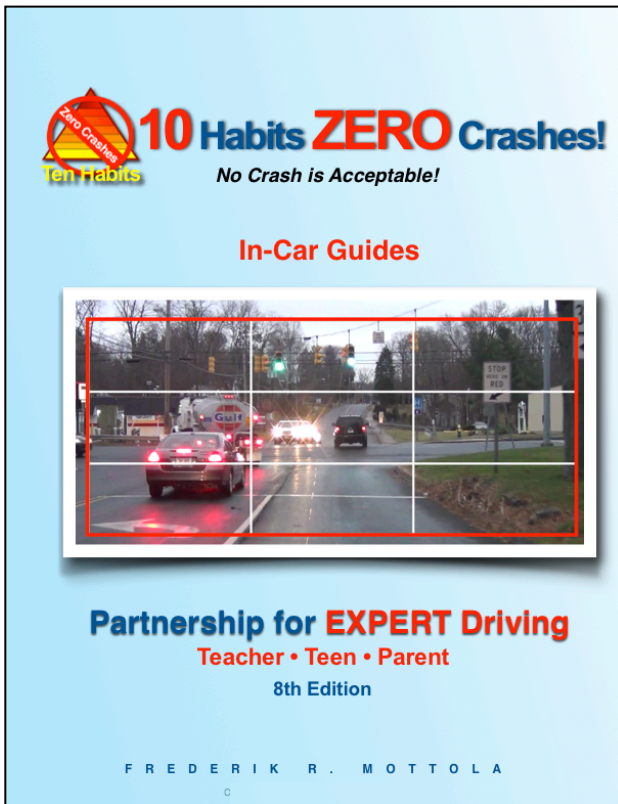


Lesson Ten

Partnership for Expert Driving

Preparation for In-Car Success



by

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Lesson 10 Roadway Settings and Objectives

THE DRIVING SETTING: Use limited access highways such as: interstate highways, freeways, turnpikes, and parkways. In addition, practice should take place on all types of roadways in all types of environments.

OBJECTIVES of this LESSON: The teen is given the opportunity to practice getting on and off limited access highways. While driving on the highway the following guides should be used: 12, 13, 14, 16, 18, 19, 21, 22, 24, 25, 26, 27, 31, 32, 33. By having the teen learn all of the behavioral patterns in these guides over the duration of this program, this lesson puts them into a different environment with higher speeds, which becomes a good testing situation for how well developed the behaviors are on a habitual level. When you find areas that are weak, go back to the guide in which those behaviors were presented and give more concentrated practice to help the teen improve.

Readiness for Freeways (Limited Access Highways)

All preparation and development of skills necessary for managing space at higher freeway speeds occurs before the teen ever enters the freeway. In many ways, driving on a freeway is a test of how consistent the teen was able to cultivate space management habits learned during lessons one to nine. If the teen has areas of weakness, provide opportunity to gain more practice to improve before driving on a freeway.

Objectives for Lesson Ten

Lesson 10 Tier Three: Living in the House of Habits



Review Habit 8: **Get Rear Zone Control**

1. Before moving to either side Check Outside Mirror on that side.



Review Habit 8: **Get Rear Zone Control**

2. When your foot goes on the brake, check rearview mirror.



Review Habit 9: **Get Control with a Vehicle in Front**

3. Close in on stopped traffic gradually. Keep 4-seconds while moving.



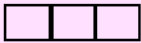
Review Habit 9: **Get Control with a Vehicle in Front**

4. Identify other drivers who are consuming space, rather than managing space.



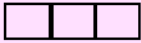
Review Habit 10: **Interact Courteously With Others**

5. Find situations where you can be courteous to others.



Guide 34 - Getting On Highway (Repeat each at least three times)

6. Do a simulated entrance to a highway by entering a traffic flow from a curb parked position. Evaluate Path of Travel, Use outside mirrors, head movement.



7. On Entrance Ramp, keep four seconds of separation, know rear condition.

8. Evaluate length of merger area, Find a gap or hole to enter, Adjust speed.



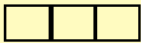
9. Enter the travel lane in LP3 to leave escape path for others if needed.



Guide 34 - Driving On Highway (Repeat each at least three times)



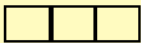
10. Demonstrate effective speed and lane usage for the traffic flow.



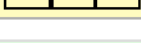
11. Practice making a Precision Lane change.



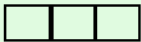
12. Only use the inside lane for passing.



13. Use Matrix to see Future A window, and Control the B and C windows.



Guide 34 - Exiting Highway (Repeat each at least three times)

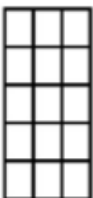


14. At One-Mile sign, plan for move into correct exiting lane.



15. Make precision lane change, Control speed into merge area.

Key Behavioral Patterns



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



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

Guide 34: Getting On the Highway

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 you to have independent merge options.

3. On Ramp, Outside Mirror

Avoid going fast on the ramp to prevent a slowdown or stop while in the acceleration lane. If your vehicle has a convex mirror attached to the outside, it will show vehicles not seen in existing outside mirrors. Without a convex mirror, check the outside mirror, then turn your head slightly and roll your eyes rearward.

4. Search For Gap To Enter

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

5. See length of Merge Lane

Know how much space you have to time your merge. The smaller the merge area the slower your speed while locating your merge gap or hole.

6. Find Gap, Signal Light On

When you know where you will be entering put your left signal light on, much like making a left lane change.



7. Accelerate Briskly to Blend In

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

8. LP2 to LP3 for Precision Lane Entry

Use precision lane positioning, like making a precision lane change to enter the least amount of lane space.

9. Mirror Checks

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

10. Adjust Speed to Traffic Flow for best control.

Metered Ramp

Some entrance ramps, where there is a very high volume of traffic, will use traffic lights to show a green light when a car is able to enter a safe gap.

Guide 34: Exiting 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 Necessary

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 (stuck cruise control, stuck accelerator pedal, brake failure), you can stay on the highway and have time to solve the problem.

6. Controlled Braking on Exit Ramp

Keep constant pressure on brake pedal until you are beyond the apex of the exit ramp.



Chevron Signs Provide Extra Warning

The State usually spends money for these signs only after there have been a number of excessive-speed crashes. Reduce speed early when you see an exit ramp this sharp.

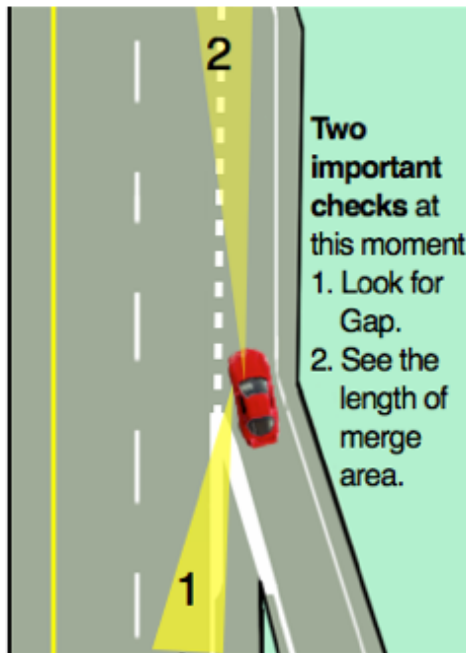
34: Limited Access Highways

1. Getting On The Highway

- | | | | |
|--|--|--|------------------------------|
| | | | 1. Check the Rear Zone |
| | | | 2. Keep 4 Seconds of Space |
| | | | 3. On Ramp, Outside Mirror |
| | | | 4. Search for Gap to Enter |
| | | | 5. See length of Merge Lane |
| | | | 6. Find Gap, Signal Light On |
| | | | 7. Accelerate to Blend In |
| | | | 8. LP2 or LP3 for Lane Entry |
| | | | 9. Mirror Checks |
| | | | 10. Get Speed Control |

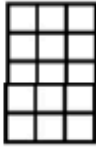
2. Getting Off The Highway

- | | | | |
|--|--|--|-------------------------------|
| | | | 1. Plan 12 Sec. Plus For Exit |
| | | | 2. Get Rear Zone Status |
| | | | 3. Communicate |
| | | | 4. Change Lanes, If Needed |
| | | | 5. Test Brakes Before Exit |
| | | | 6. Controlled Braking |



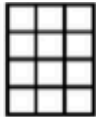
Procedures and Behaviors on Limited Access Highway

Target Area Searching - Matrix Use



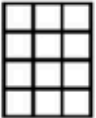
FINDS LOS-POT in Target Area
SOLVES 15 seconds away
CONTROLS 4-sec. danger zone
Controls A, B, C Windows
Controls Critical Seconds

Separation Space



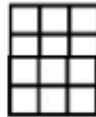
becomes Alerted to slow vehicles
adjusts Front Closure rate
keeps four-seconds space
controls the rear zone

Lane and Speed Selection



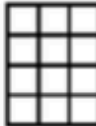
selects best legal lane for travel
uses far-left lane only for passing
uses lane effectively
selects best and legal speed

Approach To Interchanges



see open/closed zones
check rear zone
lane position/speed control
keep an open B or C window

Precision Lane Change



find space front and rear to enter
evaluate rear zones - blind area
signal - move into LP2 or LP3
enter new lane in LP2 or LP3

Approach To LOS Curves



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



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