coaching prompts

“What might have been hiding there?”

“How did the final shoulder check help your decision?”

“What changed when you checked just before moving?”

“Where else might blind spots exist in different vehicles?”

Building confidence

Rehearse calmly until the routine feels natural.

Praise correct timing – even if the manoeuvre is slow.

Show example videos or demonstrations from the passenger seat.

Reinforce that checking isn't hesitation – it's professionalism.

A lesson as old as the Highway Code: look properly, then trust what you saw.

REFLECTION (for trainee or pupil)

Describe two situations today where blind-spot checks were needed.

Using KUSC:

What did you know – and what needed reminding?

What did you understand about the risk?

Which skills improved?

How confident did you feel doing the checks naturally?

One improvement for next lesson:

COACHING CHECKLIST FOR TRAINEES

- Did I diagnose whether the issue was Knowledge, Understanding, Skill, or Confidence?
 - Did I emphasise timing – check just before moving?
- Did I show where the blind spots actually are, not just talk about them?
- Did I link blind-spot checks to real-world safety and test expectations?