



**Instructor's IN-CAR GUIDES**

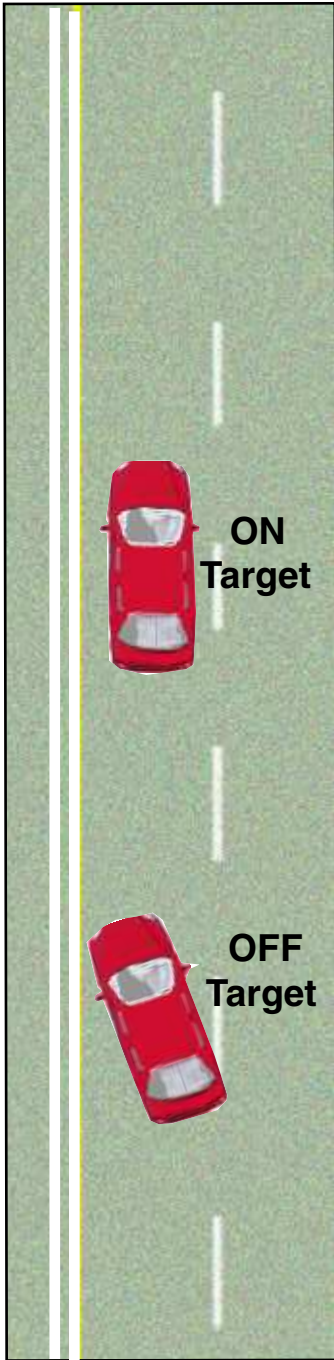
***Partnership for***  
***EXPERT Driving***

**Teacher • Teen • Parent**

**7th Edition**

**F R E D E R I K . M O T T O L A**

Rating: √ = Okay, X = More Practice Needed



**NOTES**

**1: Getting Ready To Drive**

**While Approaching The Car**

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1. Have Keys In Hand
  2. Look Under the Car
  3. Look At and Around the Car

**Before Opening The Door**

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1. Look Inside the Car
  2. Control the Door Swing

**After Entering The Car**

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1. Lock Doors - Key In Ignition
  2. Head Restraint Up To Ears
  3. Adjust Seat - Butt-In Seating
  4. Check and Adjust All Mirrors
  5. Safety Belts On All

**2: Start Engine & Orientation**

**Starting The Engine**

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1. Parking Brake On
  2. Insert Key - Foot On Brake
  3. Shift Should Be In "Park"
  4. Twist Key -Release No Delay
  5. Headlights On - day & night

**Orientation to Controls -Shift In "P"**

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1. Place Hands On Wheel
  2. Use Directional Signal
  3. Put Wipers On and Off
  4. Turn Hazards Lights On & Off
  5. Adjust Climate Control
  6. Put Parking Lights On and Off
  7. Use Headlights -Low & High
  8. Adjust Sun Visor
  9. Blow The Horn
  10. Use Of Gas Pedal
  11. Use Of Brake Pedal
  12. Use Of Shift

**3: Moving and Stopping Smoothly**

**Placing The Car In Motion**

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1. Right Foot On Brake
  2. Shift To Drive
  3. Release Parking Brake
  4. Check Driving Path

**Inching & Creeping The Car**

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1. Keep Foot On Brake
  2. Release Partial Brake
  3. Inching with Brake Control
  4. Creeping at Idle speed

**Acceleration Control**

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1. Idle Speed Movement
  2. Press Gas Smoothly
  3. Keep Steady Speed
  4. Increase Speed
  5. Decelerate Gradually

**Braking Control**

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1. Feel Braking Point
  2. Constant Pressure
  3. Normal Smooth Stop
  4. Hard Smooth Stop
  5. ABS Braking

**4: On Target - Off Target**

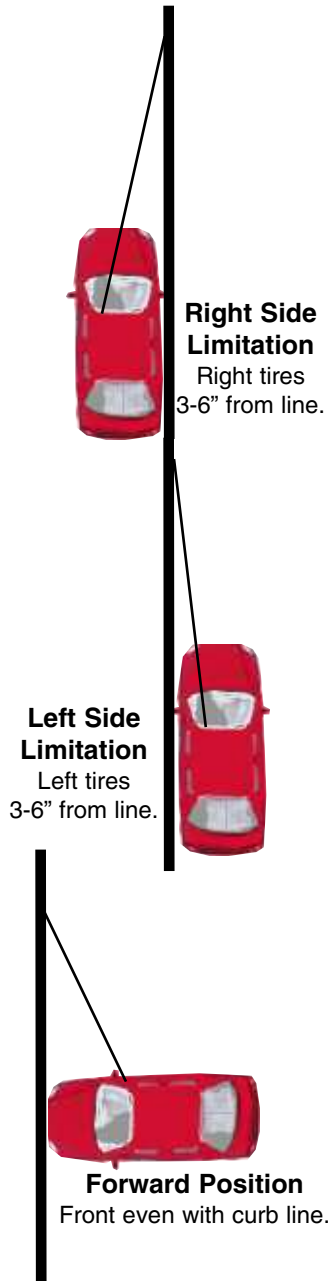
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1. Selection of Target
  2. Use of Central Vision
  3. Use of Fringe Vision
  4. Aiming for Targets
  5. Looking Into Turns
  6. Use of Steering Wheel
  7. Recovery at Transition Peg
  8. Gas and Brake Pedals
  9. Centers Wheel in Lane

**Key Behavioral Patterns**

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- Makes Smooth Stops
  - Smooth Acceleration
  - Use of steering wheel
  - Target with Central Vision
  - See Vehicle with Fringe Vision

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- Driving On Target
  - Recovery of Steering
  - Transition Peg Introduction
  - Turn Head before Steering

Rating: √ = Okay, X = More Practice Needed



**5: Reference Point Discoveries**


1. Line-Of-Vision Blind Spot
2. Right Side Limitation
3. Left Side Limitation
4. Front Even With Curb line
5. Rear Even With Line
6. Lane Position #2 (LP2)
7. Lane Position #3 (LP3)
8. Lane Position #1 (LP1)

