

Lesson 4 Tier Two: Building the House of Habits

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.

Habit 6. Take Zone Control Actions

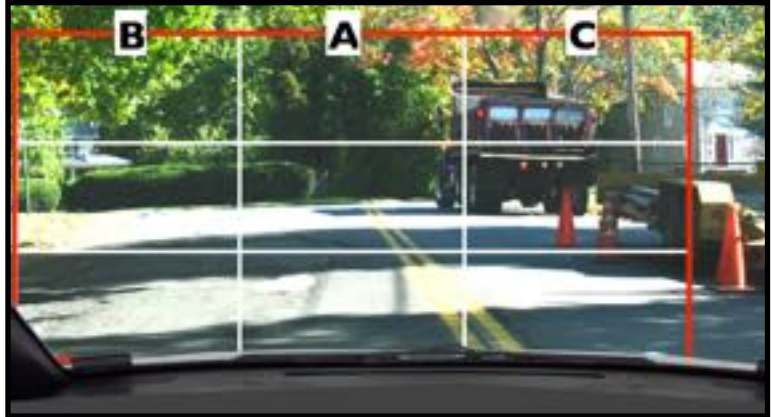
SOLVE LOS-POT; determine whether it is a "Go" or a "Slow" condition; CONTROL the 4-second danger zone, be prepared to make adjustments; know your Stopping Distance and your Point Of No Return.

Three Searching Ranges

FIND: The first searching range is the A Window of the Matrix, looking into the target area.

SOLVE: The second range is 15 seconds ahead of your car. This is the time to decide what is the best Lane Position, Speed Selection, and Communication to implement.

CONTROL: The third range is the 4-second immediate path the car is ready to occupy. This is the 4-second Danger Zone.



4



Using Side Fringe Vision After we identify with our central vision a zone change to the left or right of our path of travel, we can keep account of it with our side fringe vision. Our central vision will be free to make other zone checks. In this situation, the C Window is closed by the LOS-POT blockage created by the parked construction truck and trailer. Our central vision must continue to search the A and B Windows for vehicles turning the corner into our path.

- 1. Take A Guess For 15 Seconds Ahead** Take a guess: where do you think 15 seconds ahead is.
- 2. Count Off By Seconds** Pick out a marker (a road sign, a mailbox, a telephone pole) and then start counting 1001, 1002, 1003, etc., until the front of your car reaches that marker.
- 3. See How Accurate Your Guess Was** By taking a guess before counting you can best develop the ability to make accurate assessments of the 15 second searching range because you get instant feedback. If you do not take a guess, and merely count off the seconds, your mind is not engaged.
- 4. Redo At Different Speeds** After 15-20 trials of taking guesses, your accuracy will become consistent.

- 1. Before Parking** search for cars and pedestrians. Check Rear Zone. Locate space.
- 2. Side Position** Get at least 6-8 feet from parked cars.
- 3. Forward Position** is to seeing a target in the center of the space (see photo).
- 4. Creep and Turn Wheel Fast**
- 5. Line up with Target** If target is close, like a parking meter, it will shift toward the center of your car as you get closer to it.
- 6. Straighten Tires**
- 7. Stop at Forward Reference.**



The diagram shows the car at the Side and Forward Position, ready to turn the steering wheel.

To measure separation space from the vehicle ahead use the same process. Take a guess, pick a marker that the back of the car ahead passes. Count until your car arrives at the marker.



This photo shows a driver's view at the Forward Position for entering a perpendicular parking space.

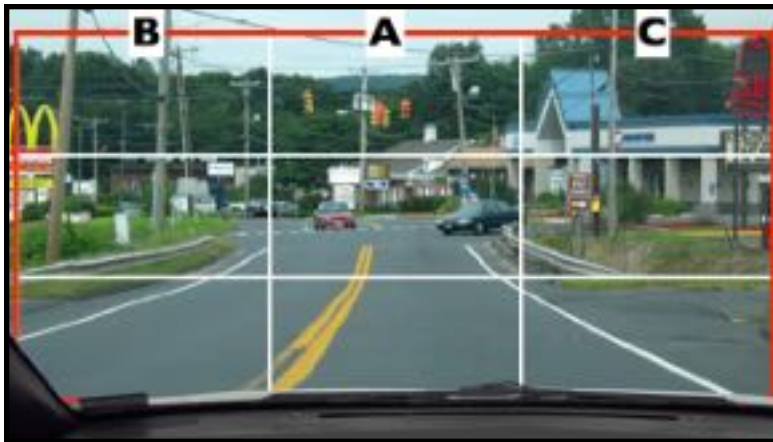
Lesson 4 Tips for Parents/Mentors

THE DRIVING SETTING: Use residential roadways, rural two and four lanes, urban areas, and open secondary highways with two to six lanes of traffic. As always, begin in the least complex roadway and traffic situations. As performance becomes consistently acceptable, increase the complexity of roadways.

