

SUMMER 2023

LeasePlan

Driving Insights

Summer driving special edition

Top tips for summer driving

Need to take your LeasePlan vehicle abroad?

6 essential tips for surviving summer traffic jams

Driving under the influence... of hay fever medicine!

Looking out for vulnerable road users



Driver advice:

Top tips for summer driving

If you're planning a summer road trip it's essential to be prepared and informed about the hazards the heat can bring.

It's estimated that during the summer drivers clock up almost 20% more miles than they do in cold weather. To make things simple, we've created an easy to follow checklist for when the mercury rises.

Top tips for you and your passengers:

- ✔ Consider using sunscreen even while inside your vehicle, and don't forget to pack a pair of sunglasses to prevent glare and maintain clear visibility.
- ✔ Be aware that some hayfever medications can cause drowsiness. Check the label for any warnings before taking medication and driving.
- ✔ Never leave a young, elderly or vulnerable person alone in a car. Even with the window left open, the temperature inside the car can end up being double the outside temperature.
- ✔ Even with a sun-visor and window open, you should not leave your pet locked in a vehicle. As with children, dogs can suffer from heatstroke so are unable to cool themselves, and this can have fatal consequences.
- ✔ Always check the temperature of your child's car seat. The uncovered buckles of car seats can reach such high temperatures they can cause second degree burns.
- ✔ Dehydration is as deadly as alcohol. Severe symptoms can cause dizziness, fainting and pose a risk to drivers. During summer, previous research has found there is a 146% increase in driver errors due to dehydration. Symptoms can include slower reaction times, loss of focus and muscle cramps – putting drivers and others at risk. And remember to take regular breaks during long journeys to avoid fatigue.

Top tips for your vehicle:

- ✔ Check your tyres regularly. As the day heats up, so does the road and the air in your tyres. Put a reminder on your phone to check pressures to ensure they aren't over-pressurised.
- ✔ Avoid your car overheating and potentially damaging your engine by checking your car fluids are at the correct level. If the liquid doesn't reach the full line on the coolant reservoir, add a 50/50 mix of water and coolant until it does.
- ✔ If you haven't had your car battery changed in the last five years, make sure it is replaced or tested as the heat takes a heavy toll on batteries.
- ✔ In case of a breakdown, be sure to have an emergency kit in your car that includes items such as a water bottle, first aid kit, warning triangle and jump leads, as well as a reflective emergency blanket that can be used for shade.
- ✔ Read your vehicle service schedule and stick to it. In extreme heat, belts and hoses which provide air-conditioning, can crack and blister. And pay close attention to engine warning lights.

Road and traffic:

- ✔ The hot weather can significantly affect road surfaces, leading to issues like melting tarmac. Additionally, summer thunderstorms can make surfaces even more slippery and reduce traction. Reduce your speed, maintain a safe following distance, and be cautious when braking or turning. With the arrival of festival season, the roads can become congested, resulting in frustrating traffic jams. Plan your routes in advance, taking into account any known congested areas.

Are you travelling within 2 weeks?

We appreciate that plans can change at the last minute - and drivers may not be able to provide 2 weeks notice. If this is the case we will do our best to assist. You can complete the form to request urgent documents or contact a member of our Foreign Travel team on the DriverLine.

Driver advice:

Need to take your LeasePlan vehicle abroad?

Whether it's for a business meeting, a weekend away or a holiday, travelling abroad with a car or van is even more accessible than ever with a growing number of European train and ferry connections.

There are a few things that your drivers need to know, and do in advance prior to leaving the country to ensure that they are safe and legal whilst driving abroad.

LeasePlan Assist Europe – What's included?

LeasePlan Assist Europe is included within our 'with maintenance' agreements. Available 24 hours a day, 365 days a year, drivers can feel safe in the knowledge that in the event of an incident, help is just a phone call away. Cover is available throughout Continental Europe (west of the Urals), Mediterranean Islands, Turkey and Eire.

- Available 24 hours, 365 days a year
- Roadside Assistance (including road traffic accidents)
- Vehicle recovery to the UK
- Alternative travel arrangements and emergency accommodation

Taking your LeasePlan vehicle abroad

01 Obtain written authorisation from the registered owner

Prior to travelling, you will need to ensure you have appropriate paperwork to comply with European legislation. You will require written authorisation from the registered owner - known as a letter of authority and a VE103. This must be done at least 2 weeks prior to travel. You will need to take copies of these with you. A fee may be charged for obtaining foreign travel vehicle documents to cover the supply and administration required.

[COMPLETE FORM NOW](#)

02 Insurance certificate

Check that you have fully comprehensive insurance. This is essential for all drivers, whether you are travelling for business or pleasure.

03 Go through our driver checklist

Our driver checklist has some handy tips to help make sure you have everything you need which can be found below.

Driver checklist

✔ Maintenance

Consider giving your car a maintenance check before you head off to help improve fuel economy and avoid any preventable accidents.

✔ Driving licence and passport

Ensure your driver licence and passport are valid and up to date

✔ UK Identifier

Make sure your UK sticker is clearly displayed on the rear of your vehicle. You can no longer display a GB symbol.

✔ Travelling with kids

Check the safety and compliance rules on car seats for each country before you set off.

✔ EU Emissions Zones

Many cities across Europe now operate low emission zones and congestion charge schemes.

✔ Legal requirements

Be aware of country-specific driving laws.

✔ Taking pets

If you're planning to travel with a pet, such as a dog or cat, make sure you're familiar with official rules and advice.

✔ Breakdown cover

Make sure you save the LeasePlan Assist European partner telephone number in your mobile phone for peace of mind.



Driver advice:

6 essential tips for surviving summer traffic jams

The joys of summer...the open road, freedom to roam... and traffic jams...!

As the mercury rises, so does the traffic on the roads. With more people hitting the open road to embark on their well-deserved holidays, navigating through Britain's road network can be quite a challenge.

01 Expect the unexpected

In heavy traffic, surprises are inevitable. Vehicles may suddenly change lanes, or motorbikes might weave through the gaps between cars. To protect yourself and others, embrace defensive driving. Stay vigilant, anticipate potential hazards, and be prepared to react swiftly if the need arises. By expecting the unexpected, you can minimize the risk of accidents and ensure a safer journey.

02 Stay focused

Heavy traffic demands heightened attention from drivers. Keep distractions at bay by putting your phone in the glove box and avoiding tinkering with your car's infotainment or sat nav system during congestion. Remember, your primary focus should be on the road ahead and the traffic around you. A moment of distraction can lead to regrettable consequences, so keep your eyes on the road and both hands on the steering wheel.

03 Plan ahead: Beat the traffic

A little planning can go a long way in avoiding the worst of the traffic. Consider leaving early or late to avoid peak traffic hours. Utilise tools like the AA route planner, or Waze to find alternative routes and bypass congested areas. By staying informed and anticipating potential delays, you can keep stress levels low and enjoy a smoother journey.

04 The three-second rule

Tailgating is a recipe for disaster, especially in heavy traffic. Maintain a safe following distance of at least three seconds behind the vehicle in front of you. This buffer allows you enough time to react and brake in case of sudden stops or emergencies. Patience and maintaining a safe distance can save lives and prevent accidents.

05 Slow and steady wins the race

When stuck in a traffic snarl, the displayed speed limit may become irrelevant. Reduce your speed to match the flow of traffic, allowing ample time to react to sudden halts or lane changes. Speeding in congested areas not only endangers lives but also increases the chances of collisions. Embrace a slow and steady pace, and you'll reach your destination safely.

06 Remain calm

Summer traffic can fray anyone's nerves, but maintaining a sense of calm is crucial. Avoid aggressive driving and road rage, as these behaviours heighten the risk of accidents and escalate tensions on the road. Take regular breaks to relax and stretch your legs, enjoying a cup of tea or coffee to recharge your energy and composure. Remember, patience and a level head make for a stress-free and safer drive.

Bite-sized summer driving tips:

Check your tyres

If your tyres are already damaged or they're at the wrong pressure, the higher temperatures of summer will increase the risk of a blowout.

Make sure you check tyres regularly – for condition and pressures – and increase pressures to suit extra loads, as advised in your handbook

Check caravan and trailer tyres to ensure they are correctly inflated and if there are signs of damage get them replaced before setting out!



Top tips to beat the heat

- Put a sun shield over the back windows – this will help keep the sun off the passengers in the back of the car and will keep some of the heat out
- Have iced water in the car – this will help keep all passengers refreshed and hydrated throughout the drive
- Use the air conditioning – driving with the A/C on will help keep the internal temperature of the car nice and cool
- Try to park in the shade – if you stop along your drive, try to find a shady parking spot to avoid the sun heating up the car
- Use a windscreen shade when parked because most of the heat enters the car through the glass



Taking time for tractors

Harvest time... you know the saying... make hay when the sun shines!

When you're driving in the countryside:

- Keep plenty of distance behind a tractor
- Remember that a tractor may be longer than it appears – there could be a loader on the front
- Before overtaking, make sure you have plenty of room to get past
- Slow down gently if you come across a spillage – if you hit a bale of straw at speed you'll damage your car
- Don't park in a gateway or passing place
- Drive extra carefully after rain, which can turn dry mud into a skid pan
- The driver of that slow-moving tractor in front of you may have a soundproofed cab, or could be wearing ear protectors, so may not be able to hear approaching cars.
- Tractors only have to have brake or indicator lights if driving at night, so they may stop or turn suddenly and without warning in daylight hours.



Family-friendly activities on the road

We explore some creative ideas to keep the whole family happy on longer road trips. When the kids get bored with "I spy" move on to...

- 20 Questions

One person thinks of something, and others have 20 questions to guess what it is. The questions can only be answered with "yes" or "no."

- License Plate Game

Keep a tally of different county number plates you spot during the trip. The goal is to find as many different counties as possible.

- Car bingo

Look for particular makes and models of cars – or for younger kids try car colour bingo.

