

Lesson 2 Tier One: Power Tools – House of Habits Foundation

Continue Deliberate Practice for Developing Habits 1, 2, 3

Habit 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.

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Front bumper even with curb.

Guide 5. Front Even with Curb

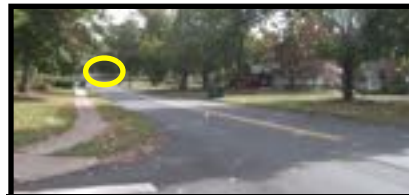
When the front of the car is even with the curb, the passenger side mirror will appear to be aligned with the curb, as the photo to the left shows. This is the **Forward Position** for making a right turn. You are able to search deep to the target area from this position. Notice the shorter view in the photo to the right.



Front bumper 8' before curb.

Guide 6A. Look to Target Area

The photos above and to the right illustrate looking deep to the target area. This is how far one should search for a gap or hole before turning the steering wheel.



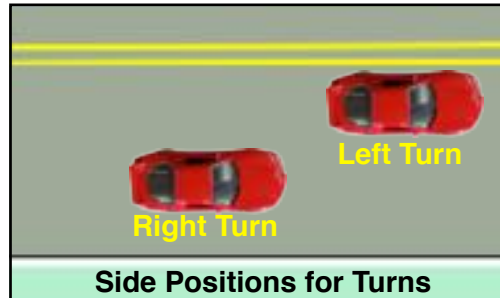
Searching left to target area.

Guide 6A. Gap and Hole

A "Gap" is an opening within a traffic cluster. A "Traffic Cluster" is a group of cars traveling close together. A "Hole" is a large space between traffic clusters.

Guide 6B. Legal stops

are made with the front of the car stopped at the stop line. **Smooth stops** are made by releasing slight pressure (curl the toes back) during the last second of stopping.



Guide 6A. Side Position

Side position for making a right turn: The car is 3 feet from the curb. The curb appears to be aligned with the middle of the right half of the car.

Guide 6B. Look for LOS-POTs

LOS-POT means Line-Of-Sight, Path-Of-Travel restrictions or blockages. See Lesson Three for more details about LOS-POTs.



Guide 8A. Passenger Exiting Vehicle

In addition to the behaviors that are listed on Guide 8, be aware of how secure the car is when passengers are exiting. Put the shift into the "park" position before anyone exits. This habit will prevent the vehicle from moving if your foot slips off the brake.

Guide 6B. Apply Brake for Turns

For turns from a stopped position, begin to take a braking action that is going to result in a complete and smooth stop. For moving turns, the brake is applied to reduce speed, and the foot will remain on the brake pedal until at the transition peg.

Guide 6B. Target -Target Area

A target is a stationary object that appears in the center of the intended path of travel. The **Target Area** is the center of your travel lane where the target is located, and the space to the left and right of the target.

Once you learn to locate targets you can search to the Target Area without selecting a specific target.

Guide 6B. Precision Turn Results

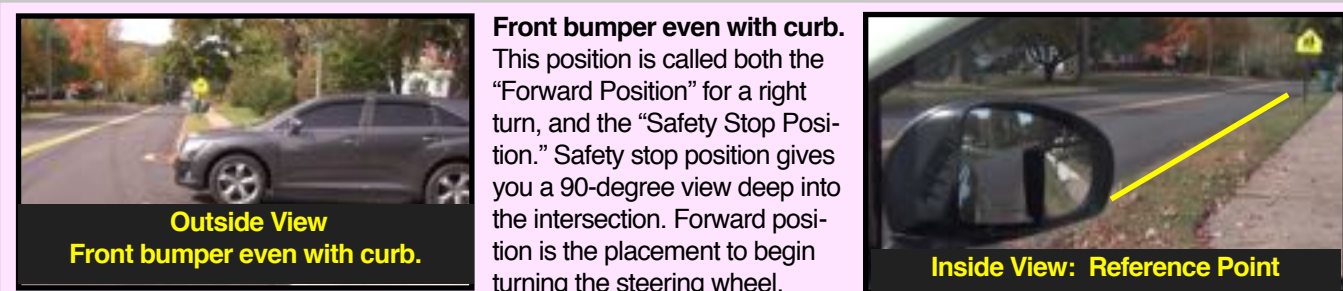
A precision turn uses the least amount of space from start to finish. It avoids wide and narrow turns and provides an escape path for others.