OBJECTIVES of this LESSON: During this lesson the teen will get practice in how to be at least 15 seconds mentally ahead of the vehicle to FIND and control the four-second danger zone before it turns into an uncontrollable critical second. In order to FIND a problem the teen needs to know where to search and what to search for, and do it on a habitual level. That is what this lesson is all about. The use of the Matrix will help sort out where to look to FIND LOS-POT Critical Seconds, how to SOLVE them when they are 15 seconds away, and how to CONTROL them when they get within the 4-Second Danger Zone. The A, B, C windows of the Matrix should be classified as open or closed zones. This lesson gives an opportunity to apply the three steps of the Zone Control System. The teen's performance can only be as good as your expectations and the effort you make to provide an effective deliberate practice session.

PARKING: The teen should demonstrate the ability to park the car forward into a 45 degree angle parking space with smoothness and consistency. Angle parking is designed for head-in parking only. Recognize two-way and one-way traffic patterns. Ask the teen to explain the meaning of each step listed on Guide 15 Forward and Angle Parking.

4



Because we “see meaningful information” with the mind, and not with the eyes, it is important that we tell the eyes what to look for. Using the Zone Control System, we are telling the eyes to look for LOS-POT Blockages, critical seconds, and changes in any of our zones. We can then see a potential danger early enough to defuse it. The Matrix helps to compartmentalize a traffic scene into small segments that can be managed in a timely manner.

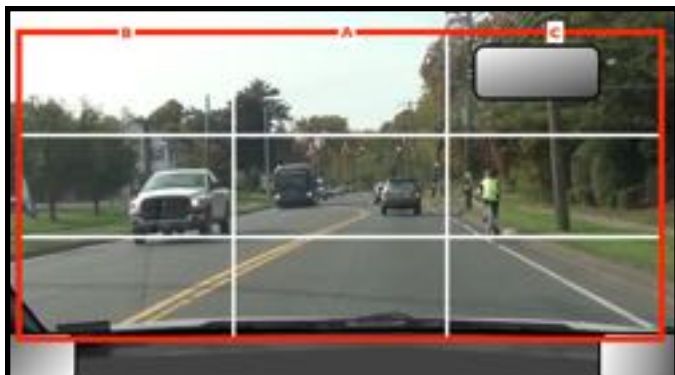
CONTROL: 4 Second Danger Zone

The 4-second Danger Zone is the space ahead within 4 seconds of travel time. It is very important that you acquire the skills to search all three ranges: the target area, the 15 second range, and the 4-second Danger Zone. To CONTROL the 4-second Danger Zone, update the conditions you originally detected when you were evaluating your path of travel. If you were to look only at your 4-second Danger Zone before searching to your target area, you would consume three or four seconds and not have time to FIND, SOLVE, and CONTROL the LOS-POT blockage.



A is Angle Parking. Only drive forward into the space. **B is Perpendicular Parking.** You can drive in forward or back into the space. **C is Parallel Parking.** Back into the space.

The first step of the Zone Control System is to FIND one LOS-POT blockage. That should turn your alert switch on. Then, SOLVE and CONTROL to manage the space. Repeat until the total process takes place by habit.



Check Opposite Zones. After you FIND a side zone change, in this case the bicyclist in the C Window, check the zone in the opposite direction, the B Window. Making a speed reduction will create an open B Window.

Lesson 3: 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 2: **See Path Before Putting Car in Motion**

1. Demonstrate how to use creeping and inching speed while backing.

--	--	--

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

2. Demonstrate use of Transition peg to make smooth, efficient turns.

--	--	--

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)

4. Search the A window of Matrix for curves.

--	--	--

5. Use central vision to look into the B or C window on approach to curves.

--	--	--

6. Demonstrate precision tracking for making a tight right turn.

--	--	--

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

7. Identify in B or C windows LOS Blockage caused by the Environment.

--	--	--

8. Identify in B or C windows LOS Blockage caused by Vehicles.

--	--	--

9. Identify in A window POT Blockage caused by the Environment.

--	--	--

10. Identify in A window POT Blockage caused by Traffic

--	--	--

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

11. In a parking lot, select a target and back towards it using mirrors.

--	--	--

12. In a parking lot, select a target, look over right shoulder, back to it.

--	--	--

13. Select a target, use all three mirrors and look over shoulder to back to it.

Notes: