

INFORMATION REGARDING DRIVERS' HOURS

Driver Hours Requirements:

- a) No more than 2 hours' driving without taking at least a 15 minute break, preferably away from the vehicle
- b) No more than 9 hours total "activity time" in a day when driving is involved*
- c) Regardless of any other regulation, no driver to complete more than 6 hours or 250 miles driving in one day including rest periods
- d) There must be at least 11 hours' complete rest** period overnight between any days when there is driving.
- e) Regardless of any other regulation, 4 hours (175 miles) to be the maximum for a driver when any part of the journey is between 22.00 and 08.00, i.e. during the "normal hours of sleep"

**NB: "Activity time" includes everything associated with the event and trip, e.g. driving, taking part in a sports match, getting changed before/after a match, loading trailers, etc., but does not include rest or refreshment periods*

***NB: "Rest" means when the driver is not required to do anything. The driver does not actually have to be sitting down resting.*

In the case of any conflict in regulations, the LOWEST amount of time or mileage takes precedence

Additional considerations when relevant to the trip:

- a) For trips requiring an overnight stay, driving hours to be included in the Club/Society/Area's risk assessment, clearly addressing the points above, with time line or pie chart
- b) Under The SU "**Safe Space**" and **Volunteering Policies**, disregarding the opinion of a driver regarding driving expectations, or pressurising a driver into driving more than s/he wants to, are to be regarded as harassment
- c) "Hanging around" time, e.g. when arriving at a venue an hour early, is not included in activity time provided that the driver is resting. If extra practice takes place, however, it is included in activity time

Reviewed: July 2019

Next review: July 2020

Worked “overnight rest period” example

Here’s an example copied from an Excel Spreadsheet:

	Driver 1	Driver 2	Event	Rest
Friday 16:00:00				
17:00:00				
18:00:00				
19:00:00				
20:00:00				
21:00:00				
22:00:00				12 hours
23:00:00				
Saturday 00:00:00				
01:00:00				
02:00:00				
03:00:00				
04:00:00				
05:00:00				
06:00:00				
07:00:00				
08:00:00				
09:00:00				
10:00:00			10 hours	
11:00:00				
12:00:00				
13:00:00				
14:00:00				
15:00:00				
16:00:00				
17:00:00				
18:00:00				
19:00:00				
20:00:00				11 hours
21:00:00				
22:00:00				
23:00:00				
Sunday 00:00:00				
01:00:00				
02:00:00				
03:00:00				
04:00:00				
05:00:00				
06:00:00				
07:00:00				
08:00:00				
09:00:00				
10:00:00				
11:00:00				
12:00:00				