**Right Turn References**


1. Side Position
2. Forward Position

**Left Turn References**


1. Side Position
2. Forward Position

**6A: Entering & Crossing Traffic**

**Select Gap From Curbside**


1. Evaluate Path to Enter
2. Mirror - Blind Spot Check
3. Locate Gap or Hole to Enter
4. Use of Signals

**While Entering Traffic Flow**


1. Avoid Hesitation
2. Look to Target Area
3. Side Position Reference Point
4. Steering Technique
5. Speed Control

**After Entering Traffic Flow**


1. Cancel Signal
2. Accurate Tracking Path
3. Re-evaluate Rear Zone
4. Look for New LOS-POTs

**6B: Precision Turns**

**Before Turning**


1. Use of Signals
2. Mirror - Blind Spot Check
3. Side Position Reference Point
4. Speed Control - Brake
5. Smooth Legal Stop
6. Forward Position Reference Pt
7. Select Target
8. Search Intersections/Gap-Hole
9. Get Commitment

**During Turn**


1. Avoid Hesitation
2. Look Into Turns, Target
3. Speed Control
4. Steering Technique
5. Accurate Tracking Path

**After Turn**


1. Precision Turn Results
2. Re-evaluate Rear Zone
3. Look For LOS-POTs

**7: Reading Instruments & Gauges**

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Demonstrates understanding and correct use of gauges

**8: Before Exiting the Vehicle**


1. How Is The Location?
- 2-3. Parked Okay/Tires Straight?
4. Keep Foot On Brake
- 5-6. Parking Brake/Shift To Park
7. Foot Off Brake
- 8-9. Accessories Off/Belts Off
- 10-11. Windows Closed/Key Out
12. Left-Rear Zone Check
- 13-14. Alarm Set/Open Door
15. Doors Locked

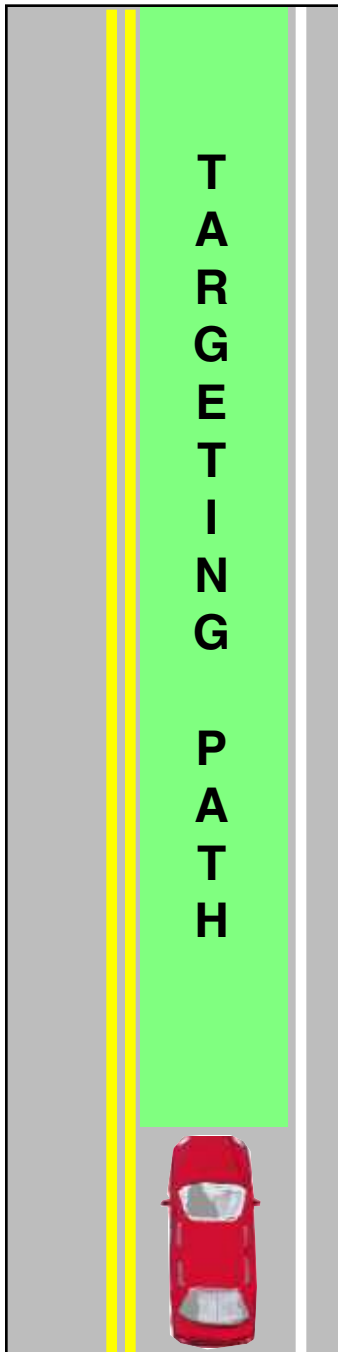
**NOTES**

**Key Behavioral Patterns**


- Use of Reference Points
- Side Position RP for Turns
- Forward Position RP for Turns
- Use of Signal Lights
- Legal and Smooth Stops


- Target Usage for Turns
- Search Intersection, L, F, R
- Look into turn before steering
- Steering and Recovery
- Turns Transition Pegs

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**NOTES**

**9: Tracking and Targeting Path**

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1. Selection Of Target
  2. Aiming For Targets
  3. Accuracy Of Tracking

**Tracking Into Curves**

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1. Target On Approach
  2. No Target Into Apex
  3. Look Into Curve
  4. Use Fringe For Ref. Pts.
  5. After Curve, Target

**Tracking Into Turns**

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1. Select Target Before Turn
  2. Aim Car On Target

**Searching To Target Areas**

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1. See Target Location
  2. Evaluate Target Area
  3. Evaluate Targeting Path
  4. See Zone Changes

**11A: Backing Introduction**

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1. Foot On Brake, Shift to "R"
  2. Target Usage
  3. Turn Wheel, Top Down
  4. Look Over Right Shoulder
  5. Use All Mirrors
  6. Check Front Swing

**Reference Point Usage**

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1. Back To A Line
  2. Discover Pivot Point

**11C: Three-Point Turnabout**

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1. Performed In Parking Lot
  2. Used Non-Crowned Road
  3. Used On Crowned Road

**11D: Midblock U-Turn**

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1. Decision for site location
  2. Performance of behaviors

**10: Introduction to LOS-POT's**

**Identify LOS Caused By Environment**

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|  |  |  |
1. Curves, Hills, Intersections
  2. Buildings, Bridges, Fences
  3. Trees, Bushes, Signs
  4. Weather Conds, Snow Banks

**Identify LOS Caused By Vehicles**

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1. Parked Vehs, (Trucks, Buses)
  2. Vehs Stopped, Slow Moving
  3. Vehicles Entering Roadway

**Identify POT Caused By Environment**

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1. Red Lts, Stop & Yield Signs
  2. Intersections, Narrowing Lanes
  3. Surface: Rough, Bumpy
  4. Loose Gravel, Sand, Leaves
  5. Rain, Water, Ice, Snow

**Identify POT Caused By Traffic**

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1. Slow Moving, Turns, Stops
  2. Following Less Than 4 Seconds
  3. Pedestrians, Animals, Cars

**11B: Turnabout Driveway/Intersection**

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1. Consider Your Choices
  2. Evaluate Risk, See LOS-POTs
  3. Select A Location
  4. Check Rear, Tap Brake Lights
  5. At Intersection, Right Signal
  6. Clear Intersection
  7. Stop 12" away from Curb
  8. Shift To "R", Check Inters
  9. Back to Pivot Point
  10. Turn Wheel From Top Down
  11. Check Front Swing Of Car
  12. Back To Safety Stop Position
  13. Shift To "D", Left Signal On
  14. When Safe, Make Left Turn

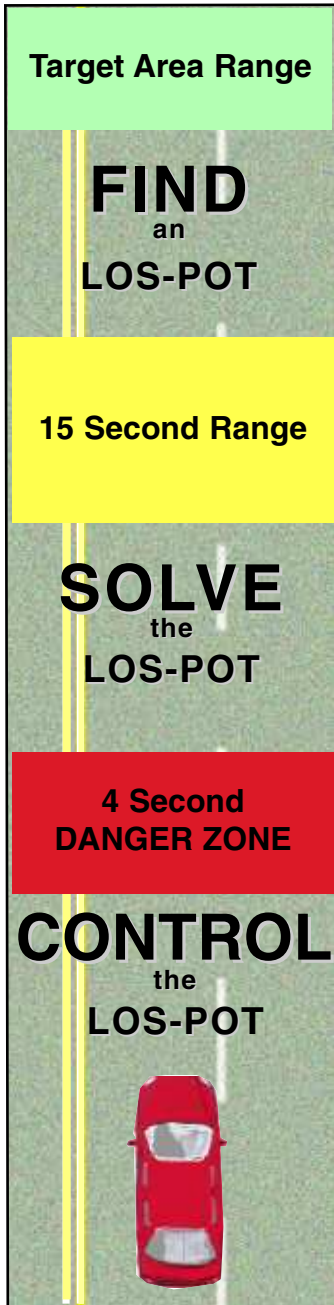
**Key Behavioral Patterns**

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- Targeting Through Curves
  - Searching to Target Area
  - Evaluating Target Area
  - Evaluating Targeting Path
  - Identifying LOS blockages

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- Identifying POT blockages
  - Target usage while Backing
  - Vision & Steering for Backing
  - Reference Point for Backing
  - Use of Pivot Point

Rating: √ = Okay, X = More Practice Needed

**Three Searching Ranges of Zone Control**



**NOTES**

**12: Searching Target Area to T.Area**

**1. Search To Target Area**


- Tell What Target Is
- Describe Target Area
- LOS-POTs In Target Area
- Target Area Open or Closed
- Identify Targeting Path
- Respond To Zone Changes

**2. Search 15-Second Range**


- Identify LOS-POTs
- Respond to LOS-POTs

**3. Know 4-Second Danger Zone**


- Use Central Vision
- Use Fringe Vision

**4. Judge Distance In Seconds**


- Take A Guess
- Count Off By Seconds
- Accuracy Of Guess
- Different Speeds

**14: Introduction To Zone Control**


**1. Identify LOS-POT Change**


**2. Respond To Front Zone Change**


- Check Rear Zone
- Apply Speed Control Option


- Keep Same Speed
- Decelerate
- Off-Gas, Cover Brake
- Off-Gas, Apply Brake
- Increase Speed

**3. Respond To Lt/Rt-Front Change**


- Check Opposite Zones
- Apply Speed Control Option
- Apply Lane Position


**4. Improve Position From ZC**


**5. Attempt To Keep Zones Open**

**13: Recognition Of LOS-POT**

**1. Identify LOS-POT Front Zone**


- See to Target Area
- See 15-Second Range
- See Within Danger Zone

**2. Identify LOS-POT Left-front**


- FIND in Target Area
- SOLVE 15-Second Range
- CONTROL 4-sec Danger Zone

**3. Identify Closed Zones:**


- Closed Front Zone LOS-POT
- Closed Side Zone LOS-POT

**15: Forward & Angle Parking**

**1. Before Parking**


- Check Rear Zone
- Check Parking Space


- 2. Side Position
- 3. Forward Position
- 4. Creep - Turn Wheel Fast
- 5. Line Up With Target
- 6. Straighten Car and Tires
- 7. Stop At Front Reference


- 8. To "Unpark"**
- Back Slowly
- Check Traffic
- Check All Corners
- Clear Fender - Turn Wheel
- Straighten Car
- Tires Straight
- Shift To Drive

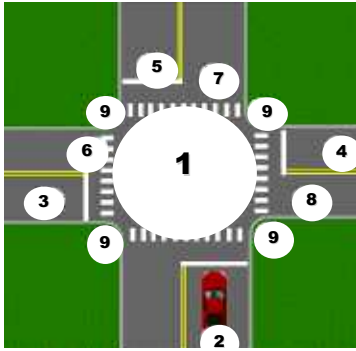
**Key Behavioral Patterns**


- **FIND** LOS-POT in Target Area
- See Path as OPEN or CLOSED
- **SOLVE** LOS-POT at 15 seconds
- **CONTROL** 4 sec. danger zone
- Judge distance in seconds


- Apply ABCs Zone Control
- Apply Speed Control Options
- Apply Lane Position Options
- Use Angle Parking Behaviors

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**Help Teens Search Intersections**



1. Search your immediate POT in the intersection. Look for traffic lights, other vehicles, LOS blockages, pedestrians.
2. Search your rear zone immediately after seeing the intersection, before braking, and while stopped.
3. Search for traffic approaching from the left zone.
4. Search for traffic approaching from the right zone.
5. Search for oncoming traffic in the front zone.
6. Before making a left turn, search for an open path to enter.
7. When going straight, search your intended POT.
8. Before making a right turn, search for an open path to enter.
9. Search all corners for pedestrians.

**NOTES**

**16: Communications**

**1. Effective Use of:**

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- Signal Lights
  - Headlights
  - Brake Lights
  - Horn
  - Lane Position
  - Speed Control
  - Hand Signals

**2. Time Communications**

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- Send Messages
  - Receive Messages

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3. Respond To Communications
  4. Get Commitment
  5. Courteous To Others

**17: Approach Intersection**

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1. See Inter. In Target Area
  2. Check The Rear Zone
  3. Select Best Lane/Position
  4. Search Left, Front, Right
  5. Speed Control For LOS-POTs
  6. Point-Of-No-Return

**7. Stopping: No Car In Front**

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- Staggered Stop
  - Legal Stop
  - Safety Stop

**8. Stopping: Car In Front**

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- See Rear Tires
  - Delay Moving 2 Seconds

**9. Stopped In Traffic**

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|  |  |  |
- Unstable Rear Zone
  - Identify "Sand Barrels"
  - Communicate
  - Know Escape Path

**18: Rear Zone Control**

**1. Use Of Mirrors**

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- After Seeing Zone Change
  - Before & After Braking
  - Stopped In Traffic
  - Before & After Turns
  - Before & After Lane Change
  - Use Mirrors Effectively

**2. Check Blind Areas**

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- Convex-Mirror Check
  - Head Movement Check

**3. Rear Zone LOS-POT Change**

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- Fast-Closing Vehicles
  - LOS Restrictions

**• Tailgater Types**

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- Charger
  - One Pacer
  - Habitual

**4. Awareness Of Rear Condition**

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- Open • Closed • Unstable
  - Take Action/Control Rear
  - Effective Speed/Control Rear

**19: Stopping In Traffic**

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1. See Closed POT - 12 Seconds
  2. Check Rear Zone
  3. Time Arrival Open Zone
  4. Communicate to Rear
  5. Braking Without Delay
  6. Control the Rear Zone
  7. Gradual Approach to Stop
  8. Make Smooth Stop
  9. Monitor Rear

**10. A Car In Front**

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- Stop To See Tires
  - Delay Start-Up 2-Sec.

**Key Behavioral Patterns**

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- Send-Receive Communications
  - Gets commitment, is courteous
  - FINDS Intersection in Target A
  - CONTROLS Rear zone
  - Search Left, Front, Right zones
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- Locates & Applies PONR
  - Staggered, Legal, Safety stops
  - Stops to See Tires
  - See "Sand Barrels" to rear
  - Times Arrival into open zone

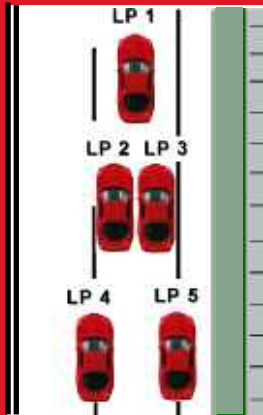
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# 17 CONTROL ACTIONS for EXPERT Driving

## Speed Control

1. Same Speed
2. Decelerate
3. Cover Brake
4. Apply Brake
5. Accelerate

## Lane Position



## Communication

1. Signal Lights
2. Headlights
3. Brake Lights
4. Horn Usage
5. Hands, Arms
6. Speed Altered
7. Lane Position

## NOTES

## 20: Traffic Lights: Timing


1. See Light In Target Area
2. See Red Light As Closed Zone
3. Check Rear Zone
4. Alert Rear -- Tap Brake Lights
5. Begin Constant Braking
6. Time Arrival Into Open Zone
7. At 10 mph, Go or Stop
8. Green Light, Scan Intersection
9. Red Light, Make Smooth Stop

### Left Turn At Green Light

- Waiting For Opening Get 1/4 Into Intersection


1. Check REAR until stable
2. Look for a GAP/HOLE
3. See Open PATH to enter
4. See LIGHT change

## 21: ABCs of Zone Control

### A. Alert switch on:

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- See Zone Change

### B. Before acting:

- Check Other Zones:


- Options Available
- Related Information
- Open Zones
- Escape Path

### C. Create time/space:


- Get Best Speed Control
- Get Best Lane Position
- Send/Receive Communication

## Key Behavioral Patterns


- See Red Light as Closed Zone
- Adjust speed to get Green Lt.
- 45 degree Intersection Search
- Rear, Gap, Path, Light checks
- Use ABCs of Zone Control
- Evaluate before Lane Change
- Use LPs during Lane Change
- Time arrival for open side zone
- Perpendicular, backs In space

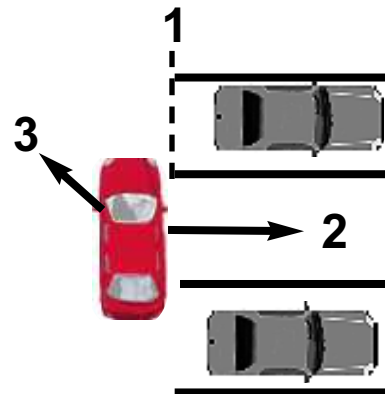
## 22: Lane Changes


1. Why Change?
2. Check Other Lanes
3. Mirror Checks
4. Signal For Communication
5. Move To LP 2 or LP 3
6. Check Blind Spot
7. Time Arrival Open Side Zones
8. Increase Speed If Needed
9. Enter LP 2 or LP 3
10. Release Signal Light Lever
11. Mirror Check
12. Best Lane Position

## 23: Perpendicular Parking - Backing Into Space


1. Side Position
2. Forward Position
3. Select 45-Degree Target
4. Creep - Turn Wheel Fast
5. Use The Least Forward
6. Line Up Car With Space
7. Shift To Reverse
8. Back To Rear Pivot Point
9. Inch - Turn Wheel Fast
10. Get Car Straight In Space
11. Inch - Straighten Tires
12. Back To Rear Reference

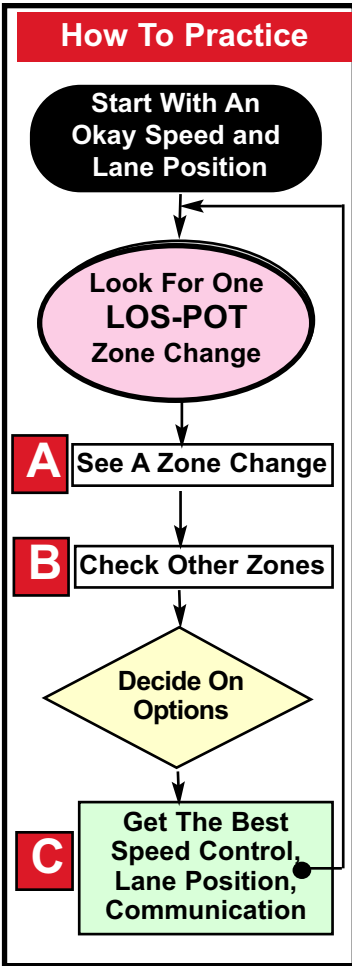
Begin with these three steps.



### Advantages Gained by Backing Into a Perpendicular Space

1. Can get into and out of tight spaces.
2. Takes less time to park and "unpark."
3. Better view while leaving space.
4. Avoids backing out into traffic.
5. Others let you cut into traffic flow.
6. Gives you best control and less stress.
7. Reduces your liability if a crash occurs.
8. Less risk of hitting something, or being hit.

Rating: √ = Okay, X = More Practice Needed



**NOTES**

**24: Laws, Signs, Signals & Marks**

- 1. Respond To Stop/Yield Signs
- 2. Respond To Signal Lights
  - Point Of No Return
  - Red Light & Right Turn On Red
  - Yellow Changing Lights
  - Green Light, Search Inter
- 3. Signal Arrows: Gr, Yel, Red
- 4. Flashing Signal Lights
- 5. Respond to Traffic Signs
  - Regulatory Signs
  - Warning Signs
  - See Sign As Traffic Cue
- 6. Respond To Pave Markings
  - Check Rear Zone
  - Check LOS-POT
  - Check Escape Path
- 7. Demo Right-of-Way Laws

**25: Approaching Curves and Hills**

- 1. See Curve In Target Area
- 2. Check Rear Zone
- 3. Test Tire-Road Grip
- 4. See A Left or Right Curve
- 5. See 4 Seconds of Road
- 6. Get Best Speed Control
- 7. Look For Cars/Get LP
- 8. See LOS-POT at Apex
- 9. Look Into Curve For POT
- 10. Evaluate New Target Area
- 11. Evaluate Targeting Path
- 12. Hill Approach LP 1
- 13. At Hillcrest, Evaluate POT
- 14. Hillcrest LP 1

**26: Following Other Vehicles**

- 1. Adjust Front Closure Rate
- 2. Become Alert Slower Vehicle
- 3. Keep 4 Seconds Of Time
- 4. Try To Improve LOS
- 5. Read Traffic 12 Seconds Ahead
- 6. Control The Rear Zone
- 7. Respond To Communications
- 8. When Front Car Slows
- 9. Explain Benefits

**27: Practice Commentary**

- 1. Start With An Okay:
  - Speed For Conditions
  - Lane Position
- 2. Look For One LOS-POT
- 3. Use The ABC's For One LOS-POT
  - A. See an LOS-POT Zone Ch
  - B. Check The Other Zones
  - C. Get The Best:
    - Speed Control
    - Lane Position
    - Communication
- 4. Repeat The ABC's
  - Commentary Practice effective
- 5. Practice For 10-20 Minutes
  - Successful results achieved



**Key Behavioral Patterns**

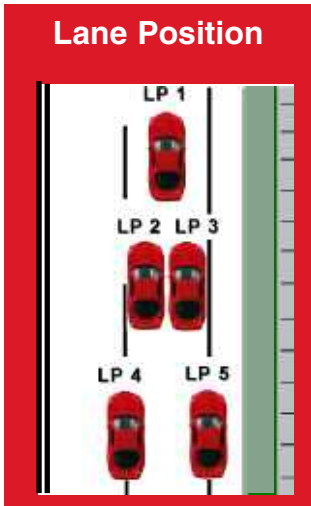
- Responds to Signs, Markings
- CONTROLS 4 sec Danger Zone
- Applies Right Of Way laws
- Looks into Curves/Hill crests
- FINDS Curves in Target Area
- 4 Seconds Following Space
- Evaluates Traction Envelope
- Adjusts Closure Rate
- Gets Best LP, Speed Control
- CONTROLS Rear Zone

Rating: √ = Okay, X = More Practice Needed

# 17 CONTROL ACTIONS for EXPERT Driving

## Speed Control

1. Same Speed
2. Decelerate
3. Cover Brake
4. Apply Brake
5. Accelerate



## Communication

1. Signal Lights
2. Headlights
3. Brake Lights
4. Horn Usage
5. Hands, Arms
6. Speed Altered
7. Lane Position

## 28: Timing Side Zones


1. Identify Fixed Side Zone Ch
2. Identify Moving Side Zone Ch
3. Time Left Zone With Fixed Rt
4. Time Rt Zone With Fixed Lt
5. Improve Lane Position
6. With Closed Left & Right
7. Making Lane Change
8. While Passing, Time Open
9. Comm. For Best Control
10. Get Best Speed Control

## 30: Parallel Parking


1. Rear Zone Control
2. Speed Control
3. Locate Parking Space
4. Side Position - 2 or 3 Feet
5. Stop Even With Space
6. Go Forward
7. Back To Rear Pivot Point
8. Check Left-Front Corner
9. Creep and Turn Wheel Fully
10. Move Car To 45° Angle
11. Creep and Time Turning to clear front car
12. Straighten Tires - Center Car

## 29: Hill Stops and Starts

### 1. Pull To Side Of Road To Stop


- Find Location To Stop At
- Check Rear Zone - Signal
- Move To Side Of Rd - Stop
- Keep Foot On Brake Pedal
- Apply Parking Brake
- Shift To Neutral
- Release Foot From Brake
- Be Certain Parking Br Holds

### 2. Starting The Car In Motion


- Put Right Foot On Brake
- Shift To Drive
- Check Mirrors
- Put Left Signal Light On
- Move Right Foot To Gas Pedal
- Press Gas Pedal Slightly
- Check Over Left Shoulder
- Check Your Forward Path
- Release Parking Brake
- Increase Gas As Needed
- Should Be No Roll Back
- Cancel Signal

## NOTES

## Lesson Reviews


- Review Lesson One
- Review Lesson Two
- Review Lesson Three
- Review Lesson Four
- Review Lesson Five
- Review Lesson Six
- Review Lesson Seven

## Key Behavioral Patterns


- FIND Fixed Side Zone Change
- FIND Moving Side Zones
- Time arrival into open zone
- Get Best Speed Control
- Rear Control before exiting flow


- Car Control parking on hill
- Rear Control Parallel Parking
- Side Position effective
- Use of Pivot Point

Rating: √ = Okay, X = More Practice Needed

**NOTES**

**31: Night Driving**

**1. Adjust For Visibility Limits**


- **Vehicle Readiness**
- Clean Lights, Windows, Mirrors
- Check brake lights, signal lights
- Keep Dash Lights Low
- **Driver Readiness**
- Avoid Glaring Lts; Recovery
- Depth Perception Evaluated
- Nighttime Envir. Problems
- New Moon, dark nights
- Rural Roadways, no lights
- Urban Areas, overload

**2. Searching At Night**


- Look Beyond Headlights
- Look To Target Area
- Use High Beam
- Look For Cars Without Lights
- See Curve & Intersection Early

**3. Interacting With Others**


- Look for Pedestrian Locations
- Dim High Beam
- Communicate One Flash
- To Car - 12 Seconds away
- No Flash Passing Trucks
- Use Other Cars' Headlights

**32A: Being Passed**

**1. Being Passed**


1. Identify Type Of Tailgater
2. Plan Ahead For Passing
3. Select Passing Location
4. Adjust Lane Position
5. Communicate If Needed
6. Adjust Speed
7. Adjust Following Time

**32B: Passing**


1. Why Pass? - Risk vs. Gain
2. Keep At Least 3 Seconds
3. Select Best Passing Location
4. Mirrors - Head Checks - Signal
5. Check Front and Side
6. Avoid Hesitation
7. Accelerate Smoothly
8. Keep Searching
9. See Headlight
10. Return to Lane, Cancel Signal

**33: Responds To Problems**

**1. Coping With Car Problems**


- Brake Failure
- Pump Brakes
- Downshift
- Hold Parking Brake Release
- Stab Parking Brake
- Take Escape Path

• **Engine Stalls**


- Steer Firmly
- Open Palm - Neutral

• **Restart Engine**


- Shift To Drive
- Take Escape Path

**2. Roadway & Driver Problems**


- Locate and Park Near.....
- Locate and Stop at .....
- Your Tire Just Blew Out
- Emergency Vehicle from rear
- It's Beginning To Rain
- Missed Your Turn

**3. Skid Detection, Correction**


- Keeps head on Target
- Makes steering corrections

**Key Behavioral Patterns**


- **Adjust Speed at Night**
- **Adjusts to Environment**
- **Looks beyond Headlights**
- **FIND Pedestrian High risk area**
- **Identify tailgater type**


- **Select Passing Location**
- **Evaluate Passing Risk**
- **Respond to car problems**
- **Respond to roadway problems**
- **Detects and Corrects Skids**

Rating: √ = Okay, X = More Practice Needed

**NOTES**

**34: Limited Access Highways**

**1. Getting On The Highway**

- |                          |                          |                          |                            |
|--------------------------|--------------------------|--------------------------|----------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1. Check The Rear Zone     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2. Keep 4 Seconds of Space |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3. On Ramp, Slow Speed     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4. Search For Gap To Enter |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5. Blind Area Checks       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6. Signal Light On         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7. Accelerate Briskly      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 8. Precision Lane Entry    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 9. Mirror Checks           |

**2. Getting Off The Highway**

- |                          |                          |                          |                               |
|--------------------------|--------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1. Plan 12 Sec. Plus For Exit |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2. Get Rear Zone Status       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3. Communicate                |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4. Change Lanes, If Needed    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5. Test Brakes Before Exit    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6. Controlled Braking         |

**Guide A Behaviors Performance Inventory**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Place a check each time Guide A on page 58 is used.

**Guide B Procedures Performance Inventory**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Place a check each time Guide B on page 59 is used.

**Guide C Ten Model Driving Habits Inventory**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Place a check each time Guide C on inside of back cover is used.

**Procedures and Behaviors on Limited Access Highway**

**Target Area Searching**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- FINDS** LOS-POT in Target Area
- SOLVES** 15 seconds away
- CONTROLS** 4-sec. danger zone

**Following Other Vehicles**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- becomes Alerted to slow vehicles
- adjusts Front Closure rate
- keeps four-seconds space
- controls the rear zone

**Lane and Speed Selection**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- selects best legal lane for travel
- uses far-left lane only for passing
- uses lane effectively
- selects best and legal speed

**Approach To Interchanges**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- see open/closed zones
- check rear zone
- lane position/speed control

**Precision Lane Change**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- evaluate zones and blind spots
- make final blind spot check
- move to LP2 or LP3
- enter new lane in LP2 or LP3

**Approach To LOS Curves**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- see curve in target area
- check all zones for options
- left curve: LP3, LP1, LP1
- right curve: LP2, LP3, LP1
- effective speed control

