

Lesson 1 Tier One: Power Tools – House of Habits Foundation

Habit 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.

Habit 2. See Clear Path Before Moving

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

Habit 3. Keep the Car in Balance

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

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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.



Guide 3. 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 3. Make Smooth Stops

During the last two seconds of braking, "curl" your toes back while keeping your foot on the brake.

Guide 1. Head Restraints

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

Safety Belts

The vehicle should not be put into motion until all occupants have their safety belt on. Belts will keep you from being pulled away from the steering wheel and will minimize the effects of a crash.



Guide 4. On Target

See the target with your central vision. See the steering wheel aligned to the target with your fringe vision. To get back on target, look at the target and steer towards it.

Central and Fringe Vision

Look ahead to the target area, which is seen with central vision, while fringe vision monitors the car's position within the lane.

Turn Head before steering

Search intersection's left, front, right zones. The last movement of the Type to enter text head should be in the direction the car will travel. Turn head to look to the target,



Guide 4. Using Steering Wheel

- Use balanced hand position.
- Keep thumbs on outside.
- Right turns: use hand-over-hand.
- Left turns: use hand-to-hand.



Guide 4. Transition Pegs (Tpeg)

The transition peg for making a right turn is the inside rear-view mirror. For making a left turn, the Tpeg is the driver's side corner post. For moving turns the brake is released, steering wheel is straightened, and acceleration takes place at the Tpeg to keep the vehicle best in balance.

Lesson 1 Tips for Parents/Mentors

Prior to driving, use the DVD programs with your teen to best help advance the development of zero-crash behaviors into lifelong habits. This first in-car lesson should take place only in a parking lot. Speed never needs to be more than 10 mph.

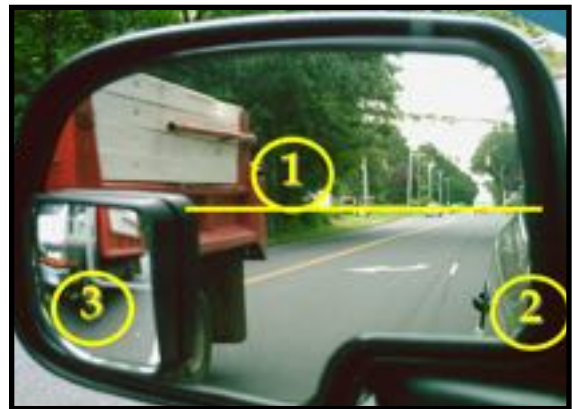
View the “Coach’s In-Car Guides” on the preceding page and note the behaviors the Coach checked as needing improvement. When possible, those are the areas the teen should continue to practice in addition to the items listed on the page to the right.

For best development of the teen’s habits for Zero Crashes, he/she must be able to have a mental picture of what actions are to take place. If the teen cannot properly explain to you how to perform any of the actions you ask him/her to perform, park the vehicle. Read the information listed on the pages of this lesson. If there is still a need for additional information you can skip the performance of that behavior and place a “?” mark in the column for more information needed. You can write a message to the Coach in the Note box and when you arrive back home you and the teen can view the DVD. All activities on the DVD are coded according to the Guides of a Lesson. For the MYDIQ Experiences, and for the Class Discussion activities, the title listed begins with a “G” number. The “G” number represents the Guide number. A G04-20 means it is an activity that supports Guide 04.



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.



Smooth Braking Habits

A smooth braking action should be the goal of any driver. In addition to giving comfort to passengers, a smooth style of braking can give the driver a highly refined feedback system for determining when a reduction in space management occurs. If routine braking consistently results in jerky braking actions, the driver becomes accustomed to that type of feeling. It feels normal. Then, when a surprise traffic situation requires the driver to make a harsh, unplanned, jerky braking response, it doesn't seem extraordinary, so there is no feedback to the driver that something went wrong with the space management!

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.

Why Inching Speed?

The purpose of this inching exercise is to develop 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.



Practice aiming for targets in a parking lot. The tree (B) is the 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.

Lesson 1: Deliberate Practice for **Zero** Crashes

Rating: \checkmark = great, X = more practice needed, ? = more information needed

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

With the car in a parking lot, ask the teen to explain or demonstrate the following:

Guide 1 - Getting Ready to Drive					
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				1. Why are safety belts good to use?	
Guide 2 - Reference Point Discoveries					
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				2. Demonstrate how to place your hands on the steering wheel.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				3. Demonstrate how to turn the wipers on without looking at switch.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				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)					
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				5. Demonstrate how to move the car with an inching motion.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				6. Demonstrate how to move the car with a creeping speed.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				7. Demonstrate how to put the car in motion smoothly.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				8. Demonstrate how to make a smooth stop.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				9. Accelerate to 10 mph and make a hard smooth stop.	
Guide 4 - On-Target, Off-Target (Repeat each at least three times)					
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				10. Select a Target on the perimeter of the parking lot straight ahead.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				11. Aim the car on target. Explain how you are using central and fringe vision.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				12. Move the car off target to the left and stop at your transition peg.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				13. Demonstrate how to keep your head on target. Steer back on target.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				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.	
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				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.	

Notes: