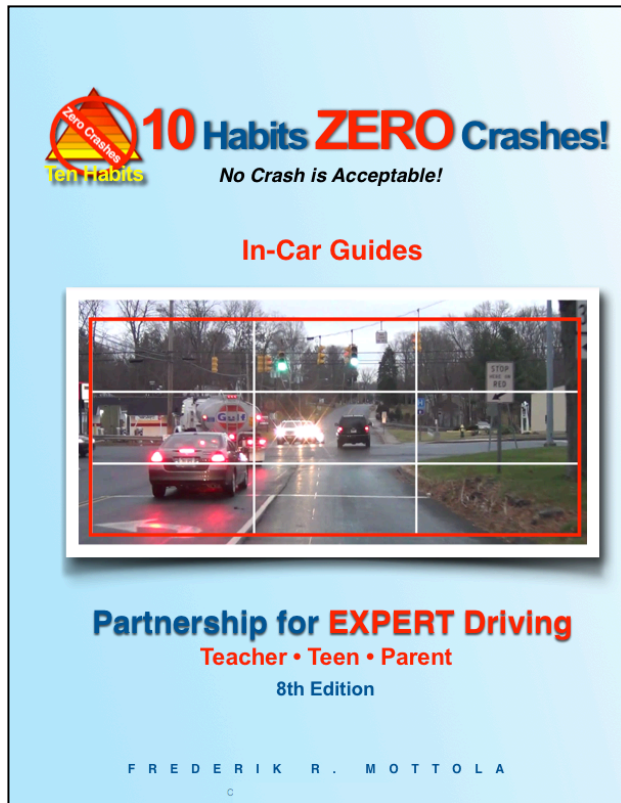


# Lesson One

## Partnership for Expert Driving

*Preparation for In-Car Success*



by

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# Objectives for Lesson One

At the completion of Lesson One's activities you should be able to successfully explain, demonstrate, or perform the following actions.

## Lesson One's Habits of Zone Control to Cultivate!

### Guide 1 - Getting Ready to Drive

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1. Why are safety belts good to use?

### Guide 2 - Start Engine & Orientation

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2. Demonstrate how to place your hands on the steering wheel.

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3. Demonstrate how to turn the wipers on without looking at switch.

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4. Demonstrate how to use the signal lights for a left and right turn.

### Guide 3 - Moving and Stopping Smoothly (Repeat each at least three times)

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5. Demonstrate how to move the car with an inching motion.

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6. Demonstrate how to move the car with a creeping speed.

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7. Demonstrate how to put the car in motion smoothly.

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8. Demonstrate how to make a smooth stop.

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9. Accelerate to 10 mph and make a hard smooth stop.

### Guide 4 - On-Target, Off-Target (Repeat each at least three times)

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10. Select a Target on the perimeter of the parking lot straight ahead.

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11. Aim the car on target. Explain how you are using central and fringe vision.

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12. Move the car off target to the left and stop at your transition peg.

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13. Demonstrate how to keep your head on target. Steer back on target.

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14. Select a target at a 90-degree angle to the left. Demonstrate head movement and correct steering to get on target. Repeat with a target to the right.

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15. Select a target straight ahead and one at a 180-degree angle. Make several turns from one target to the other. Pay attention to head movement.

## Key Behavioral Patterns


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


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

# Preparation for In-Car Lesson One

## Guide 1. Getting Ready to Drive



Be alert while approaching the car. Look into car before opening the door. Control the door swing to form a habit that will avoid hitting the car parked next to you.

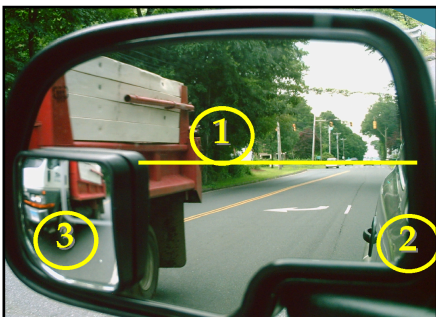


When the head restraint is adjustable, place the height at ear level, as illustrated in this photo.



### Value of Safety Belts during a Crash

- You stay in the driving compartment.
- You're best able to regain car control.
- You stay in the vehicle.
- The body is slowed down gradually.
- You're not thrown into the crash.
- Passengers will not crash into you.



### Adjusting Driver's Side Mirror

1. Adjust tilt to have the horizon appear in the center of the mirror.
2. Adjust viewing angle to see a slight amount of the vehicle.
3. You can obtain a convex mirror, such as the SmartView Mirror illustrated, to increase your viewing angle.

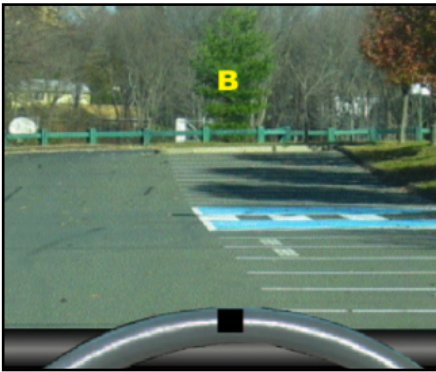
## Guide 3. Moving and Stopping Smoothly



### Inching & Creeping

Inching exercise develops the ability to control the movement of the car inch by inch. Such skills are needed when moving the vehicle in close quarters, such as parking in a tight space.

## Guide 4. On Target - Off Target



**A target is a fixed object** that appears in the center of the path you intend to drive. To select a target, first decide where you want the vehicle to travel, then aim for an object in the center of that path. A piece of tape on the 12 position of the steering wheel helps fringe vision keep the car on target.



When on street, project central vision to see a target as fringe vision sees the steering wheel.

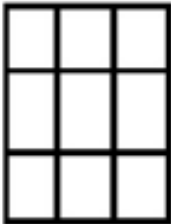


### Transition Pegs (Tpeg)

The transition peg for making a right turn is the inside rearview mirror. For making a left turn, the Tpeg is the driver-side corner post. For moving turns, at the Tpeg the brake is released, hands loosen grip on the steering wheel, acceleration takes place to straighten tires and keep the vehicle in balance.

# 1: Getting Ready To Drive

## While Approaching The Car



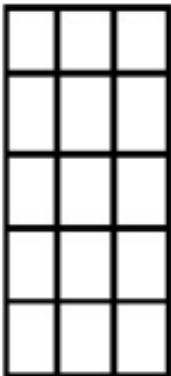
1. Have Keys In Hand
2. Look Under the Car
3. Look At and Around the Car

## Before Opening The Door



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

## After Entering The Car



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

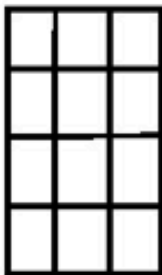

1. Parking Brake On
2. Insert Key - Foot On Brake
3. Shift Should Be In "Park"
4. Twist Key -Release No Delay
5. Headlights On - day & night

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


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

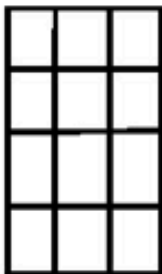
### 3: Moving and Stopping Smoothly

#### Placing The Car In Motion



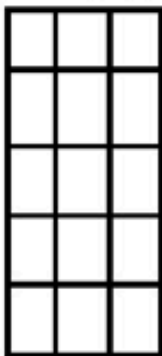
1. Right Foot On Brake
2. Shift To Drive
3. Release Parking Brake
4. Check Driving Path

#### Inching & Creeping The Car



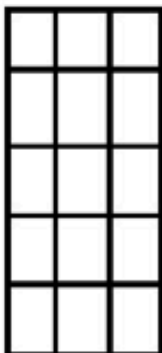
1. Keep Foot On Brake
2. Release Partial Brake
3. Inching with Brake Control
4. Creeping at Idle speed

#### Acceleration Control



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

#### Braking Control



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

## 4: On Target - Off Target


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