**Passing/Being Passed**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- identify type of tailgater
- evaluate gain versus risk
- check all zones for LOS-POTs
- control speed and lane position
- time side zone during pass

**Key Behavioral Patterns**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Smooth Limited Access entry
- Keeps 4 second space
- Searches for Gap or Hole
- Uses Mirrors Effectively
- Accelerates Effectively

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Uses Lane Positions on entry
- Plans 15 seconds for exiting
- Gets Rear Zone Control
- Tests Brakes before exit ramp
- Speed Controlled before ramp

Rating: √ = Okay, X = More Practice Needed

**NOTES**

- \_\_\_ **Basic Skill Techniques** (Guide 3)
  - \_\_\_ Acceleration \_\_\_ Braking \_\_\_ Steering \_\_\_ Shifting
- \_\_\_ **Reference Point Usage** (Guide 5)
- \_\_\_ **Targets** \_\_\_ **Target Area** \_\_\_ **Targeting Path** (G 9)
- \_\_\_ **Target Area to Target Area Searching** (Guide 12)
- \_\_\_ **LOS-POT detection** (12 seconds, or more, ahead) (Guide 14)
- \_\_\_ **Identifying open/closed zones** (Guide 14)
- \_\_\_ **Searching Intersections** (left, front, right zones) (G 17)
- \_\_\_ **Searching into Curves and Over Hills** (Guide 25)

**Using The ABC's Of Zone Control** (Guide 21)

**A** \_\_\_ **FIND** See a LOS-POT Zone Change

**B** \_\_\_ **SOLVE** Check Other Zones (for options & escape path)

**C** \_\_\_ **CONTROL** Get The Best Control

- \_\_\_ Speed Selection \_\_\_ Lane Position
- \_\_\_ Communication

- \_\_\_ **Lane Position Usage** (Guide 21)
  - \_\_\_ Straight -- with left /right zone changes
  - \_\_\_ Curves -- approach, apex, exit positions
- \_\_\_ **Rear Zone Control** unstable, closed, open (Guide 18)
  - \_\_\_ Inside mirror (moving, stops, turns)
  - \_\_\_ Outside mirrors
  - \_\_\_ Convex mirrors (danger zone ok/not ok)
  - \_\_\_ Over-shoulder checks
  - Type Tailgater: \_\_\_ Pacer \_\_\_ Charger \_\_\_ Habitual
- \_\_\_ **Following Time/Space** (Guide 26)
  - \_\_\_ Closure Rate on approach
  - \_\_\_ Moving at same speed -- 4 seconds
  - \_\_\_ When stopped -- see the tires
  - \_\_\_ Before moving -- delay start 2 seconds
- \_\_\_ **Communication and Courtesy** (Guide 16)
  - \_\_\_ Timing \_\_\_ Technique \_\_\_ Commitment



Rating: √ = Okay, X = More Practice Needed

**NOTES**

- \_\_\_ **Precision Turns** (Guide 6)
  - \_\_\_ side position
  - \_\_\_ forward position
  - \_\_\_ searching intersection
  - \_\_\_ looking into turns
  
- \_\_\_ **Approach To Intersections** (Guide 17)
  - \_\_\_ see open/closed zones
  - \_\_\_ check rear zone
  - \_\_\_ lane position/speed control
  - \_\_\_ searching left, front, right
  - \_\_\_ staggered, legal, safety stop
  
- \_\_\_ **Timing Arrival for Open Zone** (Guides 20 & 28)
  - \_\_\_ Traffic Lights
  - \_\_\_ Stopped Traffic
  - \_\_\_ Side Zones
  
- \_\_\_ **Left Turn at Green Lights** (Guide 20)
  - \_\_\_ Rear
  - \_\_\_ Gap
  - \_\_\_ Path
  - \_\_\_ Light
  
- \_\_\_ **Precision Lane Change** (Guide 22)
  - \_\_\_ evaluate zones and blind spots
  - \_\_\_ make final blind spot check
  - \_\_\_ move to LP2 or LP3
  - \_\_\_ enter new lane in LP2 or LP3
  
- \_\_\_ **Approach To Curves** (Guide 25)
  - \_\_\_ see curve in target area
  - \_\_\_ check all zones for options
  - \_\_\_ left curve: LP3, LP1, LP1
  - \_\_\_ right curve: LP2, LP3, LP1
  - \_\_\_ effective speed control
  
- \_\_\_ **Passing/Being Passed** (Guide 32)
  - \_\_\_ identify type of tailgater
  - \_\_\_ evaluate gain versus risk
  - \_\_\_ check all zones for LOS-POTs
  - \_\_\_ control speed and lane position
  
- \_\_\_ **Getting On/Off Highways** (Guide 34)
  - \_\_\_ slowest speed on entrance ramp
  - \_\_\_ evaluate gap to enter
  - \_\_\_ effective speed on acceleration lane
  - \_\_\_ getting off the highway: plan ahead, test brakes
  
- \_\_\_ **Backing Techniques & Turnabouts** (Guide 11)
  - \_\_\_ creep at a walking pace
  - \_\_\_ effective searching
  
- \_\_\_ **Perpendicular Parking** (Guide 23)
  - \_\_\_ side position
  - \_\_\_ 45-degree target, go forward
  - \_\_\_ evaluate alignment to space
  - \_\_\_ back to pivot point, turn wheel
  - \_\_\_ forward position
  
- \_\_\_ **Hill Stops and Starts** (Guide 29)



