



UNIVERSITY OF BATH
Students' Union

INFORMATION REGARDING DRIVERS' HOURS - Summary for Drivers

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.

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 BUSU "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

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 | | | | |
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| 11:00:00 | | | | |
| 12:00:00 | | | | |