

Lesson 10 Tier Three: Living in the House of Habits

Continue Deliberate Practice for Developing Habits 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

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.



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.

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.

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.

Lesson 10 Tips for Parents/Mentors

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)

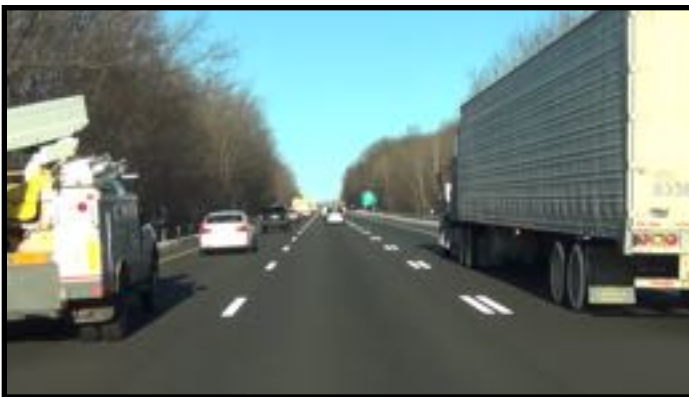
All preparation and development of skills necessary for managing space at higher freeway speeds occurs before the teen ever enters the freeway. In many ways, driving on a freeway is a test of how consistent the teen was able to cultivate space management habits learned during lessons one to nine. If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



Space Management Habits for Freeway Driving

1. Consistently reads A, B, C Windows of the Matrix.
2. Effective use of speed control for "slow" conditions.
3. Consistent use of Lane Positions.
4. Maintains 4-second separation space.
5. Effective use of inside and outside mirrors.
6. Detects and manages rear zone conditions.
7. Attempts to keep a B or a C Window open when passing, being passed, and at merge areas.
8. Able to make precision lane changes.
9. Reads communication from vehicles' movements.

When the double broken line changes to a solid and broken line, it is communicating that the temporary lane is coming to an end. Look for vehicles that may want to move into your lane.



On a rural section of an Interstate highway in Vermont there were three vehicles in our A Window. Vehicles "1" and "2" kept their positions for over a mile. Why? What should they have done differently? **Driver "1"** by staying in the left lane was blocking that lane and prevented car "2" from having an escape path. He should have passed the two cars and returned to right lane. **The left lane should be used only for passing.**

Driver "2" failed to acquire the 4-second separation habit. He is now being controlled by the actions of the front vehicle. He had nothing to gain by being so close, and there was a lot to lose.

The trailer truck, which we want to pass, is in a slow lane (double broken lines say it is a temporary lane). We reduced our speed to allow the AT&T truck to pass us to open our B window before we pass.

Lesson 10: Deliberate Practice for **Zero Crashes**

Rating: √ = great, X = more practice needed, ? = more information needed

--	--	--

Place the rating in the first of three boxes. Use the next two boxes for two other additional practice sessions.

Ask the teen to explain, demonstrate, or perform the following:

--	--	--

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.

Notes:



10 Habits Zero Crashes

No Crash is Acceptable!

1. Establish Driver-Vehicle Readiness

Be mentally and physically fit to drive; butt-in seating position; safety belts on; head restraints up; doors locked; windows up; headlights on at all times.

2. See Clear Path Before Moving

See that your intended Path-Of-Travel (POT) is clear; turn head before turning tires.

3. Keep the Car in Balance

Make smooth and effective starts, stops, and steering actions; use transition pegs.

4. Use Reference Points

Know within 3-6" where your car is positioned to the roadway; know where the car's sides and front are in relation to intersections.

5. Use Matrix (SAM) Zone Control Search

Search the Matrix A Window to the Target Area; FIND LOS-POT (Line-Of-Sight, Path-Of-Travel) blockage; check other zones for additional info.

6. Take Zone Control Actions

SOLVE LOS-POT; determine whether it is a "Go" or a "Slow" condition; get the best: speed control, lane positioning, and communication; CONTROL the 4-second danger zone, be prepared to make adjustments; know your Point-Of-No-Return.

7. Control the Danger Square (Intersection)

FIND LOS-POT blockage, SOLVE and CONTROL it; check for clear left, front, right zones before entering danger square; time arrival into an open zone.

8. Get Rear Zone Control

When your foot goes on the brake, check the rearview mirror; before moving to either side check side view mirror; make a head and eyes movement in that direction; when backing, use "inching" or "creeping" speed and check all mirrors continuously.

9. Get Control With Vehicle in Front

FIND stopped or slow vehicle, close in gradually; when traveling at same speed, keep 4 seconds of separation space; stopped behind a vehicle, see its rear tires touching the road.

10. Interact Courteously With Others

Send and receive communications in a timely and positive manner; empower yourself and reduce stress by being courteous; set a daily goal to be courteous to at least one person; avoid competitive, aggressive driving.

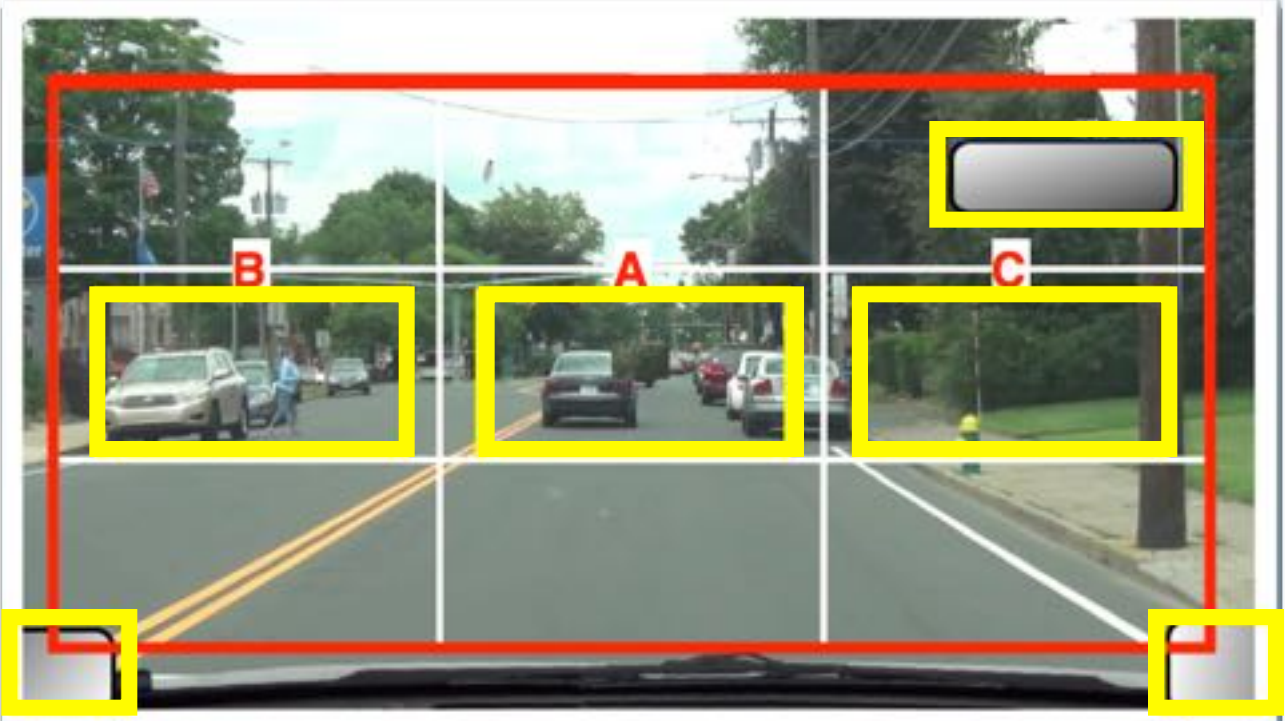
No Crash is Acceptable!

Ten Zone Control Strategies to Practice into Habit

1. Operate your vehicle with a Smooth and Balanced Motion.
2. Manage Speed for "Go" or "Slow" Conditions.
3. Use Six Searching Ranges of the Selective Attention Matrix in a timely manner.
4. Control the Front, Side and Rear Buffer surrounding your vehicle.
5. Establish a forward comfort buffer of four-seconds from vehicles ahead.
6. Find, Solve, and Control Critical Seconds of LOS-POTs.
7. Use Reference Points for accurate vehicle placement.
8. Seek Opportunities to Be Courteous at least twice a day.
9. Use Lane Positions for Awareness and to Manage Side Zones.
10. Time Arrival into Open Zones

Selective Attention Matrix

Six Searching Locations to Manage Space



Every space management opportunity begins with searching into the A Window.

Deliberate Practice Cultivates Positive Habits

This cycle fosters habit development:

Awareness • Action • Reward

Awareness: detect a condition that needs attention.

Action: the response made to the condition detected.

Reward: how you benefit by the action.

In-Car Guides

Tier One: Power Tools — House of Habits Foundation

1 **Guide 1:** Getting Ready to Drive **Guide 3:** Moving, Stopping Smoothly
Guide 2: Starting Engine, Controls **Guide 4:** On-Target, Off-Target

2 **Guide 5:** Reference Point Discoveries **Guide 7:** Instruments & Gauges
Guide 6A,B: Entering Traffic, Precision Turns **Guide 8:** Before Exiting the Car

3 **Guide 9:** Tracking & Path of Travel **Guide 11A:** Backing Introduction
Guide 10: LOS-POT Blockage Intro **Guide 11BC:** Turnabouts, 3-point Turn

Tier Two: Building the House of Habits

4 **Guide 12:** Search Target Area to Target Area **Guide 14:** Zone Control System Intro
Guide 13: Recognition of LOS-POTs **Guide 15:** Forward & Angle Parking

5 **Guide 16:** Communication Options **Guide 18:** Rear Zone Control
Guide 17: Approaching Danger Squares **Guide 19:** Stopping in Traffic

6 **Guide 20:** Traffic Light Timing, Left Turns **Guide 22:** Precision Lane Changes
Guide 21: Enter, Exit Roundabouts **Guide 23:** Backing into Parking Space

7 **Guide 24:** Responding to Laws, Signs **Guide 26:** Separation from Vehicles
Guide 25: Approaching Curves, Hills **Guide 27:** Selective Attention Matrix

Tier Three: Living in the House of Habits

8 **Guide 28A:** Timing Side Zones **Guide 29:** Hill Stops and Starts
Guide 28B: Control the Critical Second **Guide 30:** Parallel Parking

9 **Guide 31:** Night Driving Conditions **Guide 32B:** Passing
Guide 32A: Being Passed **Guide 33:** Responding to Problems

10 **Guide 34:** Limited Access Highways **Driving On Highways**
Getting On Highways **Getting Off Highways**