

Lesson 3 Tier One: Power Tools – House of Habits Foundation

Continue Deliberate Practice for Developing Habits 1, 2, 3, 4

Habit 5. Use MATRIX for Zone Control Search

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

3

Guide 9. Tracking is the path the vehicle actually travels. Accuracy of tracking means placing the vehicle where you want it to go. You should be able to place the car into lane positions 1, 2 or 3 with consistent accuracy.



Get Speed Control Before Apex of Curve

To have accurate tracking you need to have control of speed before reaching the apex. The apex of the curve is the sharpest point, the peak, where the curve changes from entry to the curve to exiting the curve. It is the point of the curve that requires the most demand for the tires to grip the road. With excessive speed, you will not be capable of steering the car into the curve.

11C. Three-Point Turnabout

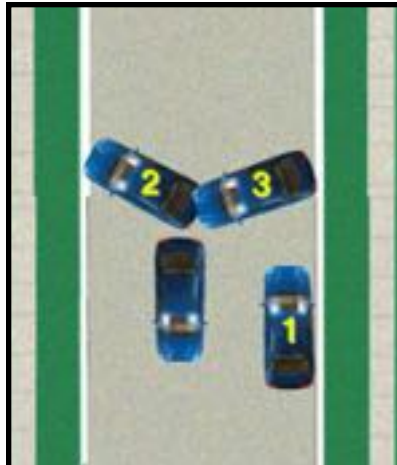
1. Evaluate The Risk • evaluate the traffic flow and LOS-POT blockages
2. Select Location, Signal right • pick a location with a legal and safe sight line
3. Stop 3-6" From Curb • use reference points
4. Check LOS-POTs • see others and be seen
5. The car is parked at right curb • Left Signal On
6. Blind Spot Check over the left shoulder
7. If Clear, Creep & Turn Wheel Fast
8. Smooth Speed Control
9. Stop Before Curb • use forward reference pt.
10. Foot On Brake, Shift To Reverse
11. Check Traffic Left, Right, Rear
12. Look Over Right Shoulder
13. Creep & Turn Wheel Fast
14. Stop Before Curb • use rear reference point
15. Foot On Brake, Shift To Drive
16. Check Intended Path of Travel
17. Check Left, Front, Right for open zones
18. When Clear, Move Car toward Target Area

Use Fringe Vision To See Reference Points

Your fringe vision enables you to see reference points to determine the position of the vehicle into the curve.

Use Central Vision into Curve

As the car gets closer to the curve, and it is time to select a new target, look through the curve with central vision until you see another straight-away for a new target.



LOS-POT Blockage is Created by Following

a truck with less than 4 seconds of space. The closer you are to any vehicle ahead, the more control you give them over the actions you will be taking. You are not able to make the decision to "go" or "slow."



Reference Point for Rear Bumper

Look over your left shoulder and see the line appear in the middle of the rear side window (see the arrows).

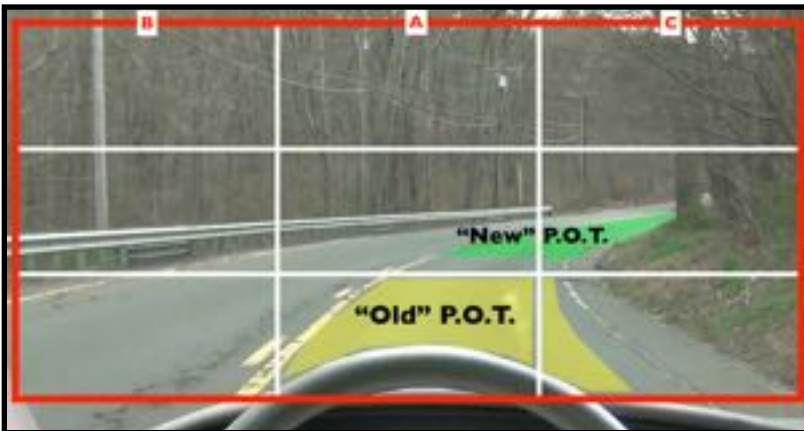


Lesson 3 Tips for Parents/Mentors

THE DRIVING SETTING: Begin with a simple environment and continue to increase the complexity. Use residential roadways, rural two and four lanes, and open secondary highways with two to four lanes of traffic. An off-street area should be used for Backing Introduction. For Turnabouts use a quiet residential street without children present. If there are children's toys in the area, do not conduct the turnabout there.

OBJECTIVES of this LESSON: The teen will be given the opportunity to position the vehicle accurately within a travel lane and to use the concept of targeting to identify potential and/or actual problems that affect the control of the path of travel. The teen should be able to describe the changes to his LOS-POT while operating in various traffic situations and classify what is seen as having, or not having, an effect upon the LOS (line-of-sight) and upon the POT (path-of-travel) of the vehicle's movement.

Backing Introduction: The teen should demonstrate the ability to perform the skills necessary for moving and tracking the car in reverse while operating in close quarters.



Evaluate Matrix A Window

On approach to curves, see what the condition of the A window will be when you arrive into the target area. Is it going to be a left or right curve? What lane position will be best for your approach? You want to have speed control.

Our old Path-Of-Travel is the path we have been occupying to get to our target area. Once the road begins to curve, and we are able to see "into" the Matrix B or C window, we then have a "new" Path-Of-Travel.

Evaluate Path Of Travel (POT)

Before making a turn, look into the turn to see to the target area for your new path of travel. The "path of travel" is the space you expect the vehicle will travel to arrive into the target area.



See New Target Area After Curve

Your central vision enables you to look through the curve for problems and evaluate the new Path of Travel you will take.



Turning the Wheel when Backing

When backing and taking a large turning action, use hand-over-hand, or hand-to-hand steering. When backing straight, hold the steering wheel with the left hand at the 12 position; turn the steering wheel from the top down in the direction you want the back of the car to go. Aim for a target.

Use Pivot Point To clear an object (mailbox) while backing and turning, use the passenger side rear window post as the pivot point, which is the moment for steering to take place.



Lesson 3: 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:

<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				Review Habit 2: See Path Before Putting Car in Motion 1. Demonstrate how to use creeping and inching speed while backing.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				Review Habit 3: Keep the Car in Balance 2. Demonstrate use of Transition peg to make smooth, efficient turns.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				Review Habit 4: Use Reference Points 3. Demonstrate the placement of the car to its left and right limitations.

Guide 9 - Tracking and Path of Travel (Repeat each at least three times)

<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				4. Search the A window of Matrix for curves.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				5. Use central vision to look into the B or C window on approach to curves.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				6. Demonstrate precision tracking for making a tight right turn.

Guide 10 - Intro to LOS-POTs (Repeat each at least three times)

<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				7. Identify in B or C windows LOS Blockage caused by the Environment.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				8. Identify in B or C windows LOS Blockage caused by Vehicles.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				9. Identify in A window POT Blockage caused by the Environment.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				10. Identify in A window POT Blockage caused by Traffic

Guide11A - Backing Introduction (Repeat each at least three times)

<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				11. In a parking lot, select a target and back towards it using mirrors.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				12. In a parking lot, select a target, look over right shoulder, back to it.
<table border="1"><tr><td> </td><td> </td><td> </td></tr></table>				13. Select a target, use all three mirrors and look over shoulder to back to it.

Notes: