

**Least Resistance Training Concepts  
(Strike Team LRTC)**  
**Trailer Safety and Proficiency Course**  
2012 Proficiency Standards

The purpose of these exercises is to develop and evaluate safe and proficient personal skills while operating a trailer. These skills include driving forward and backing a trailer through various elements while taking directions from a guide using "national standard" arm signals and driving forward and backing a trailer through the same elements without the use of a guide.

Members shall perform as both drivers and guides in order to maximize skill development and safe practices.

Each element is timed for qualifications purposes however safety shall be the primary consideration at all times. A member not successfully passing an element may retake the element. The ultimate objective is to develop an appropriate level of proficiency.

Materials needed (other than trailer and tow vehicles.)

- \* Plastic 55 gallon drums
- \* Traffic cones and pylons
- \* Reflective vests (for guides)
- \* Warning whistles (for guides)
- \* Measuring tape (to lay out elements)
- \* Stop watch
- \* Clipboards and score sheets

Proficiency course elements

- \* Straight alley "up and back."
- \* Serpentine alley "up and back"
- \* Back to an obstacle
- \* Right angle / left angle 90 degree back
- \* Alley dock

Driver objectives:

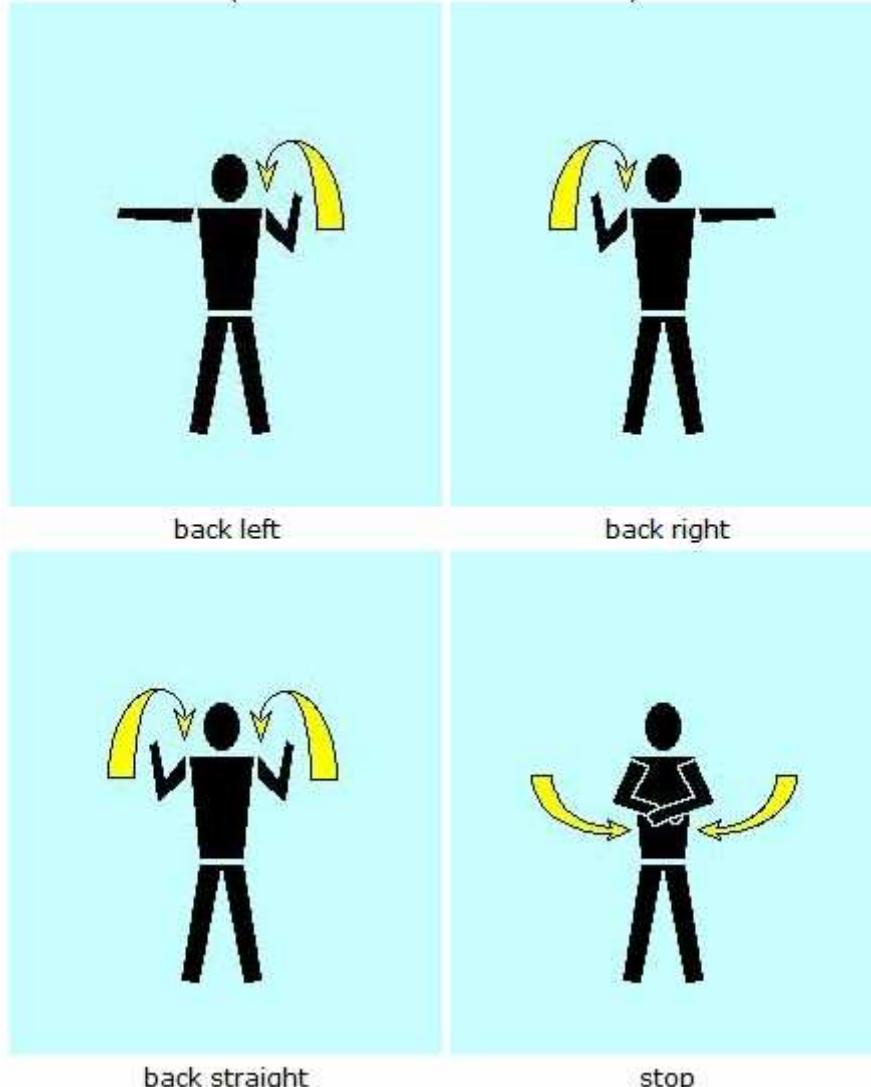
Pass each element two times without striking any plastic barrel, cone or pylon, with a minimum score of 70% .

Guide objectives:

Observe all safety protocols, use appropriate hand signals, provide proper direction to prevent trailer from striking any plastic barrel, cone or pylon, use warning whistle appropriately.

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**STANDARDIZED BACKUP SIGNALS**  
**(as viewed from a mirror)**



**Standardized Whistle Signals**

Long continuous whistle: "Stop"

Two whistles: "Go"

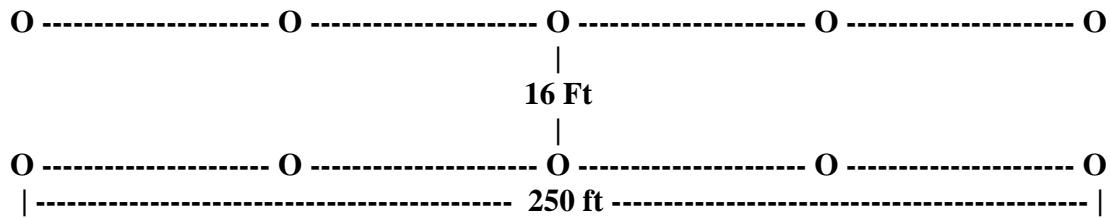
Three whistles: "Back up"

Continuously repeated whistles: "Emergency" - evaluate the situation at once.

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**Training elements**

**1. Straight Alley Up and Back**

Layout. 16 ft x 250 ft alley lined with plastic barrels, traffic cones and/or pylons.



Procedure. Drive through the alley. Stop when the rear of the trailer is beyond the end limit of the alley. Back through the alley until the front of the tow vehicle is beyond (outside) the start line of the element.

Driver Performance Standard. Drive at a safe speed. Always keep guide in view (during guided events.) Avoid unnecessary stops and starts. Do not strike any objects.

Driver Passing Score. Four successful completions, two with a guide, two without a guide. Minimum score for each pass is 70% and stopping beyond limits of alley where designated and striking no objects. Score based on 100% for no faults within 90 seconds total elapsed time for each attempt. 5% penalty each time driver has to stop and correct his/her combination. 1% penalty for each second of overtime. Striking any object constitutes a failed attempt.

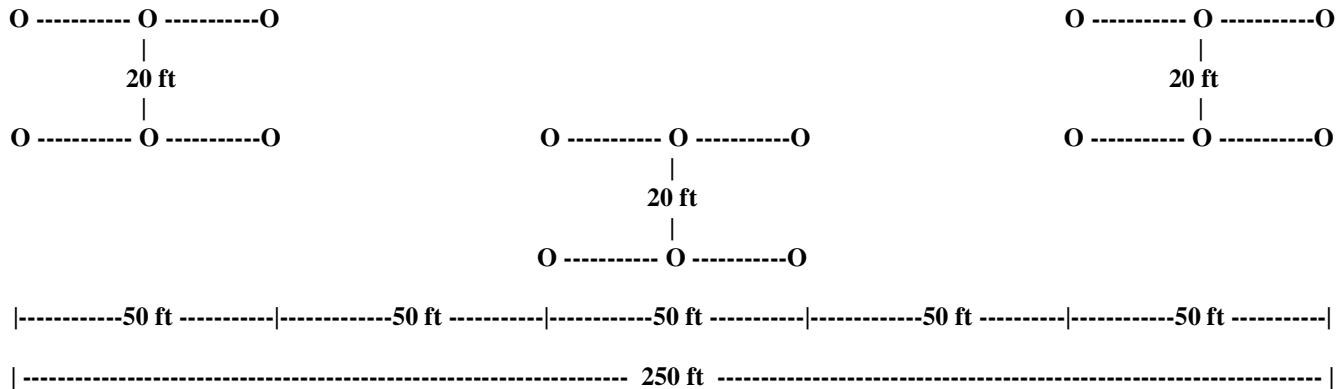
Guide Performance Standard. Observe all safety protocols. Maintain "eye contact" with driver via mirror. Use correct hand signals. Use signals appropriately and in sufficient time to prevent driver from striking any objects. Use whistle appropriately.

Guide Passing Score. Based on driver's score in guided attempts.

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**2. Serpentine Alley Up and Back**

Layout. 20 ft x 300 ft alley lined with plastic barrels, traffic cones and/or pylons.



Procedure. Drive through the alley. Stop when the rear of the trailer is beyond the end limit of the alley. Back through the alley until the front of the tow vehicle is beyond (outside) the start line of the element.

Driver Performance Standard. Drive at a safe speed. Always keep guide in view (during guided events.) Avoid unnecessary stops and starts. Do not strike any objects.

Driver Passing Score. Four successful completions, two with a guide, two without a guide. Minimum score for each pass is 70% and stopping beyond limits of alley where designated and striking no objects. Score based on 100% for no faults within 90 seconds total elapsed time for each attempt. 5% penalty each time driver has to stop and correct his/her combination. 1% penalty for each second of overtime. Striking any object constitutes a failed attempt.

Guide Performance Standard. Observe all safety protocols. Maintain "eye contact" with driver via mirror. Use correct hand signals. Use signals appropriately and in sufficient time to prevent driver from striking any objects. Use whistle appropriately.

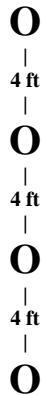
Guide Passing Score. Based on driver's score in guided attempts.

Note: The spacing between the lane shifts may be adjusted based on the performance characteristics of the trailer being used (length and combination turning capabilities.)

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**3. Back to an Obstacle**

Layout. A line of four barrels or traffic pylons spaced evenly, approx. 4 ft apart, approx. 16 ft total.



Procedure. Pull past the line of barrels or pylons. Line up and back to the line of pylons or barrels, stopping the rear of the trailer perpendicular to and within 18 inches of the line.

Driver Performance Standard. Drive at a safe speed. Always keep guide in view (during guided events.) Avoid unnecessary stops and starts. Do not strike any objects. Stop within the required space.

Driver Passing Score. Four successful completions, two with a guide, two without a guide. Minimum score for each pass is 70% and stopping within 18 inches of the line and without striking any objects within 30 seconds total elapsed time for each attempt. 5% penalty each time driver has to stop and correct his/her combination. 1% penalty for each second of overtime. Striking any object constitutes a failed attempt.

