



Safety Share

Safe Stopping Distances

Safe stopping distance is the space a driver needs to safely bring their vehicle to a complete stop. Knowing how much time and distance it takes to apply your brakes to completely stop your vehicle can help avoid a collision.

The table below shows stopping distances under ideal conditions:

Speed (km/h)	Stopping Distances (m)	Car Lengths	Approximate Distance (length)
40	60-70	13-15	Ice hockey surface
50	85-110	18-24	Soccer field
60	105-130	23-29	Football field
70	135-180	29-40	1.5 football fields
80	155-210	34-46	Two soccer fields
90	190-265	42-58	2.5 soccer fields
100	235-330	51-72	Three soccer fields



When approaching a construction zone, slow down immediately. Obey all warning signs and posted speed limits. Be aware of your surroundings. Be patient.

What affects stopping distance?

- Speed
- Road grade (uphill, downhill, flat)
- Road alignment (curved, straight)
- Roadside obstacles
- Weather and lighting
- Weight of vehicle
- Brake, tire and pavement conditions
- Driver reaction time