

What is Safe Following Distance?

Worksheet

Safe following distance follows the 2-second rule: multiply your speed (in seconds) by 2. At 100 km/h, this equals roughly 56 meters of safe space between vehicles.

$$d = v \times 2$$

d = Safe distance (meters)

v = Vehicle speed (m/s or km/h)

Questions

1. At 15 m/s, safe distance = ?

- A) 15 m
- B) 30 m
- C) 45 m
- D) 60 m

2. The 2-second rule measures...

- A) Time to brake fully
- B) Gap between vehicles
- C) Visibility range
- D) Braking power

3. At 25 m/s, safe distance = ?

- A) 25 m
- B) 50 m
- C) 75 m
- D) 100 m

4. Safe distance increases with...

- A) Road type only
- B) Vehicle color
- C) Speed and weather
- D) Engine size

5. You are driving at 20 m/s on a highway. What is the minimum safe following distance?

6. A driver travels at 30 m/s. What safe distance should they maintain?

7. On a city street at 10 m/s, what is the safe distance?

8. Define: What is the 2-second rule?

9. Define: Why is following distance important?

10. Define: Does the 2-second rule change with speed?

Answer Key

1. B) $30 \text{ m} - d = 15 \times 2 = 30 \text{ meters}$.
2. B) Gap between vehicles — It defines the spacing gap in seconds of travel.
3. B) $50 \text{ m} - d = 25 \times 2 = 50 \text{ meters}$.
4. C) Speed and weather — Higher speed and poor conditions (rain, fog) require larger gaps.
5. Using $d = v \times 2$ $d = 20 \times 2 = 40 \text{ meters}$ Answer: Maintain at least 40 meters behind the vehicle ahead.
6. $d = v \times 2$ $d = 30 \times 2 = 60 \text{ meters}$ Answer: 60 meters is the minimum safe gap.
7. $d = v \times 2$ $d = 10 \times 2 = 20 \text{ meters}$ Answer: 20 meters minimum gap.
8. Maintain a 2-second gap between your vehicle and the one ahead — distance = speed $\times$ 2 seconds.
9. It gives you time to react and brake if the vehicle ahead stops suddenly.
10. No — it stays constant, but absolute distance increases as speed rises.

Bounlu

All cards, step-by-step solutions and an AI tutor are in the Notek app.
Promy turns exam dates into automatic reminders.