# GUIDE C: Performance of Ten Habits Inventory

## NOTES

**Directions:** Use this Guide on three different in-car sessions.

Place a √ or an X each time an observation is made. √ = Okay, x = Not Okay

1	2	3	<b>Ten Model Driving Habits Inventory</b>
			<b>1. Establish Driver-Vehicle Readiness</b> <ul style="list-style-type: none"> <li>• Driver Fitness: mental/physical</li> <li>• Butt In Seating Position</li> <li>• Safety Belts On, Head Restraints Up</li> <li>• Doors Locked, Windows Up</li> <li>• Headlights On during daytime</li> </ul>
			<b>2. See Path Before Putting the Car in Motion</b> <ul style="list-style-type: none"> <li>• See that the Targeting Path you intend to use is clear.</li> <li>• Turn head before turning steering wheel.</li> </ul>
			<b>3. Keep the Car in Balance</b> <ul style="list-style-type: none"> <li>• Make smooth and effective starts, stops, and steering actions.</li> <li>• Use transition pegs for braking, acceleration and steering forces.</li> </ul>
			<b>4. Use Reference Points</b> <ul style="list-style-type: none"> <li>• Know within 3-6" where your car is positioned to the roadway.</li> <li>• Know where the car's sides and front are in relation to intersection.</li> </ul>
			<b>5. Do the Zone Control LOS-POT Searching</b> <ul style="list-style-type: none"> <li>• Search to the Target Area.</li> <li>• Evaluate Targeting Path for LOS-POT(Line-Of-Sight, Path-Of-Travel) blockage.</li> <li>• <b>FIND</b> LOS-POT blockage.</li> <li>• Check other related zones.</li> </ul>
			<b>6. Turn Decisions into Zone Control Actions</b> <ul style="list-style-type: none"> <li>• <b>SOLVE</b> LOS-POT blockage while 12-15 seconds away.</li> <li>• Gain <b>CONTROL</b> of: speed, lane position, and communication.</li> <li>• Re-evaluate LOS-POT at 4-second Danger Zone.</li> <li>• Be prepared to make adjustments at the 4-second Danger Zone.</li> <li>• Know your Stopping Distance and your Point-Of-No-Return.</li> </ul>
			<b>7. Control the Intersection</b> <ul style="list-style-type: none"> <li>• Identify LOS blockage.</li> <li>• Check for clear left, front and right zones before entering.</li> <li>• With a red light, or stopped traffic, reduce speed to time your arrival into an open zone.</li> </ul>
			<b>8. Get Rear Zone Control</b> <ul style="list-style-type: none"> <li>• When your foot goes on the brake, check the rearview mirror.</li> <li>• Before moving to either side, check mirror and blind areas.</li> <li>• When backing, check over shoulder and all mirrors continuously.</li> </ul>
			<b>9. Get Control With a Vehicle in Front</b> <ul style="list-style-type: none"> <li>• When approaching a vehicle, close in gradually.</li> <li>• When traveling at same speed, keep 4 seconds following time.</li> <li>• When stopped behind a vehicle, see its rear tires touching road.</li> </ul>
			<b>10. Interact Courteously With Others</b> <ul style="list-style-type: none"> <li>• Empower yourself and reduce stress by being courteous.</li> <li>• Send and receive communications in a timely manner.</li> </ul>



## Lessons and Guide Titles

1	Guide 1: <b>Getting Ready To Drive</b> Guide 2: <b>Starting Engine, Orientation to Controls</b>	Guide 3: <b>Moving and Stopping Smoothly</b> Guide 4: <b>On-Target, Off-Target</b>
2	Guide 5: <b>Reference Point Discoveries</b> Guide 6A & 6B: <b>Entering Traffic &amp; Precision Turns</b>	Guide 7: <b>Reading Instruments and Gauges</b> Guide 8: <b>Before Exiting the Car</b>
3	Guide 9: <b>Control of Tracking and Targeting Path</b> Guide 10: <b>Introduction to LOS-POT Blockages</b>	Guide 11A: <b>Backing Introduction</b> Guide 11B: <b>Turnabouts, Driveway-Intersection</b>
4	Guide 12: <b>Searching Target Area to Target Area</b> Guide 13: <b>Recognition of LOS-POTs, Open/Closed Zones</b>	Guide 14: <b>Introduction to the Zone Control System</b> Guide 15: <b>Forward and Angle Parking</b>
5	Guide 16: <b>Communication Options</b> Guide 17: <b>Approaching Intersections</b>	Guide 18: <b>Rear Zone Control</b> Guide 19: <b>Stopping In Traffic</b>
6	Guide 20: <b>Traffic Lights: Timing and Turning Left</b> Guide 21: <b>Using the ABC's of Zone Control</b>	Guide 22: <b>Lane Change With Precision</b> Guide 23: <b>Backing Between Cars, Perpendicular Parking</b>
7	Guide 24: <b>Responding to Laws, Signs, Signals, Markings</b> Guide 25: <b>Approaching Curves and Hillcrests</b>	Guide 26: <b>Following Other Vehicles</b> Guide 27: <b>Practice Commentary</b>
8	Guide 28: <b>Timing Side Zones</b> Guide 29: <b>Hill Stops and Starts</b>	Guide 30: <b>Parallel Parking</b>
9	Guide 31: <b>Night Driving Conditions</b> Guide 32: <b>Being Passed and Passing</b>	Guide 33: <b>Responding to Problems</b>
10	Guide 35A: <b>Behaviors Inventory</b> Guide 35B: <b>Procedures Inventory</b>	Guide 35C: <b>Ten Habits Inventory</b>

***“This is not your father’s Driver Education!”***

## Guides Provide a Blueprint for **EXPERT** Driving Habits

The Guides are like a blueprint that provides precise steps necessary for the development of Expert driving habits that will last a lifetime. Each Guide provides an opportunity to build upon behavioral patterns that were learned in earlier Guides, and to perform them with different applications. The Guides are structured from the simple to the complex to aid in habit development. A behavioral pattern is presented in one Guide, then applied to different situations in several other Guides.

Recent brain research has found that repetition of single actions (behaviors) develops a powerful network of glial cells and neurons in the brain that can give the teen the ability to perform better, even with little driving experience, than the ordinary driver who may have many years of experience. It is the structure of the repetitions that gives the teen the “right” experience within a short period of time. The teens learn and practice into habit the techniques that expert drivers are characterized by.

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