

## Sponsor Practice Checklist

---

Supporting a learner driver does not need to feel stressful. Use this checklist before and after every practice session to keep things safe, structured and productive.

### Before You Start Driving

- I hold a full licence for this category for at least 2 years
- L plates are clearly displayed front and rear
- Insurance, tax and NCT (if required) are valid
- We have agreed what skill we are practising today
- The learner feels calm and ready

### During the Drive

- I give instructions early and calmly
- I allow the learner time to think and respond
- I avoid shouting, sarcasm or grabbing controls
- I reinforce the instructor's method, not my own version
- I focus on safety, observation and positioning

### After the Drive

- We discussed 1–2 things done well
- We identified 1 area to improve next time
- I kept feedback constructive and supportive
- We ended the session positively

---

*You are helping build a safe driver for life, not just preparing someone to pass a test.*