



NANNY AWARENESS PROGRAM

PROGRAM OVERVIEW

The Nanny Awareness Program consists of one day of intensive, hands-on emergency driving training. During the program, participants will understand the physical forces placed on a vehicle when it is in motion; the automobile and maintenance for its major components; and security concepts as they relate to protective vehicle operations with an emphasis on pre-attack surveillance detection and route planning. Participants will also put the information discussed in the classroom into practice while driving through six rigorous and scientifically designed driving exercises.

CLASSROOM SUBJECTS

The Driver, the Car, and the Road

Participants will learn about the “Driver’s Triangle” and how it applies to what goes right and what goes wrong every time a driver is put into a potential vehicle emergency. Participants will also learn about the human body’s physiological reaction to emergencies and how the flight-or-flight response applies to driving emergencies. Finally, participants will understand the feet-per-second concept and why it is a more useful unit of measure for drive-time emergencies than miles-per-hour.

Vehicle Dynamics

Participants will turn driving into math and understand the physical forces that act upon vehicles in motion. In particular, participants will understand the friction that is created between the tire contact patches and the road surface and the effect of lateral acceleration on the contact patches’ ability to control the vehicle.

Introduction to Vehicle Maintenance

Participants will receive an in-depth look at tires – the most important components of a motor vehicle – as well as a quick, ten-minute checklist used to make sure that every major vehicle system is prepared to safely move out of any vehicle emergency.



Security Brief

Participants will learn the importance of pre-attack counter surveillance and route planning in conducting protective vehicle operations. Participants will review the problems and solutions for the safe transportation of children.

PRACTICAL EXERCISES

Slalom Exercise

Participants will drive through a four-cone slalom to master the fundamentals of seating and hand position; aggressive and smooth steering; performance driving vision; and the control of lateral acceleration.

Brake and Turn Exercise

Participants will learn how to use maximal braking while retaining directional vehicle control.

Lane Change Exercise

Participants will learn how to quickly react to a vehicle emergency in which they must make split-second decisions while maintaining vehicular control.

Reverse Slalom Exercise

Participants will learn how to precisely control a vehicle while rapidly backing up.

Counter-Carjack Exercise

Participants will learn how to effectively defend against a typical carjacking attempt.

Counter-Ambush Exercise

Participants will drive through an obstacle course in which they will put to use all of the skills they will have learned and practiced while attempting to escape a violent vehicle attack.

Prerequisites: None

