



PARENT'S IN-CAR GUIDES

Partnership for
EXPERT Driving

Teacher • Teen • Parent

7th Edition

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

Suggestions for Parent/Mentor

1. Always wear safety belts!
2. Be relaxed and keep your voice calm.
3. Follow the Guides step by step.
4. Give your teen only the practice that is described in each guide. Your route selection should be planned before the in-car session takes place.
5. For the first few sessions, start in parking lots or lightly traveled areas.
6. Sit in the front passenger seat with your left hand free to take over steering control if necessary.
7. Be clear with directions. Avoid using phrases like "Make a left, right here." When responding to a question, use the word *correct* instead of *right*.
8. Give directions for turns well in advance. Give the location first, and then the action. Say "at the next intersection make a right turn." Think ahead to where the car will be entering to detect future problems.
9. Have a driving dialogue with your teen. Ask him what he sees and what he will do well in advance of the maneuver you wish him to perform.

10. Be supportive and positive; this will promote success.
11. Feedback must be precise and immediate.
12. Be a good role model; your teen will respond to what is seen.
13. Learn your reference points from the right side of the car. Take a few minutes in a parking lot to learn how to steer the car from your "coaching" position.
14. **Select one of the ten sections on the Practice Guide** (see the next page) **and ask your teen** to explain to you what that behavioral pattern means, and how to perform it correctly. Before doing any driving, on each practice session, *begin by asking your teen to explain what one or two of the ten behaviors on the "Practice Guide" means.* If the teen is uncertain you can turn back a page or two and locate information under the "Key Behavioral Pattern Applications" section. **When a correct response is made**, give positive feedback. You should frequently ask the teen to explain or demonstrate how to perform something correctly. If the teen is not able to correctly explain or demonstrate the behavioral patterns that are stated on a guide, chances are that the in-car performance will not be effective, and in some situations it could be dangerous.

Three ways for the Parent/Mentor to help the teen control the car.



Practice in the parking lot how to give directions effectively, how to give a steering assist, and how to shift into neutral without looking at the teen or at the controls. The "open palm" method of using the shift is illustrated in the photo above.

1. The primary and most important method is to give clear and accurate directions with ample time for the teen to take a proper and safe action.

2. When the teen needs help to steer the car, put your left hand at the three o'clock position to prevent erratic steering, or to steer the car.

3. In an extreme emergency situation when you want to disengage the car's acceleration power, place your left hand on top of the shifter, as shown in the photo. With your palm open and facing down, push towards the dashboard to shift into neutral. Use the same method for a floor shift.

Use of Guides

- The Guides are organized into Lessons with a simple-to-complex structure.
- Each Lesson is a building block for succeeding lessons.
- The **teen is expected to know** how to demonstrate the key behavioral patterns.
- The teen should be able to practice one behavior at a time.
- You should give the teen practice in performing behaviors that are listed on the "Practice Guides" sheet for the lesson that the teacher currently conducted and evaluated.
- After each practice session, record the date and sign your name in the space at the bottom of the "Practice Guides" sheet that was used for the practice session.
- You can use the "Notes" box to relay information, or to pose a question for the teacher.

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

			1. Safety belts on, doors locked, head restraint at ear level, headlights on, Starts Engine
			2. Smooth Acceleration from a stopped position, begins with idle speed.
			3. Makes Smooth Stops, front end doesn't bounce up.
			4. Smooth Steering, hands at 9-3 or 8-4 position, knuckles and thumbs on outside of wheel. Demonstrates hand-to-hand, and hand-over-hand steering.
			5. Demonstrates ability to move slowly inch-by-inch.
			6. Sees Target with Central Vision, Steering Wheel with Fringe While looking at the target is able to see the steering wheel's position to the roadway
			7. Drives effectively On Target, and detects and corrects off-target conditions.
			8. Effective use of Transition Pegs, Left turn is driver's corner post, Right turn is inside mirror.
			9. Smooth Recovery of Steering Wheel at Transition Peg
			10. Turns Head in direction of steering before turning wheel

Driving Environment: This lesson should take place in a **Parking Lot** to provide ample opportunity for the teen to learn by repetition, and for the Parent to get comfortable with directing and controlling the teen and vehicle from the passenger seat. Teen should select targets around the perimeter of the parking lot that the car will be driven towards.

NOTES

1st Date _____ 2nd Date _____ 3rd Date _____

Signed _____ Signed _____ Signed _____

Advantages of Learning Reference Points

1. **The first and foremost advantage** you'll gain from the use of reference points is the ability to be consistently successful.

2. **Once reference points are learned** for one vehicle, the techniques can be applied to any vehicle.

3. **You can get into a larger vehicle** than you are accustomed to, such as a sport utility vehicle, van, truck, or motor home, and within 5 minutes be comfortable and confident maneuvering it in tight spaces.

