

# SERPENTINE COURSE

Full stop

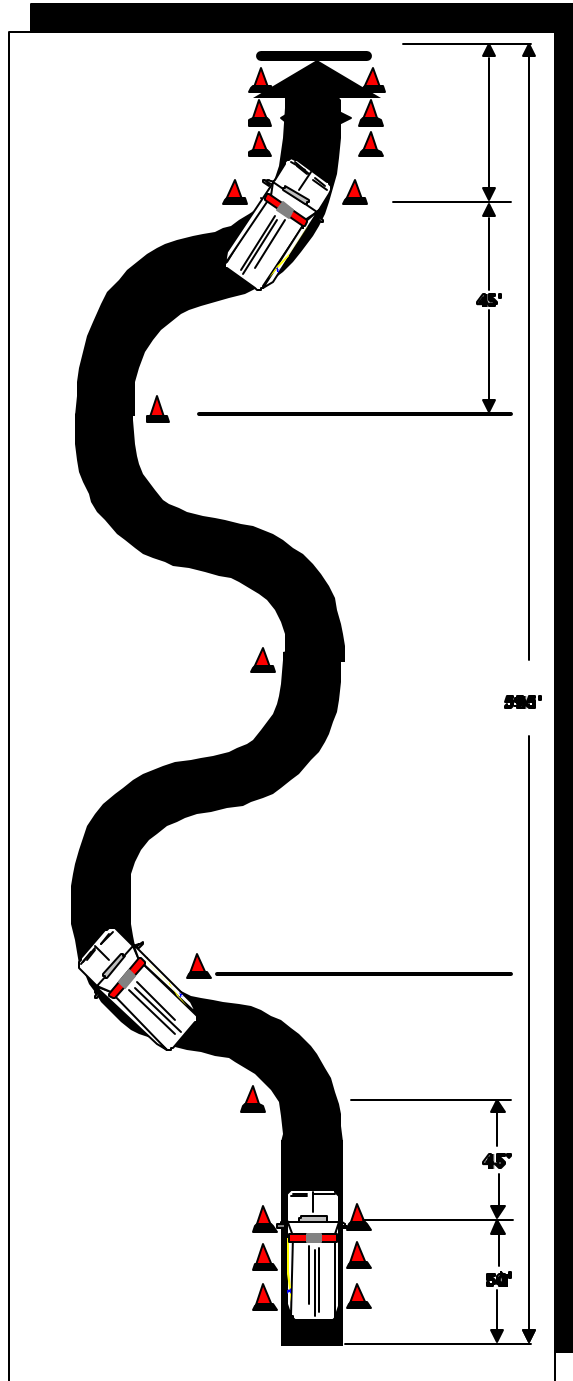
Begin braking

Begin to decelerate

Maintain steady speed

Accelerate smoothly

Begin from a standstill



## COURSE REQUIREMENTS

595' x 70'

Requires 20 traffic cones

## Serpentine

### **Purpose:**

To develop the basic skills of coordinating acceleration, timing of steering movements, and the use of the 9 - 3 hand position. It also develops the ability to judge the relationship of fixed objects to the vehicle.

This exercise does not simulate a real world situation. It develops the skills for use in other exercises and gives the participant the opportunity to become familiar with how the vehicle handles and to build confidence. It should be taught before exercises using the 9 - 3 hand position.

### **Procedure:**

Begin from a standstill and accelerate smoothly. Maintain steady speed on course. Begin braking at the assigned point and bring ambulance to a full stop at the stop line.

### **Instructor:**

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### **Participant:**

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Accelerates smoothly.
3. Negotiates the course smoothly.
4. Keeps steering movements constant and even.
5. Maintains 9 - 3 hand position.
6. Maintains constant speed throughout the course once assigned speed is reached.
7. Passes closely to the cones.
8. Brakes smoothly to a full stop.

## Serpentine Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

		<u>Practice Exercises</u>			
		1	2	3	4
A.	Accelerated smoothly .....	G	G	G	G
B.	Maintained required speed.....	G	G	G	G
C.	9-3 hand position.....		G	G	G
D.	Maintained constant speed.....	G	G	G	G
E.	Steering control.....		G	G	G
F.	Accelerator, steering coordination....	G	G	G	G
G.	Foot movement .....		G	G	G
H.	Use of brakes.....		G	G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Describe negative actions or attitudes.  
 \_\_\_\_\_  
 \_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_  
 \_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

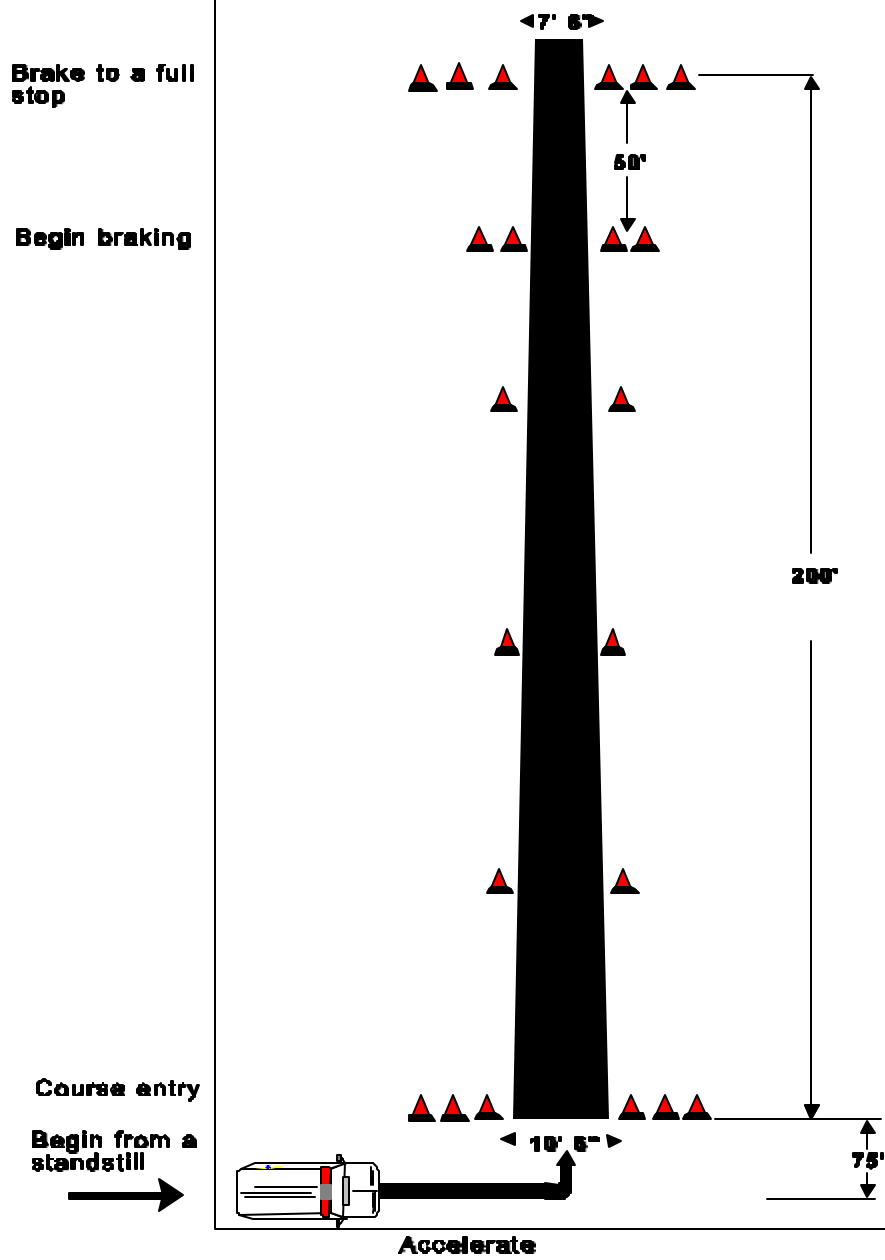
Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

I have seen the completed form and have been given an explanation of my performance and rating.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

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# DIMINISHING CLEARANCE



## Diminishing Clearance

### Purpose:

To give the operator the sensation of driving in a street that starts out at 10 ft. 6 inches and ends up at 7 ft. 6 inches. Judges the operator's ability to perceive change in dimension while driving forward and to use mirrors while backing.

### Procedure:

Begin from a standstill facing perpendicular to the course. Accelerate and turn to enter the course. Maintain a steady speed while on the course. Keep the ambulance on the centerline of the course and begin braking at the assigned point to bring the ambulance to a full stop at the stop line. The distance over or behind the stop line will be recorded. Ambulance will then be backed full length of course and stopped at course entry points.

### Instructor:

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at slow speed.
3. Demonstrates exercise at required speed.

### USE A GROUND GUIDE WHEN BACKING

### Participant:

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Accelerates smoothly.
3. Negotiates the course smoothly.
4. Keeps steering movements constant and even.
5. Maintains 9 - 3 hand position.
6. Maintains constant speed throughout the course.
7. Maintains ambulance on course centerline.
8. Brakes smoothly to a full stop.
9. Uses mirrors while backing.
10. Accelerates smoothly in reverse and maintains slow steady speed while in reverse.
11. Brakes smoothly to full stop at course entry point.

## Diminishing Clearance Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

Practice Exercises

1 2 3 4

A.	Accelerated smoothly .....	G	G	G	G		
B.	Maintained required speed.....	G	G	G	G		
C.	9-3 hand position.....		G	G	G	G	
D.	Maintained constant speed.....	G	G	G	G		
E.	Steering control.....		G	G	G	G	
F.	Accelerator, steering coordination....	G	G	G	G		
G.	Maintained centerline position.....	G	G	G	G		
H.	Foot movement .....		G	G	G	G	
I	. Use of brakes.....			G	G	G	G
J	. Use of mirrors.....			G	G	G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Distance OVER/BEHIND stop line \_\_\_\_\_

Describe negative actions or attitudes.

\_\_\_\_\_

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

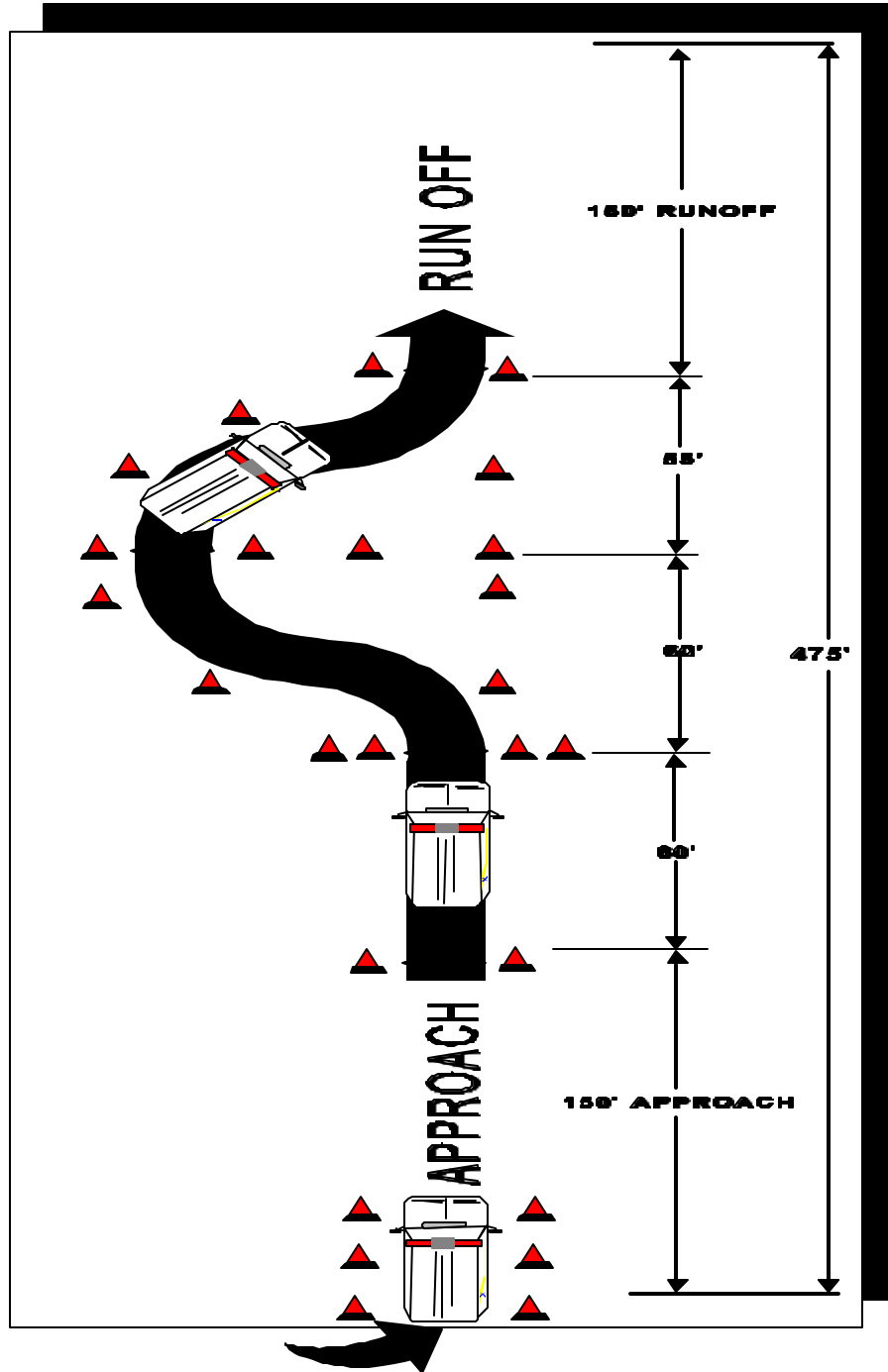
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# BRAKING WHILE TURNING



## **Braking While Turning**

### **Purpose:**

To develop skill in achieving and maintaining maximum braking pressure while controlling the direction of the vehicle.

### **Procedure:**

Enter course at selected speed. At brake cue cones, begin maximum braking. Steer through course while braking. Do not lock brakes.

### **Instructor:**

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### **Participant:**

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Enters course at speed determined by instructor.
3. Negotiates the course smoothly.
4. Maintains 9 - 3 hand position.
5. Exits the course at the direction of the instructor.

## Braking While Turning Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

		<u>Practice Exercises</u>			
		1	2	3	4
A.	Entered course correctly .....	G	G	G	G
B.	Maintained required speed.....	G	G	G	G
C.	9 - 3 hand position.....		G	G	G
D.	Controlled acceleration.....	G	G	G	G
E.	Steering control.....		G	G	G
F.	Accelerator, steering coordination....	G	G	G	G
G.	Smooth acceleration.....		G	G	G
H.	Foot movement .....		G	G	G
I.	Use of brakes.....			G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Describe negative actions or attitudes.

\_\_\_\_\_

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

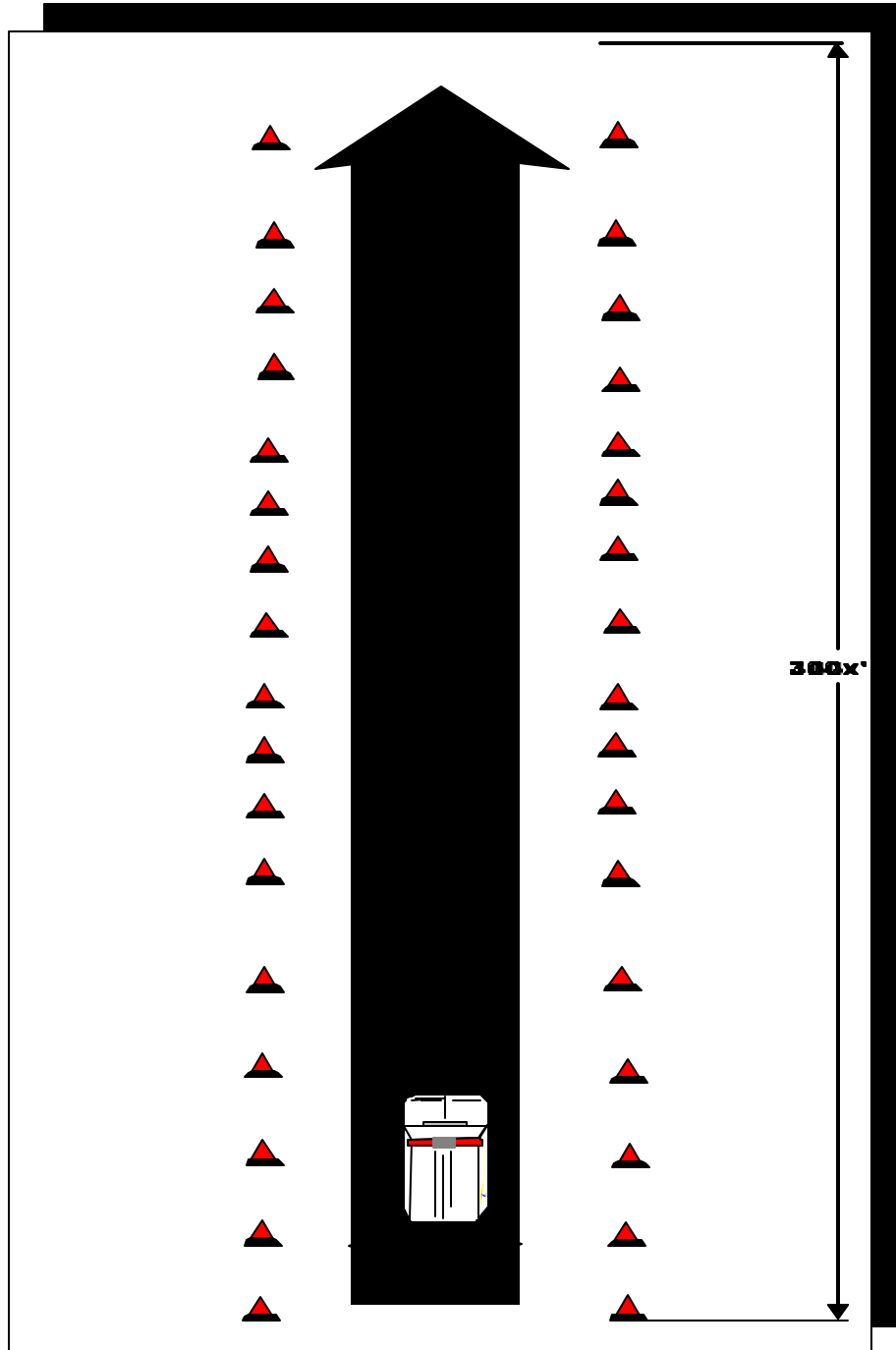
Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

I have seen the completed form and have been given an explanation of my performance and rating.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

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# STRAIGHT LINE BRAKING



## **Straight Line Braking**

### **Purpose:**

To teach operator to brake quickly and smoothly on demand. Combines reaction time, smooth braking, and steering skills.

### **Procedure:**

Enter course at selected speed. At instructor command, quickly bring ambulance to smooth, full stop. Maintain straight direction and stop without locking brakes.

### **Instructor:**

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### **Participant:**

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Enters course at speed determined by instructor.
3. Negotiates the course smoothly.
4. Keeps steering movements constant and even.
5. Maintains 9 - 3 hand position.
6. Maintains constant speed throughout the course.
7. Passes closely to the cones.
8. Brakes smoothly on instructor command without locking brakes.

## Straight Line Braking Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

		<u>Practice Exercises</u>			
		1	2	3	4
A.	Entered course correctly .....	G	G	G	G
B.	Maintained required speed.....	G	G	G	G
C.	9 - 3 hand position.....		G	G	G
D.	Controlled acceleration.....	G	G	G	G
E.	Steering control.....		G	G	G
F.	Accelerator, steering coordination....	G	G	G	G
G.	Smooth acceleration.....		G	G	G
H.	Foot movement .....		G	G	G
I.	Use of brakes.....			G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Describe negative actions or attitudes.

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

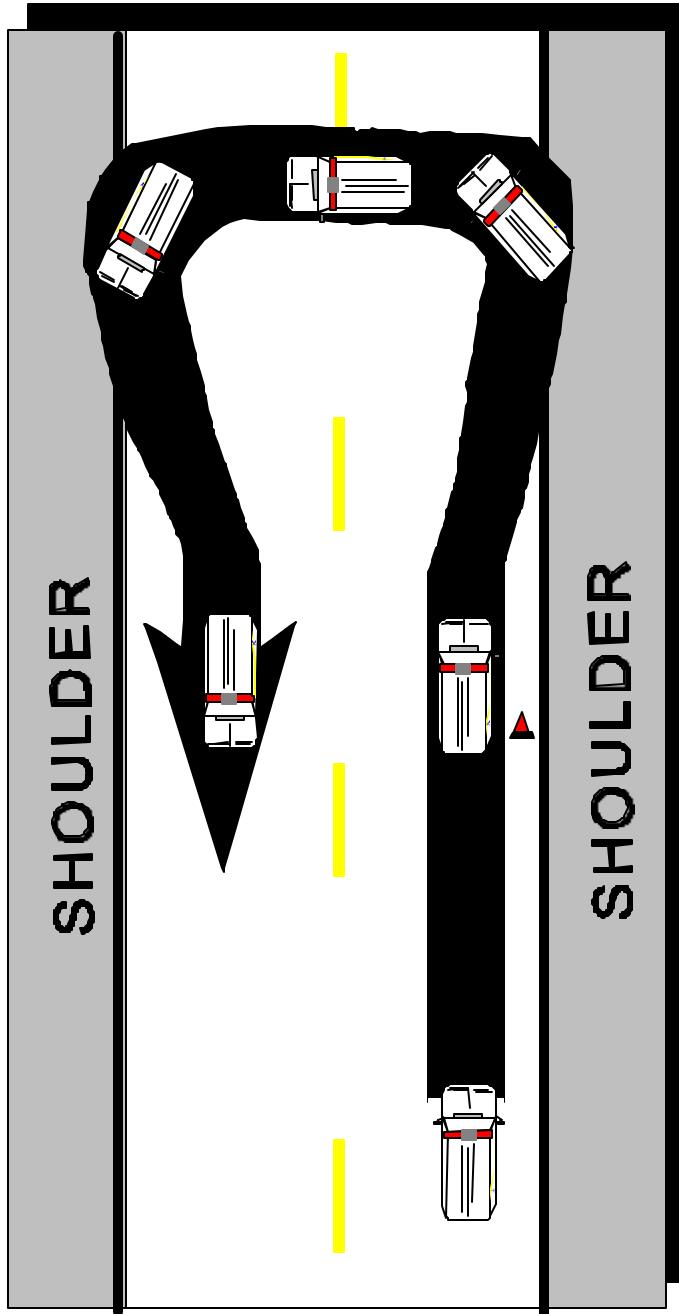
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Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

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# UTURN



**COURSE REQUIREMENTS**

Use tape or paint to simulate two lane roadway

For longer ambulances, add width to shoulder

## U-Turn

### **Purpose:**

To develop the coordination of acceleration, turning, judgment of road width, and signaling.

### **Procedure:**

Enter course and begin braking. Signal, check mirrors, and begin turn. Use shoulder areas to complete turn in one motion.

### **Instructor:**

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### **Participant:**

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Enters course at speed determined by instructor.
3. Signals for a right turn at least 100 feet in advance.
4. Pauses momentarily to check for oncoming traffic.
5. Follows through with the counter clockwise turn.
6. Avoids situations with considerable cross traffic or pedestrians.
7. Crosses minimum number of traffic lanes (considerably safer).
8. Negotiates the course smoothly.
9. Keeps steering movements constant and even.
10. Maintains 9 - 3 hand position.
11. Exits the course at the direction of the instructor.

## J-Turn Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

		<u>Practice Exercises</u>			
		1	2	3	4
A.	Entered course correctly .....	G	G	G	G
B.	Maintained required speed.....	G	G	G	G
C.	9 - 3 hand position.....		G	G	G
D.	Controlled acceleration.....	G	G	G	G
E.	Steering control.....		G	G	G
F.	Accelerator, steering coordination....	G	G	G	G
G.	Smooth acceleration.....		G	G	G
H.	Foot movement .....		G	G	G
I.	. Use of brakes.....			G	G
J.	. Signaled intention.....			G	G
K.	Checked mirror.....	G	G	G	G
L.	Turned head.....	G	G	G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Describe negative actions or attitudes.

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

I have seen the completed form and have been given an explanation of my performance and rating.

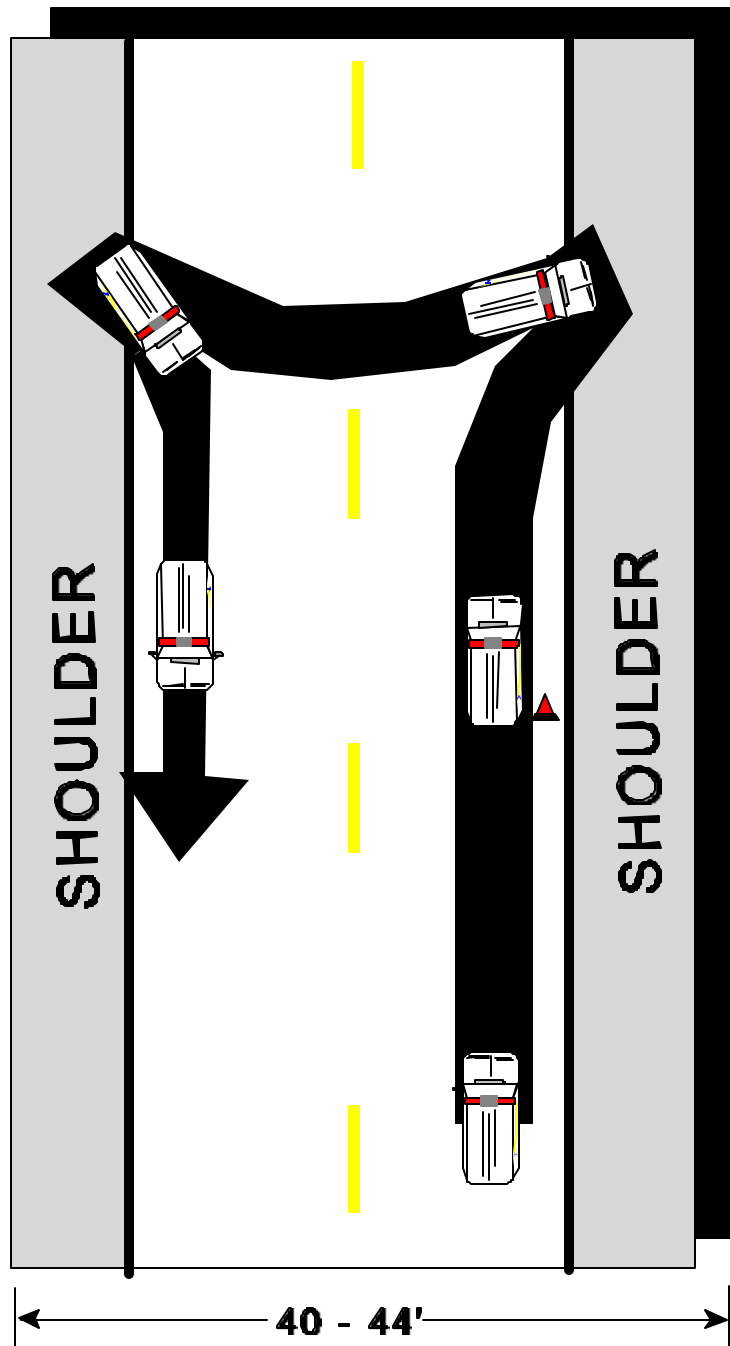
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Exercises

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

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# Three-Point Turn



## COURSE REQUIREMENTS

Use tape or paint to simulate two-lane roadway

## Three-Point Turn

### Purpose:

To develop the coordination of acceleration, turning, judgment of road width, and signaling.

### Procedure:

Check traffic. When clear, brake and turn to come to stop with front wheels on right shoulder. Begin backing and turning steering wheel to left. Stop when rear wheels are on left shoulder. Steer to the right and begin to accelerate. Move into right lane and continue forward.

### Instructor:

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### Participant:

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Enters course at speed determined by instructor.
3. Checks rear traffic and signals for a stop at least 100 feet in advance.
4. Brings vehicle to a stop at approximately a 15-degree angle from the center of the road.
5. Begins backing turning the wheel slowly for the first 5 feet.
5. Steers counter clockwise until rear wheels barely hit the shoulder.
7. Moves forward into the right lane.
8. Negotiates the course smoothly.
9. Keeps steering movements constant and even.
0. Maintains 9 - 3 hand position.
1. Exits the course at the direction of the instructor.

### Three-Point Turn Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

		<u>Practice Exercises</u>					
		1	2	3	4		
A.	Entered course correctly .....	G	G	G	G		
B.	Maintained required speed.....	G	G	G	G		
C.	9 - 3 hand position (going forward).	G	G	G	G		
D.	Controlled acceleration.....	G	G	G	G		
E.	Steering control.....		G	G	G	G	
F.	Accelerator, steering coordination....	G	G	G	G		
G.	Smooth acceleration.....		G	G	G	G	
H.	Foot movement.....		G	G	G	G	
I.	. Use of brakes.....			G	G	G	G
J.	. Signaled intention.....			G	G	G	G
K.	Checked mirror.....		G	G	G	G	
L.	Turned head.....		G	G	G	G	

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Describe negative actions or attitudes.

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

I have seen the completed form and have been given an explanation of my performance and rating.

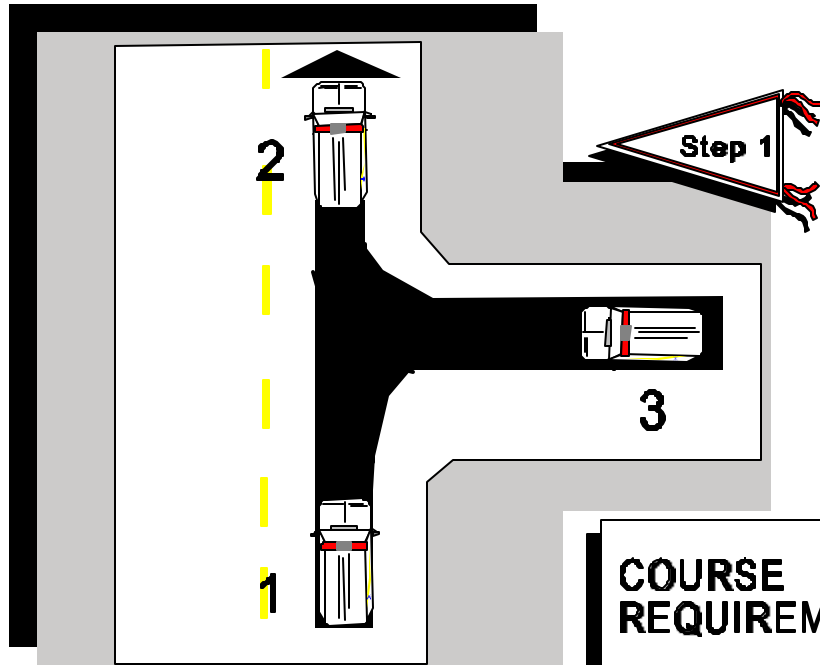
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Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

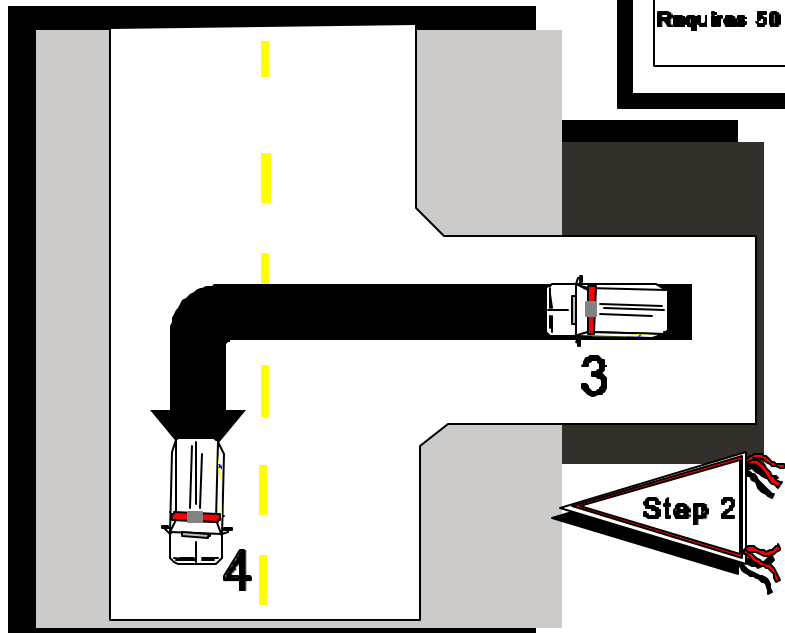
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# RIGHTSIDE ROAD TURN



## COURSE REQUIREMENTS

Set up exercise to simulate local roadway dimensions  
Requires 50 traffic cones



## Right Side Road Turn

### Purpose:

To develop the skill of coordinating turning, braking, signaling, and making traffic observations.

### Procedure:

Enter course, slow, and stop just past side road. Back into side road. Stop with front bumper clear of roadway. Check traffic, signal, and pull into opposite lane. Accelerate and exit course.

### Instructor:

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### Participant:

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Enters course at speed determined by instructor.
3. Selects side road, checks rear traffic, and signals for a stop at least 100 feet in advance.
4. Keeps close to right edge of road and brings vehicle to a stop approximately 10 feet past the side road.
5. Allows traffic from the rear to pass.
6. Looks over the right shoulder and rechecks traffic.
7. Backs into the side road on the right.
8. Checks traffic in both directions, signals for left turn and re-enters the roadway.
9. Negotiates the course smoothly.
10. Keeps steering movements constant and even.
11. Maintains 9 - 3 hand position.
12. Exits the course at the direction of the instructor.

## Right Side Road Turn Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

Practice Exercises

			1	2	3	4
A.	Entered course correctly .....	G	G	G	G	
B.	Maintained required speed.....	G	G	G	G	
C.	9 - 3 hand position (going forward)..	G	G	G	G	
D.	Controlled acceleration.....	G	G	G	G	
E.	Steering control.....		G	G	G	G
F.	Accelerator, steering coordination....	G	G	G	G	
G.	Smooth acceleration.....		G	G	G	G
H.	Foot movement.....		G	G	G	G
I.	. Use of brakes.....				G	G G G G
J.	. Signaled intention.....				G	G G G G
K.	Checked mirror.....		G	G	G	G
L.	Turned head.....		G	G	G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Describe negative actions or attitudes.

\_\_\_\_\_

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

I have seen the completed form and have been given an explanation of my performance and rating.

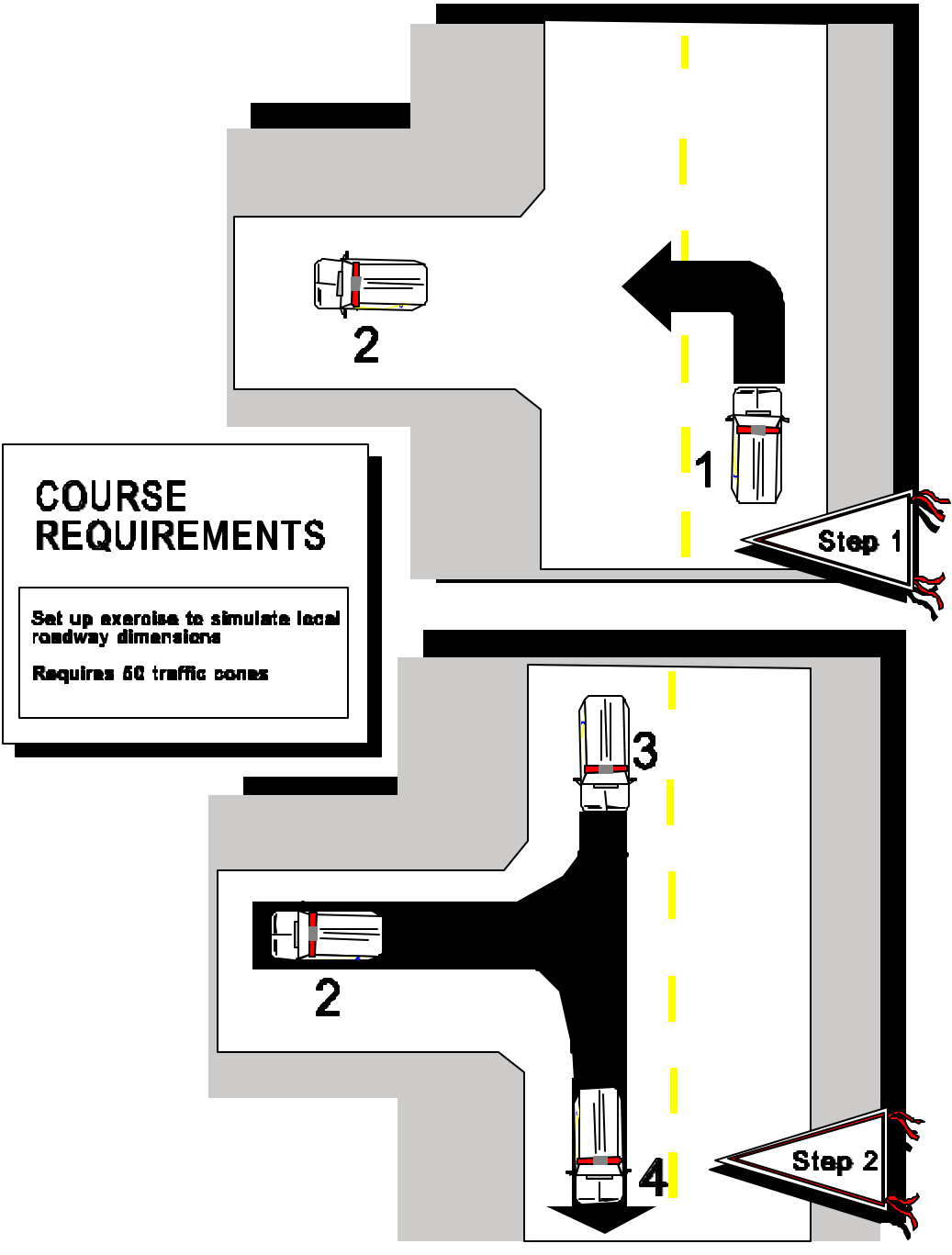
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Exercises

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

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# LEFTSIDE ROAD TURN





## Left Side Road Turn

### Purpose:

To develop the skill of coordinating turning, braking, signaling, and making traffic observations

### Procedure:

Enter course, slow, and signal for left turn. Check traffic and turn left into side road. Stop with rear bumper clear of roadway. Check traffic and back into lane. Stop. Accelerate forward and exit course.

### Instructor:

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### Participant:

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Enters course at speed determined by instructor.
3. Selects side road, checks rear traffic, and signals for a turn at least 100 feet in advance.
4. Keeps to the right of the centerline and stops approximately 20 feet from roadway.
5. Checks traffic and proceeds ahead.
5. Moves forward.
7. Negotiates the course smoothly.
8. Keeps steering movements constant and even.
9. Maintains 9 - 3 hand position.
0. Exits the course at the direction of the instructor.

## Left Side Road Turn Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

		<u>Practice Exercises</u>			
		1	2	3	4
A.	Entered course correctly .....	G	G	G	G
B.	Maintained required speed.....	G	G	G	G
C.	9 - 3 hand position (going forward).	G	G	G	G
D.	Controlled acceleration.....	G	G	G	G
E.	Steering control.....		G	G	G
F.	Accelerator, steering coordination....	G	G	G	G
G.	Smooth acceleration.....		G	G	G
H.	Foot movement.....		G	G	G
I.	. Use of brakes.....			G	G
J.	. Signaled intention.....			G	G
K.	Checked mirror.....	G	G	G	G
L.	Turned head.....	G	G	G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Describe negative actions or attitudes.

\_\_\_\_\_

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

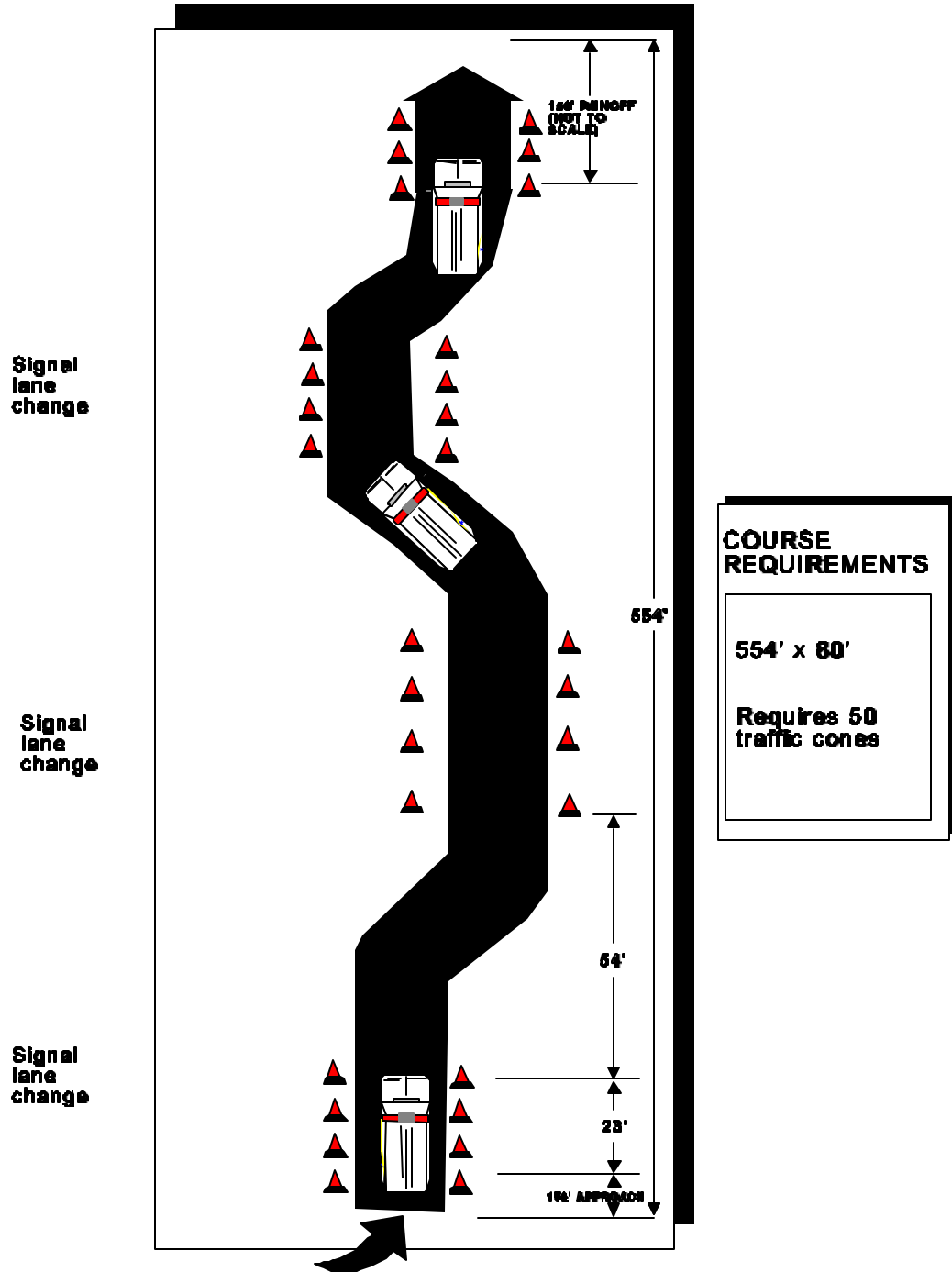
Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

I have seen the completed form and have been given an explanation of my performance and rating.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

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# SLOW SPEED LANE CHANGE



## Slow Speed Lane Change

### **Purpose:**

To develop confidence in controlling the vehicle and to experience vehicle stability. The exercise assists in developing coordination of steering and acceleration as well as the recognition of the relationship of fixed objects with respect to the vehicle.