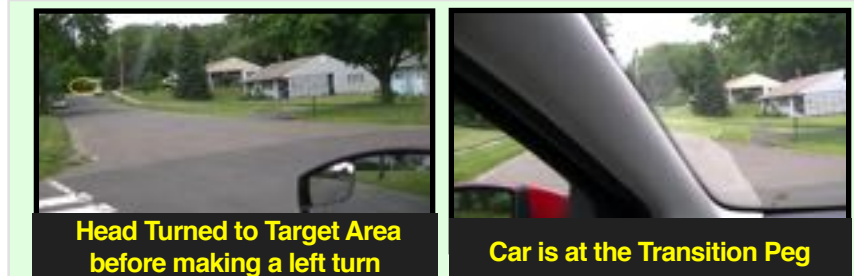
Lesson 2 Tips for Parents/Mentors

THE DRIVING SETTING: Begin to practice the activities in an off-street area. To allow ample time for the teen to consciously learn each step of making a turn, without the interference from traffic, it is best to begin in a parking lot. You may need to spend more than one session for the teen to successfully complete all the reference points. Once the teen understands where a reference point is for a maneuver, then have him/her use it while driving on street. Then continue to practice each step of a turn while driving in various on-street areas until the turns are made with accuracy and consistency.

OBJECTIVES of this LESSON: There are several key behavioral patterns that the teen will be learning and practicing in this lesson. The teen has an opportunity to use reference points in this lesson. You will also have an opportunity to learn how to see and use reference points from your side of the vehicle. The teen should demonstrate precision maneuvering of the car, within 3-6 inches of accuracy, for each of the reference points described in this lesson. The teen should be able to position the car correctly three consecutive times for each reference point. Once reference points are understood and used accurately, the teen will apply them along with the concept of targeting to enter traffic flows and to make precision turns.



Transition Pegs Keep your head pointing toward the target, or target area. When making a left turn, straighten tires as the driver's side corner post becomes aligned with the target. For right turns straighten the tires when the rear view mirror appears in the center of your lane.



Lesson 2: Deliberate Practice for **Zero** Crashes

Rating: √ = 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.

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

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Review Habit 1: **Establish Driver-Vehicle Readiness**

1. Demonstrate how to use shift selector and parking brake before exiting car.

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Review Habit 2: **See Path Before Putting Car in Motion**

2. Demonstrate how to turn head before turning steering for a right turn.

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Review Habit 3: **Keep the Car in Balance**

3. Explain where the transition peg is located for making a left and right turn.

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Guide 5 - Reference Discoveries (Repeat each at least three times)

4. Place the car's right tires 3-6 away from a line in the parking lot. Explain the reference point that you used.

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5. Place the front bumper even with a line. Explain the reference point used.

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6. Use a line and place the car in Lane Position 2, then in LP3.

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7. Use a parking line as a curb line. Demonstrate the side position for making a right turn, then a left turn. Explain the reference point used.

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Guide 6A - Entering Traffic (Repeat each at least three times)

8. Explain the difference between a "gap" and a "hole" in a traffic flow.

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9. With the car parked with a view of a traffic flow, identify where there are gaps and holes within the traffic flow.

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Guide 6B - Precision Turns (Note: When the teen is able to follow your directions in a safe and consistent manner, go to a lightly traveled residential area to make turns.)

10. Prepare to make a right turn. Demonstrate: 1. signal light and mirror usage, 2. proper side position, 3. smooth legal stop, and 4. the forward position.

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11. While stopped at the right turn forward position Demonstrate: 1. where the target will be, 2. how to search for a gap or hole, 3. how to turn head.

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12. Explain to me where the transition peg is for a right and left turn.

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13. Prepare to turn. Locate gap or hole, turn head to target.

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14. Repeat steps 10-13 at least ten times; then apply them for left turns.

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