4. **You can feel very comfortable getting into and out of tight parking spaces** with any vehicle.



5. **While driving in the right-side lane** you'll know exactly how far your car is positioned from the parked cars, which will reduce the frequency of swerves when doors suddenly open.

6. With the use of reference points **you can make tight right turns** into driveways, alleys and narrow streets, without the need to swerve to the left before turning; nor will you hit the curb with the right rear tire.

7. **You can feel comfortable driving in confined areas** such as: parking garages with spiral ramps, tunnels with fast moving traffic, narrow bridges with a bus or truck approaching, and highway lanes narrowed by construction barriers.

8. **You can feel confident** and operate efficiently **while passing a jogger, bicyclist, or pedestrian** on narrow roads with the least amount of movement into oncoming traffic.

9. **While going into a curve you will be able to select the best travel path** to minimize the chances of a head-on crash. During slippery roadway conditions you will be able to get the best drive line to help reduce the chances of going into a skid.

10. **You can make the best decisions** for using the various lane positions to get maximum control of the zones to either side of the vehicle.

11. **You will be able to get reliable feedback** to tell exactly where your vehicle is within the lane and increase your awareness for what is an okay or not okay lane position.

12. **If you use reference points to overcome optical illusions**, rather than "guessing", then you can make accurate decisions when you are not feeling right, such as when you are tired, ill, or after taking medication.



Case Study

On a rainy afternoon, on a two-lane rural highway with guardrails, a driver began to pass a slow moving truck when she saw an oncoming car. Just as she moved back to the rear of the truck, the oncoming driver slammed on the brakes, lost control of the car, and slid into the path of the truck. He was thrown into the impact and he died instantly. If he knew reference points he could have taken a steering action toward the guard rail, without being intimidated, which would have made room if the car did pass.

Factors: no reference points, no safety belts on, raining, rural road, afternoon drowsiness, guard rail, improper braking, lack of skid control, small vs. large vehicle, improper passing, not searching to target area, no headlights on.

Any driver, of any vehicle, will benefit by learning to use reference points. For the novice teen driver, learning how to use reference points is like gaining several years of experience in how to make accurate judgments of the vehicle's road placement.

"Driving without reference points is like baking without a measuring cup—lacks consistency!"

2

Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

2

Rating: ✓ = Okay, X = More Practice Needed

			1. Demonstrate and explain the use of Reference Points
			2. Apply Side Position Reference points for left and right turns
			3. Apply Forward Position Reference points for left and right turns
			4. Use Signal Lights 5 seconds before making turns
			5. Make Legal and Smooth stops at intersections
			6. Select and use Targets before and during left and right turns
			7. Search Left, Front, and Right Zones at Intersections
			8. Turn Head to look into the turn before steering takes place
			9. Demonstrate effective Steering and Recovery of the wheel
			10. Use Transition Pegs: hold partial brake pressure until TP, return steering to straight position at TP, increase acceleration at TP

Practice Environment: All of the behaviors above should take place in a parking lot to provide ample time for the teen to consciously learn each step of making a turn without interference from traffic. When performance becomes consistently successful, go to a quiet residential area to continue making turns.

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1st Date _____ 2nd Date _____ 3rd Date _____

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Help the Teen become an EXPERT Driver

Two important perceptual skills that Expert Drivers have are:

- To receive complete and accurate information within the blink of an eye.
- To act upon the information in a safe, timely, and controlled manner.



To receive complete and accurate information, and to have time to act upon it, the teen needs to learn where to look (the target area) and what to look for (LOS-POT blockages).

LOS-POT Blockage

LOS is a change that creates a blockage (restriction) to our Line-Of-Sight that can conceal a vehicle, a person, or an animal that may come into our Path-Of-Travel.

POT is something that changes, or could change, the control we have over our intended Path-Of-Travel. A vehicle, stopped traffic, a red light, a stop sign, a pedestrian, or an animal could enter our path to cause a POT blockage.

“Every crash that has occurred due to driver error was most likely a mismanagement of an LOS-POT blockage.”

3

Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

			1. Target on Approach to Curves, look through the Curve
			2. Evaluate New Target Area after Curve as Open or Closed
			3. Evaluate Targeting Path you expect the car to travel
			4. Identify LOS (Line-Of-Sight) Blockage
			5. Identify POT (Path-Of-Travel) Blockage
			6. Practice Target usage while Backing
			7. Effective use of Vision and Steering while Backing
			8. Practice Reference Points for Backing
			9. Use of Pivot Point while Backing
			10. Turnabout Practice, use Guide 11B on page 15

3

Driving Environment: Begin with a simple environment and continue to increase the complexity. Use residential roadways, rural two and four lanes, and State Highways (not Expressways) with two to four lanes. An off-street area should be used for Backing Introduction. For Driveway/Intersection Turnabouts use a variety of driveways and roadways as your State law permits.

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Zone Control EXPERT Driving System

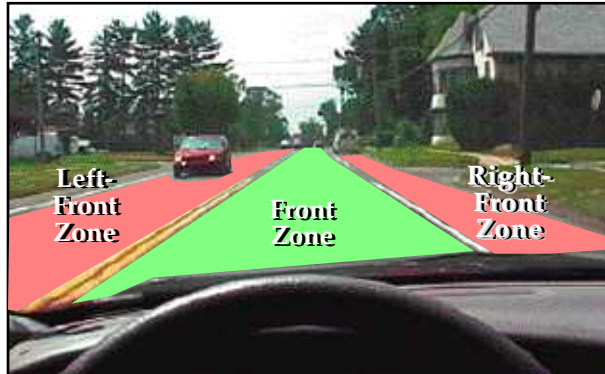
The Zone Control Driving System

Zone Control organizes the vehicle's space requirements into six zones and three information-processing, decision-making steps. Using these three steps helps the driver to see and respond to changes in the traffic environment at a time when the best control can be achieved. This systematic process is continually repeated to develop behavioral patterns into habits. The habit of having a mental picture of what space the vehicle will occupy more than 15 seconds ahead allows the driver to identify and solve small problems before they become huge, high-risk, stressful situations.



Zone Locations

The roadway is divided into six zones. All three frontal zones, as illustrated here, extend from our vehicle to the target area. The front zone is the lane we are traveling in. The left-front zone is a lane width to our left. The right-front zone is a lane width to our right.



Zones are either Open, Closed, or Changed

- 1. OPEN ZONE:** There is space to operate without a blockage to the LOS-POT.
- 2. CLOSED ZONE:** The zone is not available for your POT, and/or there is a LOS blockage.
- 3. CHANGED ZONE:** A worsened zone condition. It is an open zone changed to a closed LOS-POT, or a zone that was already closed and has an additional change.

Three Searching Ranges for Zone Control

A. Target Area - **FIND**

- Use step A of Zone Control
- Evaluate Targeting Path
- Find LOS-POT Blockages

BC. 15 Second - **SOLVE**

- Use steps B and C of Zone Control
- Check other zones for available lanes
- Get the best: Speed Control, Lane Positioning, Comm.

BC. 4-Sec Danger Zone - **CONTROL**

- Re-evaluate steps B and C of Zone Control
- Be Certain your solution still works
- Reach the **Point Of No Return (PONR) under your control**

4

Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

			1. FIND LOS-POT Blockages in the Target Area
			2. See if intended Path Of Travel is OPEN or CLOSED
			3. With Closed Front Zone, Check Rear Zone
			4. Practice Five Speed Selections: 1. Keep the Same Speed, 2. Decelerate, 3. Off Gas-Cover Brake, 4. Off Gas-Apply Brake, 5. Increase Speed (if zone is open)
			5. Practice Lane Positions: LP1 Center, LP2 Left side, LP3 Right side
			6. Practice Three Searching Ranges: Target Area, 15-Second Range 4-Second Danger Zone
			7. FIND at Target Area, SOLVE 15-Second, CONTROL 4-Second Danger Zone
			8. Use ABCs of Zone Control: A. FIND LOS-POT, B. Check Other Zones C. Get Best Speed Control, Lane Position, Communication
			9. FIND LOS-POT in Left-Front, Right-Front zones. Check Other Zones
			10. Practice Forward & Angle Parking, use Guide 15, page 13.

4

Driving Environment: Use residential roadways, rural two and four lanes, urban areas, and State highways with two to six lanes of traffic. As always, begin in the least complex roadway and traffic situations. As performance becomes consistently acceptable, increase the complexity of roadways.

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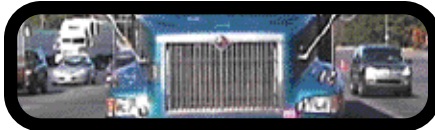
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Using the Rearview Mirror

Take that Stick of Dynamite out of your trunk!

Why Check Mirrors?

If someone placed a stick of dynamite that could explode at any moment in the trunk of your car, would you want to know about it? A vehicle plowing into you from behind, especially a large truck, can have the potential energy to do more damage to you and your family members than that stick of dynamite. Suppose you see a problem ahead of you that you need to brake for. You may not be able to stop your car effectively if you cannot prevent the vehicle to your rear from pushing you into the problem! You cannot control your front zone if you do not control your rear zone. In order to control your rear zone you need to have time and information. Checking your mirrors can give you the information. And the sooner you check them, the more time you will have to solve a problem.



Which Scene Do You Want?

You are approaching a construction site on the interstate highway. You begin braking. When would you like to know that there is an 18-wheeler closing your rear zone? The top photo would give you more time and space to get the driver to slow down!

Three Rear Zone Conditions

The rear zone is either open, closed or unstable.

- When a vehicle is at least 2 seconds away from your rear bumper, and not gaining on you, your rear zone is **open**.
- When a vehicle is closer than 2 seconds, your rear zone is **closed**.
- When a vehicle is closing in on you, your rear zone is **unstable**, and can become a very dangerous condition.

It is easy to get into the habit of evaluating your rear zone and taking the best actions.

Responding to Zone Conditions

Open Rear Zone: You want to keep monitoring your rear zone to detect any change in movement to your rear. You can usually do this by using your peripheral vision while you are searching your front and right-front zones. When you see a zone change affecting any of your three front zones, you will need to direct your central vision into the mirror to evaluate the condition to the rear.

Closed or Unstable Rear Zone: When the rear zone is closed, especially when it is unstable, you need to **pay more attention to your front zone** to gain as much communication time as possible, alerting the driver in back of an impending braking action. Take note of how the driver to your rear responds to minor braking actions as they occur. This could tip you off to situations when there may be a drowsy, distracted or intoxicated driver as a threat to you, before you run out of options for gaining control.

When You are Most at Risk

You are at the greatest risk of having someone crash into you when you're stopped at an intersection. The higher the speed limit the more potential for damage. Stopping for work zones, toll booths, and for other traffic delays on limited access highways leads to the most fatal crashes. Your only defense begins by knowing what is happening to your rear zone as soon as possible.

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Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

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			1. Effective Sending and Responding to Communications
			2. Is Courteous to others
			3. See Intersection in Target Area as Zone Change
			4. Time Arrival into Open Zone
			5. Locate and apply PONR (Point Of No Return) before intersection
			6. Demonstrate Staggered, Legal, Safety Stops
			7. Stop with a vehicle in front to See its Rear Tires touching road
			8. Classify Rear Zone as: Open, Closed, or Unstable
			9. When foot goes on the Brake, eyes go to Rear View Mirror
			10. Check mirror's Blind Spot, over the shoulder, or move head forward

5

Driving Environment: Use residential roadways, rural two and four lanes, urban areas, and State highways with two to six lanes of traffic. As always, begin in the least complex roadway and traffic situations. As performance becomes consistently acceptable, increase the complexity of roadways.

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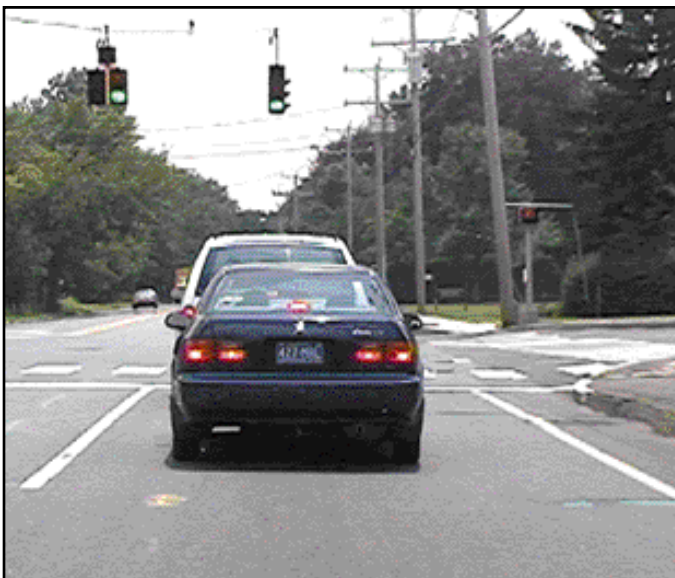
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See Red Light as Closed Front Zone



The traffic light is turning red. Try to time your arrival for a green light. The red light is a closed front zone. By treating it as a closed front zone—rather than as a red light—you will have an opportunity to practice a behavioral pattern that can be very valuable in a number of other closed front zone situations. An example of a similar situation occurs when you are on a highway and all traffic comes to a sudden stop because of construction or a crash. That becomes a high-risk moment, which you would have very few opportunities to “practice”. When you see a red light as a closed front zone, adjust speed to arrive into an open zone. Most drivers only learn that a red light means to stop. By setting a higher standard (i.e. to arrive at the intersection with a green light rather than a red light), you are able to give yourself a test situation where you can have success or failure. There will be thousands of red traffic lights that you will be approaching. That will give you thousands of opportunities to have success!



The traffic light just changed from red to green. There are two cars stopped. How many seconds before the vehicle in front of you is able to move?

Answer: The vehicle in front will not move until two seconds after the light changes. It takes one second per vehicle, normally, before the last vehicle is able to move. If it takes longer, there could be a problem delaying the traffic flow such as: a car stopped to make a left turn, a pedestrian crossing, a stalled car, or an inattentive driver.