### **Procedure:**

Enter course at selected speed. Maintain speed as lane changes are made. Signal for turn when first entering lanes, change lanes, change signal for opposite lane change.

### **Instructor:**

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### **Participant:**

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Enters course at speed determined by instructor.
3. Negotiates the course smoothly.
4. Keeps steering movements constant and even.
5. Maintains 9 - 3 hand position.
6. Maintains constant speed throughout the course.
7. Does not use brakes.
8. Passes closely to the cones.
9. Exits the course at the direction of the instructor.

## Slow Speed Lane Change Exercise Rating

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

		<u>Practice Exercises</u>			
		1	2	3	4
A.	Entered course correctly .....	G	G	G	G
B.	Maintained required speed.....	G	G	G	G
C.	9 - 3 hand position.....		G	G	G
D.	Controlled acceleration.....	G	G	G	G
E.	Steering control.....		G	G	G
F.	Counter steering.....		G	G	G
G.	Accelerator, steering coordination....	G	G	G	G
H.	Checked mirrors.....		G	G	G
I.	. Turned head.....			G	G
J.	. Foot movement.....			G	G
K.	Use of brakes.....	G	G	G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Describe negative actions or attitudes.

\_\_\_\_\_

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

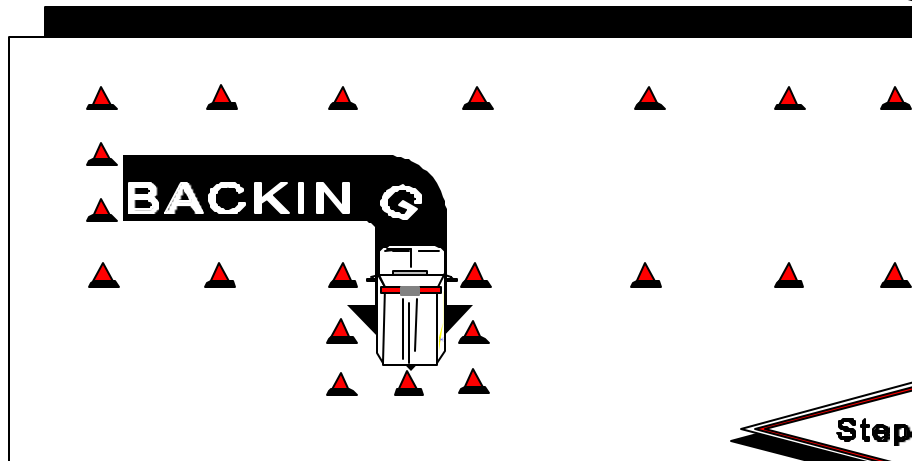
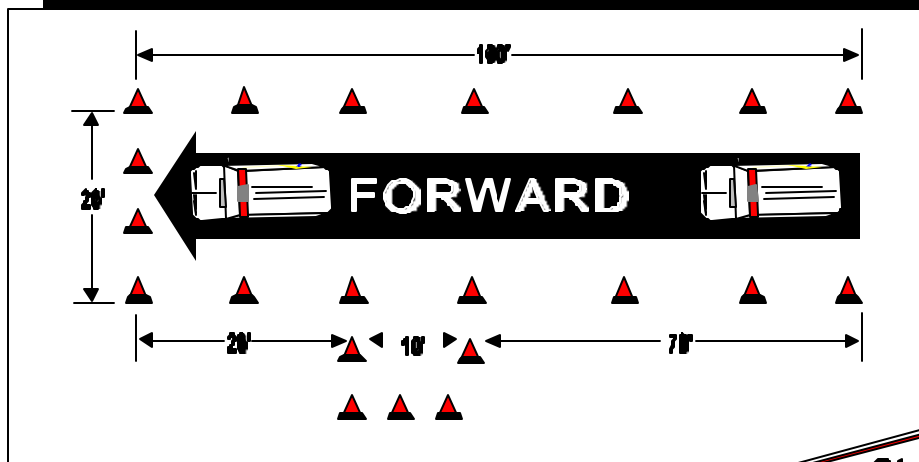
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Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

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## PERPENDICULAR PARKING (BACKING)



### COURSE REQUIREMENTS

Set up cones to simulate local medical facility parking spaces

Option: Use vehicles to create parking space

## **Perpendicular Parking, Back In and Drive Out**

### **Purpose:**

To develop skill in backing a vehicle into a stall controlling front end swing and recognizing the relationship of the vehicle to fixed objects. Develops use of mirrors and use of ground guide and mirrors.

### **Procedure:**

Drive forward at steady speed. Brake to stop at forward cone line. Back into space while turning. Stop at cone line. Maintain centerline of parking space. First tries to be conducted using mirrors only. Add ground guide for subsequent tries.

### **Instructor:**

1. Explains purpose of exercise and key factors of the exercise.
2. Demonstrates exercise at moderate speed.
3. Demonstrates exercise at required speed.

### **Participant:**

1. Assumes proper driving position; seat, mirrors, seat belt.
2. Enters course at speed determined by instructor.
3. Drives the vehicle beyond the stall, which is perpendicular to the road.
4. Backs the vehicle into the center of the stall.
5. Drives forward using the 9 - 3 steering method.
6. Turns into designated parking space using hand-over-hand or shuffle steering.
7. Centers vehicle in parking space.
8. Drives out, turning steering wheel to the desired direction selected.
9. Makes final adjustments and drives forward.
10. Exits course at direction of instructor.
11. Uses ground guide and proper hand signals.

## Perpendicular Parking Exercise Rating Back In and Drive Out

Participant's name \_\_\_\_\_ Date \_\_\_\_\_ Vehicle make/number \_\_\_\_\_

Practice Exercises

1 2 3 4

A.	Controlled acceleration.....	G	G	G	G
B.	Coordination of steering and braking....		G	G	G
C.	Foot movement.....		G	G	G
D.	Use of ground guide.....	G	G	G	G
E.	Use of proper hand signals.....	G	G	G	G

Number of cones hit \_\_\_\_\_

Reaction time was adequate. YES NO

Vehicle remained under control at all time. YES NO

Task was completed in one sequence of movements. YES NO

Vehicle was 12 inches or less from curb. YES NO

Describe negative actions or attitudes.

\_\_\_\_\_

Failed to complete exercise because \_\_\_\_\_

\_\_\_\_\_

All requirements were met. YES NO

GENERAL REMARKS:

Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

I have seen the completed form and have been given an explanation of my performance and rating.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_