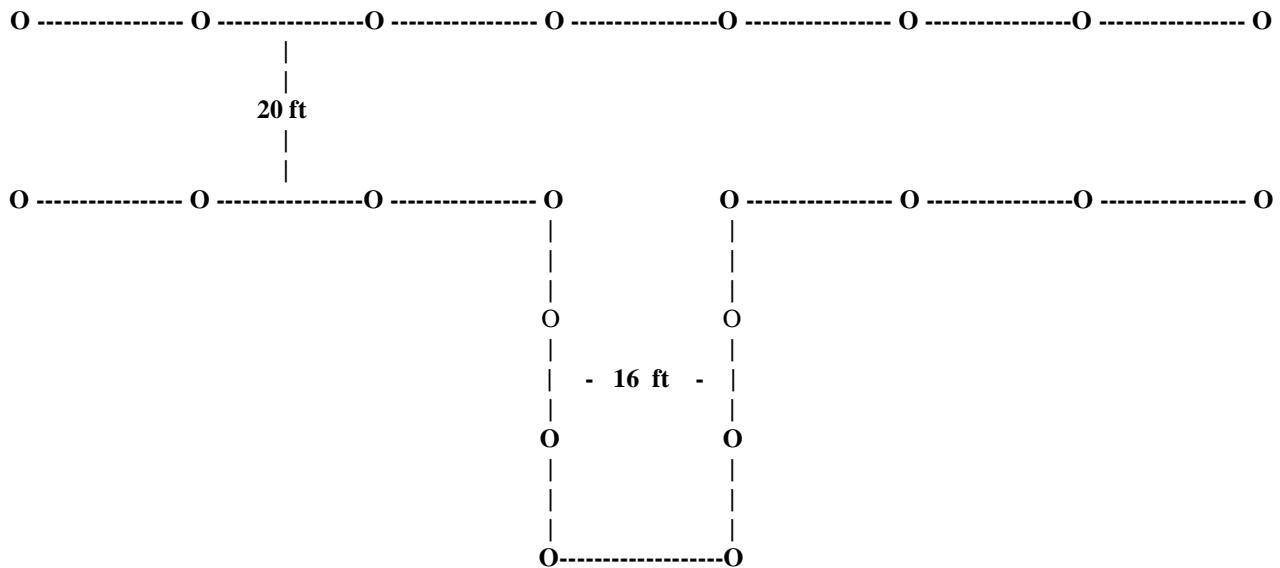
Guide Performance Standard. Observe all safety protocols. Maintain "eye contact" with driver via mirror. Use correct hand signals. Use signals appropriately and in sufficient time to prevent driver from striking any objects. Use whistle appropriately.

Guide Passing Score. Based on driver's score in guided attempts.

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**4. Right Angle / Left Angle 90 Degree Back**

Layout. 20 ft lane with 16 ft alley lined with plastic barrels, traffic cones and/or pylons.



Procedure. Drive through the lane. Stop when the rear of the trailer is beyond the intersection with the alley. Back into the alley and stop within 6 feet of a real or simulated gate.

Driver Performance Standard. Drive at a safe speed. Always keep guide in view (during guided events.) Avoid unnecessary stops and starts. Do not strike any objects.

Driver Passing Score. Four successful completions, two with a guide, two without a guide, one from each approach direction (backing right and backing left.) Minimum score for each pass is 70% and stopping within the designated area and striking no objects. Score based on 100% for no faults within 2 minutes total elapsed time for each attempt. 5% penalty each time driver has to stop and correct his/her combination more than twice. 1% penalty for each second of overtime. Striking any object constitutes a failed attempt.

Guide Performance Standard. Observe all safety protocols. Maintain "eye contact" with driver via mirror. Use correct hand signals. Use signals appropriately and in sufficient time to prevent driver from striking any objects. Use whistle appropriately.

Guide Passing Score. Based on driver's score in guided attempts.

Note: The spacing between the barrels at the opening of the alley may be adjusted based on the performance characteristics of the trailer being used (length and combination turning capabilities.)

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**5. Alley Dock**

Layout. Open 40 ft lane with barrels or pylons delineating a simulated gate.



Procedure. Drive through the lane. Stop when the rear of the trailer is beyond the simulated gate. Back so that the trailer is perpendicular to and relatively centered on the real or simulated gate, within 6 feet of the gate.

Driver Performance Standard. Drive at a safe speed. Always keep guide in view (during guided events.) Avoid unnecessary stops and starts. Do not strike any objects.

Driver Passing Score. Four successful completions, two with a guide, two without a guide, one from each approach direction (backing right and backing left.) Minimum score for each pass is 70% and stopping beyond limits of alley where designated and striking no objects. Score based on 100% for no faults within 60 seconds total elapsed time per attempt. 5% penalty each time driver has to stop and correct his/her combination more than one time. 1% penalty for each second of overtime. Striking any object constitutes a failed attempt.

Guide Performance Standard. Observe all safety protocols. Maintain "eye contact" with driver via mirror. Use correct hand signals. Use signals appropriately and in sufficient time to prevent driver from striking any objects. Use whistle appropriately.

Guide Passing Score. Based on driver's score in guided attempts.

Note: The spacing between the barrels at the opening of the alley may be adjusted based on the performance characteristics of the trailer being used (length and combination turning capabilities.)