6

Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

			1. See Traffic Light in Target Area and how long its been red/green
			2. See Red Lights as Closed Front Zones, Check Rear, time light
			3. Four Checks for Left Turn at Green Lights 1. Rear Zone Status 2. Gap to Enter 3. Open Turning Path 4. See when Light Changes to yellow
			4. ABC's of Zone Control: A = Alert Switch On, FIND LOS-POT
			5. ABC's of Zone Control: B = Before Acting Check Rear Zone, Check Opposite the Zone Change, Check for an Alternate Path of Travel
			6. ABC's of Zone Control: C = Create Control, Get best Speed Control, Lane Position, Communication
			7. Evaluate Need for making a Lane Changes
			8. Make Precision Lane Change using Lane Positions
			9. Time Lane Changes into Open Side Zones
			10. Practice Perpendicular Parking, use Guide 23, page 33

6

Driving Environment: Use residential roadways, rural two and four lanes, urban areas, and State highways with two to six lanes of traffic. For practice of Guide 23 use a lightly used parking lot. Use a parking space with cars to both sides. With only one car to park next to, let it be on the passenger side.

NOTES

1st Date _____ 2nd Date _____ 3rd Date _____

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Four-Seconds Following Time Puts You In Control

Learning How to Keep Space

To effectively keep four seconds of space, one needs to learn how to develop it into habit. Knowing what to do is not the same as doing it automatically without thought. To acquire space management into habit, the following levels of learning must take place.

1. Learn how to estimate space.
2. Learn how to manage the front zone closure rate.
3. Learn how to read the actions of the vehicle you are following.
4. Learn how to read the actions of the drivers to your rear.
5. Learn traffic's speed for the different travel lanes you operate in.
6. The more often you keep four seconds of space, the more advantages will be gained.

Adjust Front Closure Rate

Closure occurs when your vehicle is traveling faster than the vehicle ahead of you. Closure rate is how fast you gain on the vehicle in front. It is best to acquire a habit that will make you sensitive to any closure of space. The habit of keeping space between you and the vehicle ahead will allow you to become sensitive to a closure of space. If you keep the amount of following space that the average driver keeps, which is 1.5 seconds, you may not be alerted to a fast closure rate until you are 2 seconds away from the vehicle in front. If, on the other hand, you have 4 seconds of following space as your habit, then, when you get within 5 seconds of the vehicle you are gaining on, an alert will sound within you to say you are approaching your

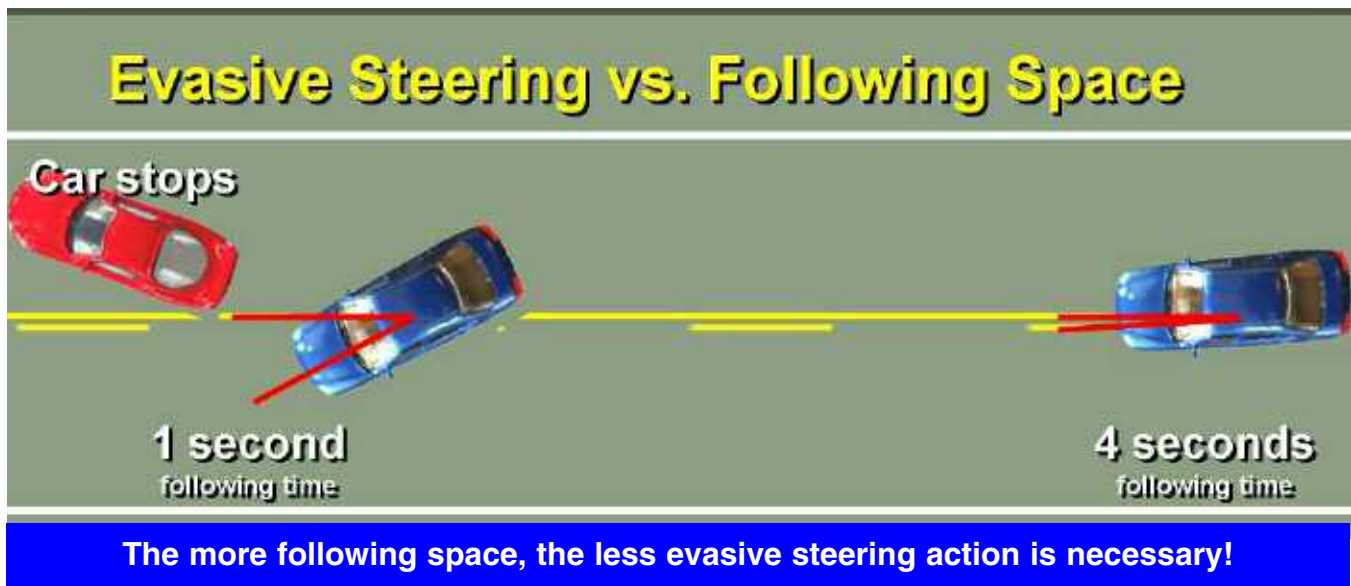
danger zone. Therefore, you can have a very precious 3 seconds of additional time to cope with whatever problem is causing your closure. It could be a stalled vehicle, a sudden stop of traffic on the highway, a construction site, or any number of things that cause the vehicles ahead to be traveling slower than your speed.

Read the Actions of the Front Vehicles

The slower the front car is going in relation to your speed, the greater your rate of closure is going to be. Many times the reason the car is going abnormally slow — which results in your fast closure rate — is that the driver may be looking for an address or a street. The driver is very likely to brake and make a quick turn without adequate use of signal lights. Without training, the average driver will keep less space as the vehicle in front slows, which creates a stressful reactive situation based on the front cars actions. As the front car slows, be proactive and adjust your speed in a like manner until you can make a decision on how to handle the changing situation.

If you see the driver in front reducing speed, receive that as a communication that your following time may be affected. Adjust your speed to keep the front zone open. Be alert to a hard, sudden braking action from that vehicle. Avoid being victimized by a surprise action.

The larger the front vehicle, the more your Line-Of-Sight will be blocked. Try to gain the best view of situations ahead by keeping more space between you and that vehicle.



Advantages Gained by Keeping Four Seconds

- Gives you time to become conscious of a need to correct a fast closure rate.
- Your eyes can search beyond the vehicle in front.
- Removes the control the front vehicle has over your actions.
- Will eliminate, or minimize, surprises from the actions of the first vehicle.
- Removes the stress of being surprised by sudden braking actions of vehicles ahead.
- Makes you more conscious of the disadvantages of keeping a lesser amount of time.

7

Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

			1. Respond to stop signs, yield signs, traffic signals, traffic signs, and pavement markings
			2. Demonstrate right-of-way laws
			3. See and responds to Curves in Target Areas
			4. Test Tire-Road Grip on Approach to Curve
			5. Look for Oncoming Traffic-Get Best Lane Position at Curve
			6. Look into Curve — See 4 Seconds of Road
			7. Evaluate POT at Hillcrest — Be Curious
			8. Adjust Closure Rate when approaching a vehicle ahead
			9. Keep four seconds of time from vehicle ahead
			10. Use Practice Commentary effectively

Driving Environment: Use residential roadways, rural two and four lanes, urban areas, and State highways with two to six lanes of traffic.

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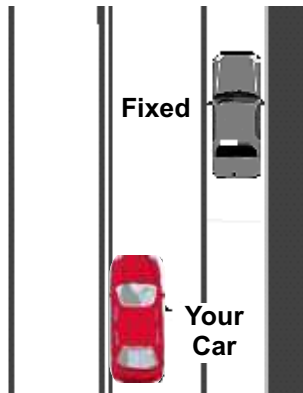
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Timing Side Zones

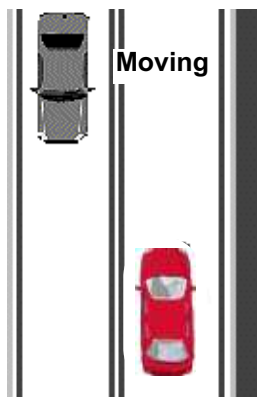
Fixed Zone Change

A fixed zone change is one that is not moving, and is not likely to move before you reach its location. A parked car is an example of a fixed side zone change.



Practice Using the ABCs of Zone Control

- A. FiND an LOS-POT
- B. Check Other Zones
- C. Select the best choice of Speed, Lane Positioning, Communication



Moving Side Zone Change

An example of a moving side zone change is an oncoming vehicle. By changing your speed, you can alter the location where you pass each other.

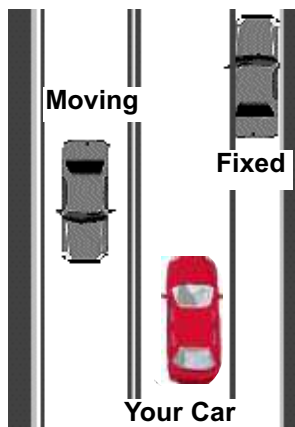
17 EXPERT ACTIONS

Speed Control

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

Time Left Zone With Fixed Right Zone

To time the left zone, which is the moving zone change, pass the moving car and the fixed parked car separately.



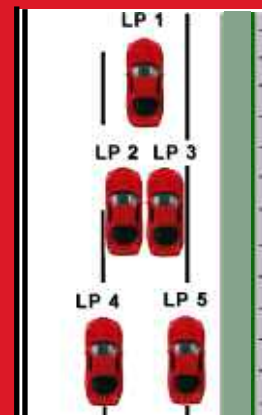
Time Right Zone With Fixed Left Zone

To time the right zone, which would be a moving right-front zone, you would need to change your speed to arrive alongside each zone change, the fixed and the moving, at separate times.