- Audiobooks

Classics include the Harry Potter series, The Chronicles of Narnia and Roald Dahl and David Walliams books.

- Family-Friendly Podcasts

- Activity books

Word searches, mazes, puzzles and reusable stickers are perfect for car rides.

- Karaoke

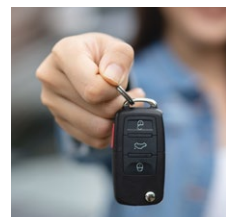
Create a road trip playlist with a mix of favourite songs for the whole family to sing along. Create a mini "karaoke" session, where kids take turns performing their favourite tunes.


- Ask Google

If you have an in car assistant – ask Google to tell you a joke or two!

Wet, wet, wet...

Keep car keys safe by taking them in a dry bag – or a simple zip lock bag if you're headed to the beach or pool. It's too easy to leave them in your pocket and jump into the water. Prevention is always better than cure, but if you do get your keys wet – remove them from the water immediately, dry with a paper towel or dry cloth, don't use until you're confident the key is dry. If your remote control stops working, check your handbook – on most cars, there's an alternative way to open the doors.





Driving tips:

Driving under the influence... of hay fever medicine!

Hay fever (or allergic rhinitis if you want to use its proper name) is one of the downsides of summer for many people – and as the symptoms include watery eyes and sneezing, it doesn't make driving any easier.

Antihistamines can help, but it's important to check the side effects of the drugs you choose. Some can cause drowsiness, confusion, dizziness and blurred vision. If this happens when you're behind the wheel, you could be at risk of a 'driving under the influence' charge, just as if you were drunk driving or had taken cannabis. The potential penalties for drug driving, which were introduced in 2015, include a 12-month driving ban, a criminal record, a fine of up to £5,000 and up to 6 months in prison. In addition, your driving licence will show you've been convicted of drug driving.

According to the NHS, chlorphenamine and diphenhydramine are more likely to produce these side effects, while they are less common with loratadine and cetirizine. However, individual reactions to these drugs vary significantly, so the most important thing is to make sure you've tested them thoroughly to see how they affect you before you decide to drive after taking one.

What else can you do?

- 01 Check the pollen forecast and the weather forecast
- 02 Make sure you are fit to drive
- 03 Consider installing a special pollen filter in your car
- 04 Pull over if you feel a reaction coming on. Don't continue driving.

...it's important to check the side effects of the drugs you choose...



Driver advice:

Looking out for vulnerable road users

Warmer months means the roads are busier with cyclists and pedestrians embracing the outdoors.

The safety of everyone on the roads should be the topmost priority for every driver. The Highway Code has recently updated its guidelines to help provide comprehensive guidelines for drivers to ensure the protection of all road users.

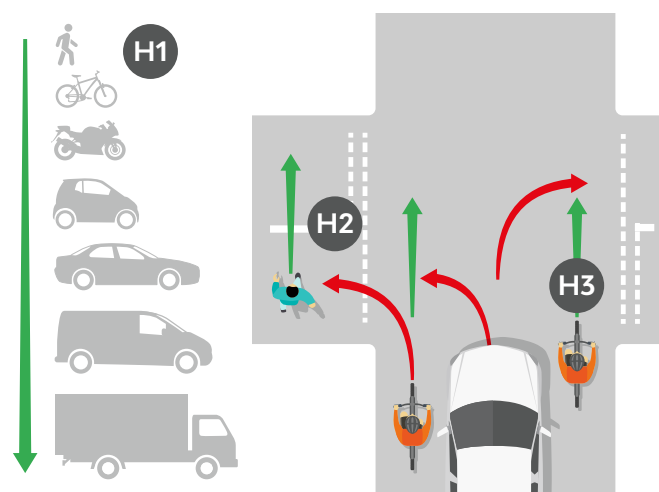
Cyclists are more vulnerable than drivers due to their lack of protective barriers. Therefore, it is vital to exercise additional caution around them. When passing cyclists, allow a safe distance to prevent any accidental contact. If you encounter a cyclist in front of you, refrain from tailgating, as they might need to stop abruptly or take evasive actions.

For pedestrians, especially children and the elderly, exercise extreme caution near pedestrian crossings, schools, and residential areas. Always be prepared for the unexpected, such as a child suddenly darting into the road. Slow down and be ready to stop if necessary.

Lastly, drivers should be aware of their vehicle's blind spots. Check your mirrors regularly and turn your head to look over your shoulders before making any manoeuvres or lane changes. This practice ensures that you don't overlook any nearby cyclists or pedestrians, reducing the risk of accidents caused by blind spot-related incidents.

The Highway Code has recently updated its guidelines to help provide comprehensive guidelines for drivers to ensure the protection of all road users.

Highway Code - new rules for the road



- H1** A new hierarchy of road users
- H2** New priorities for pedestrians
- H3** New rules to protect cyclists

[Find out more](#)

DriverLine

For help with your vehicle please call the
LeasePlan DriverLine on **0345 250 0000**

