



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Road User Fitness Assessment For Drivers Training

Law, Military Science and Security / Safety in Society

Unit Standard 116129 · NQF Level 4 · 7 Credits · 4 Days

COURSE OVERVIEW

This course equips drivers with the knowledge and skills to assess their own fitness to drive, ensuring they are physically, mentally, and emotionally fit to operate a vehicle safely. It covers the impact of fatigue, illness, medication, and substance use on driving ability, promoting road safety and compliance with South African road traffic regulations.

Category	Law, Military Science and Security
Subfield	Safety in Society
Unit Standard	116129
Accreditation	SAQA Accredited · NQF Level 4 · 7 Credits
Duration	4 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply knowledge of physical, mental, and emotional factors affecting driver fitness to conduct self-assessments.
- Analyze the effects of fatigue, illness, medication, alcohol, and drugs on driving performance.
- Evaluate personal fitness to drive using established criteria and assessment tools.
- Implement strategies to mitigate fitness-related risks before and during driving.
- Demonstrate understanding of legal and regulatory requirements related to driver fitness in South Africa.
- Design a personal fitness management plan to maintain optimal driving readiness.

WHO SHOULD ATTEND

- Professional drivers, fleet managers, and any individuals required to undergo fitness assessments as part of their employment or licensing conditions.

COURSE OUTLINE

Day 1: Foundations of Road User Fitness Assessment

- Introduction to SAQA Unit Standard 116129 and relevant legislation.
- Overview of road user fitness: physical, sensory, cognitive, and psychological aspects.
- Ethical and professional responsibilities of the assessor.
- Common medical conditions affecting driving: vision, hearing, epilepsy, diabetes, cardiovascular issues.
- Basic screening tools and checklists for initial assessment.
- Case studies: recognising fitness-related incidents on the road.

Day 2: Assessment Techniques and Tools

- Vision testing: acuity, field, contrast sensitivity, and depth perception.
- Hearing assessment: pure-tone audiometry and functional hearing checks.
- Motor function evaluation: range of motion, strength, coordination, reaction time.
- Cognitive screening: memory, attention, executive function, and decision-making.
- Psychological assessment: stress, fatigue, and substance use screening.
- Practical exercises: administering and scoring assessments.
- Recording and interpreting results using standardised forms.

Day 3: Advanced Assessment and Special Populations

- Assessing drivers with neurological conditions (e.g., stroke, Parkinson's, dementia).
- Evaluating drivers with musculoskeletal impairments and prosthetics.
- Medication side effects and polypharmacy: implications for driving.
- Substance use assessment: alcohol, drugs, and prescription misuse.
- Adaptive equipment and vehicle modifications: assessment and recommendations.
- Functional capacity evaluation (FCE) for driving: simulators and on-road tests.
- Case studies: complex cases and multidisciplinary referrals.
- Legal considerations: reporting fitness findings and confidentiality.

Day 4: Integration, Reporting, and Professional Practice

- Report writing: structure, language, and legal requirements.
- Developing recommendations: restrictions, retraining, or license suspension.
- Referral pathways: occupational therapists, physicians, driving schools.
- Communication skills: delivering sensitive feedback to drivers and stakeholders.
- Ethical dilemmas and decision-making in borderline cases.
- Simulated assessment: full assessment from intake to report.
- Peer review and feedback on simulated cases.
- Course wrap-up: resources, professional development, and certification.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **7 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 20,500.00	R 20,500.00
1	In-House	R 26,600.00	R 26,600.00
1	On-Campus (Pretoria)	R 30,800.00	R 30,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
10 Aug 2026	13 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Mauritius
18 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
18 Aug 2026	21 Aug 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

- 1. Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 116129) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
- 2. Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
- 3. Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
- 4. Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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