With Closed Left and Right, Reduce Speed

With a closed left-front and a closed right-front zone you have no option to move away from the zone change. Your only option is to take a braking action. The habit of reducing speed with a closed left and right zone will give you more time to evaluate the situation and increase your control.

Lane Position



Communication

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

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

			1. Time Fixed Side Zone LOS-POT for Open Zone
			2. Time Moving Side Zone LOS-POT for Open Zone
			3. Practice the ABCs of Zone Control and Select from 17 Actions
			4. Practice Hill Stops and Starts, use Guide 29 on page 45
			5. Practice Parallel Parking, use Guide 30 on page 45
			6. Review and Practice weak areas from Lesson 3, page 19
			7. Review and Practice weak areas from Lesson 4, page 25
			8. Review and Practice weak areas from Lesson 5, page 31
			9. Review and Practice weak areas from Lesson 6, page 37
			10. Review and Practice weak areas from Lesson 7, page 43

Driving Environment: Use residential roadways, rural two and four lanes, urban areas, and State highways with two to six lanes of traffic. For Guide 29 use an off-street area, such as a parking lot with an upgrade, to begin with. Then use lightly traveled roadways with upgrades where it will be safe to move to the side of the road.

For Guide 30 start in a parking lot. Set up a parking space that measures six feet wide by twenty-four feet long. If you have traffic cones and pole extensions available, use them. The pole extensions should be as high as a car. Or, you can use a stack of carton boxes to represent the rear corners of the front parked car. Once the teen performs successfully, use one car (the front car) in an on-street residential area; then use two cars. After consistency is achieved with two cars in a lightly traveled area, you can use urban streets with heavier traffic flows.

1st Date _____ 2nd Date _____ 3rd Date _____

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Three Stages of Car Control

Prevention Stage

There are three stages of car control. The easiest and best stage to have opportunity for successful car control is the prevention stage. This is the stage where the ten habits provide automatic protection. For example, while approaching a curve you: See it 30 seconds ahead in your target area, reduce your speed, select good lane positioning on your approach, look into the curve, use braking and acceleration controls effectively and all ten habits are working for you.



Detection Stage

The detection stage gives a warning that the driver is putting the car into harm's way. For example, while approaching a curve during rainy conditions, the driver gets distracted while putting the wipers on and speed is too fast. But the driver's good four-second habit easily detects a violation in the danger zone. The driver has time to brake the car while still going straight, and while within the traction capabilities of the tire's grip to the road.



Correction Stage

The driver goes too fast into the curve and fails to reduce speed until the car begins to slide to the outside of the curve. The monster is out of the cage. The driver now has less than one second to take corrective actions to get the car back in control. *What is easier, to keep the car from becoming a monster, or to get a raging monster back into its cage?*



The control of the car is dependent upon four tire patches contacting the road. Each patch is about the size of your hand. Whether they are managed or mismanaged depends upon your habits. Too much speed, too much braking, too much steering all occurring at the same time results in an out-of-control situation. The vehicle is in an out-of-balance condition.



The tire patches leave contact with the road, causing the monster to break out of its cage.

The Problem

A driver never knows of all of the risk factors that are likely to combine within a fraction of a second, calling for a demand of more traction. If only one or two risk factors are present they are not likely to result in a crash. It is when there are several risk factors occurring at the same time that the monster gets fed.

The Solution

We need to eliminate those risk factors contributed by our performance and acquire a system of habits that can serve to automatically give low-risk behavioral patterns that will provide protection against an over-accumulation of risk factors. **A driver needs the ten empowering habits there, like an insurance policy, to prevent the monster from breaking out of the cage.**

Ten EXPERT Habits Work for You to Meet Winter Driving Demands

- You will have vehicle readiness by clearing all snow and ice (LOS blockages) off your car before driving.
- You will plan for turns and curves early by applying the brake at least five seconds before beginning to turn the steering wheel.
- Once the brake is applied, you will keep your foot on the brake with partial pressure until at your transition peg; then accelerate.
- When you get within the 4-second danger zone of an intersection you will search the left, front and right zones to be sure space is open. When it's not, a reduction in speed will take place.
- When entering a traffic flow at an intersection, a search deep to the left, front, and right zones, for a hole or gap, will give you extra time that is needed to get moving when there is reduced traction.
- When stopping to the rear of a car at traffic lights and other situations, you will stop to see its rear tires, which will give you sliding room.
- When moving with a car in front, you'll keep at least 4 seconds of space, which will prevent you from crashing into skidding cars ahead of you.
- Effective mirror usage will prevent skidding while lane changing.
- If a skid does occur, your eyes, mind, and hands will have as habit the behavior of steering toward your target area, which is the single most important skill needed to regain car control. Your foot stays off the pedals.

