



**C.A.T.**

is a

**two-day program**

combining

**classroom instruction &  
behind-the-wheel  
vehicle training**

to teach teen drivers  
the skills they need to

**avoid  
a  
serious  
collision**

## **Collision Avoidance Training**

is sponsored in Delaware by

**Karen Weldin Stewart, CIR-ML  
Delaware's Insurance Commissioner**

and presented by

**Dagsboro Police Department**

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**To register, call  
1-800-656-6507**

**NTSA**

**NATIONAL TRAFFIC  
SAFETY ACADEMY**

P. O. Box 13973, Tallahassee, Florida 32317  
(850) 681-0800

The National Traffic Safety Academy, Inc., is a 501(c)(3), non-profit teen traffic safety organization that creates and implements traffic safety programs recognized as fresh, unique and, most importantly, effective in reaching teens and modifying attitudes. Recognized as leaders in the field, NTSA incorporates the most recent research and statistics in our classroom instruction and materials – all designed to reach teens and prevent the crashes,



**C.A.T.**

**Collision  
Avoidance  
Training**

**An Advanced  
Defensive Driving &  
Vehicle Control Program  
For Teens**

From  
**National Traffic Safety Academy  
&  
Delaware's Insurance Commissioner**



The Collision Avoidance Training program (C.A.T.) is an advanced defensive driving and vehicle control program for teenage drivers. The two-day program is designed to provide young drivers with the knowledge and understanding of vehicle dynamics and human kinetics – the forces created by an automobile and the effects of those forces on the human body.

The objective of the program is to enhance young drivers' awareness of the complex task of operating a motor vehicle and to create and practice skills that will prepare them to anticipate and handle hazards that occur daily in normal driving conditions.

This program has been created by professionals in the fields of adolescent behavior, accident reconstruction engineering, substance abuse, and law enforcement training. The curriculum was created around the fact that most crashes involving teenage drivers are classified as

“avoidable,” but that, due to lack of experience or training, most teens are not prepared to make the vehicle respond appropriately.

## **Classroom Instruction**

The classroom instruction segment focuses on defensive driving and is designed to give students a better understanding of the responsibilities and liabilities of the driver, vehicle dynamics, friction, and the effects of intoxicating substances on their ability to operate the vehicle. A traffic model is created at the beginning of the program, and segments build on each other to a final conclusion: even 35 m.p.h. is fast.

The classroom portion of the program gives students a better understanding of why the vehicle responds the way it does and prepares them for the behind-the-wheel exercises on the driving course. The basic principles of safe, defensive driving are emphasized throughout this program.

## **Skills & Techniques**

Behind-the-wheel training utilizing a student's own vehicle is designed to give drivers a strong foundation from which they can continue to develop and improve their driving skills. Practical exercises demonstrate how the vehicle responds in a given situation or how to regain control of the car once it is out of control.

Five basic skills, actions and techniques of driving are identified as areas that teens need experience or training to safely operate a motor vehicle: steering, acceleration, deceleration, backing and skid control/skid recovery. All five are addressed in the C.A.T. program.

### **Student drivers must master:**

- ◆ **Evasive maneuvers**
- ◆ **Threshold/emergency braking**
- ◆ **Forward serpentine**
- ◆ **Cornering**
- ◆ **Backing**
- ◆ **Skid recovery**
- ◆ **Reverse serpentine**
- ◆ **Off-road recovery**

All classes are directed under the direct supervision of NTSA-certified, high-liability driving instructors. Instructors ride with each student, and students move to the next exercise only after the instructor feels the students has demonstrated a reasonable degree of skill.

The C.A.T. program has proven to be the most effective advanced teen driving program available. To see the course schedule go to [www.delawareinsurance.gov](http://www.delawareinsurance.gov) and to register, call 1-800-656-6507.