9

Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

			1. Night Driving Vehicle Readiness: Check working condition of all lights
			2. Night Driving Driver Readiness: Avoid distractions, drowsiness, stay alert
			3. Night Driving Environment: New moon, less light; rural roads, no street lights
			4. Night Driving • Look 15 seconds beyond headlight range • Search to Target Area • FIND Searching: cars with no headlight, pedestrians • Practice high beam, low beam
			5. Before being passed, identify tailgater type for best control
			6. Select best location to be passed, best LP, best communication
			7. Practice Simulated Passing Situations, use Activity 3, page 53
			8. Review and Practice weak areas from Lesson 6, page 37
			9. Review and Practice weak areas from Lesson 7, page 43
			10. Review and Practice weak areas from Lesson 8, page 49

9

Driving Environment: Nighttime conditions should exist for this lesson. Pay attention to whether there is a full moon or a new moon. Illumination from a full moon is totally different from the reduced light created by a new moon. Use all types of roadways. For Guide 32 use four-lane highways with two lanes going in the same direction to conduct simulated practice passing situations. Only use four-lane roadways to practice simulated passing.

NOTES

1st Date _____ 2nd Date _____ 3rd Date _____

Signed _____ Signed _____ Signed _____

Limited Access Highways

Getting On The Highway

On Ramp Behavior

1. Check The Rear Zone

When planning to get onto a limited access highway, be aware of the status of the rear zone. When there is a closed rear zone, go slower to avoid abrupt stops.

2. Keep 4 Seconds of Space

If there is a vehicle in front, keep 4 or more seconds of space for independent action.

3. Slow On-Ramp Speed

Avoid going fast on the ramp to prevent a slowdown or stop while in the acceleration lane.

On Acceleration Lane

4. Search For Gap To Enter

With a slower speed on the ramp, you have more time to find a suitable gap, or hole, to enter.

5. Blind-Spot Checks

If your vehicle has a convex mirror attached to the outside, it will show vehicles not seen in existing outside mirrors. Without a suitable convex mirror, a head movement check is needed.

Highway Entry

6. Signal Light On

Put your left signal light on, much like making a left lane change.

7. Accelerate Briskly

Once a gap is found, accelerate rapidly to enter the traffic flow at highway speed.

8. Precision Lane Entry

Use precision lane positioning to occupy the least amount of lane space while entering.

9. Mirror Checks

Immediately after entering, check the mirrors to update the rear zone status.

Guides to use while on the highway:

12, 13, 14, 16, 18, 19, 21, 22, 24, 25, 26, 27, 31, 32, 33, 35.

Getting Off The Highway

1. Plan 12 Seconds For Exit

Plan for your exit as early as possible. You should have all the problems associated with exiting solved at least 12 seconds before the exit.

2. Get Rear Zone Status

Once your exit is located, evaluate the condition of your rear zone.

3. Communicate

Use of signal lights and/or a tap on the brake pedal can alert rear traffic that you're exiting.

4. Change Lanes, If Needed

Use correct precision lane changing techniques if lane changing is necessary.

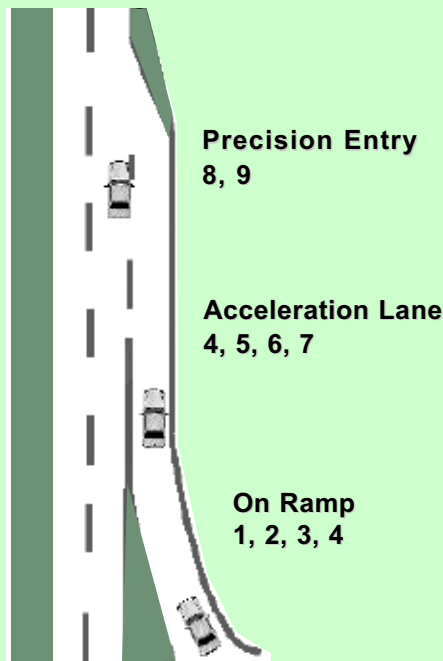
5. Test Brakes Before Exit

While in the deceleration lane, before you are committed to the exit ramp, apply the brake to feel its effect. If there is a problem, you can stay on the highway.

6. Controlled Braking

Use constant pressure for controlled braking.

Getting On The Highway



10

Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

			1. Establish Driver-Vehicle Readiness (see inside-rear cover for more info)
			2. See Path Before Putting the Car in Motion
			3. Keep the Car in Balance
			4. Use Reference Points
			5. Do the Zone Control LOS-POT Searching
			6. Turn Decisions into Zone Control Actions
			7. Control the Intersection
			8. Get Rear Zone Control
			9. Get Control With a Vehicle in Front
			10. Interact Courteously With Others

10

Driving Environment: Use all types of roadways during daytime and nighttime conditions.

NOTES

1st Date _____ 2nd Date _____ 3rd Date _____

Signed _____ Signed _____ Signed _____

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