

Lesson 5 Tier Two: Building the House of Habits

Continue Deliberate Practice for Developing Habits 1, 2, 3, 4, 5, 6

Habit 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.

Habit 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.

Habit 10. Interact Courteously With Others

Send and receive communications in a timely and positive manner; empower yourself and reduce stress by being courteous.

Send Timely Messages

Communication must take place early enough for others to receive and act upon the signals you send.

Receive Timely Messages

You must read others' communications in a timely manner to gain control of the situation and not be surprised into making a high-risk response.



Which Scene Do You Want?

You are approaching a construction site on the interstate highway. You begin braking. When would you like to know that there is an approaching 18-wheeler closing your rear zone? The top photo would give you more time and space to get the driver to slow down.

Three Rear Zone Conditions

Open Rear Zone

No one closer than two seconds, and at least 12 seconds visual sight line.

Closed Rear Zone

A vehicle to the rear is less than two seconds away.

Unstable Rear Zone

An open or closed zone that has the potential to become worse.

Guide 16. Communication Techniques

Signal Lights

Signal lights should be used 5 seconds before making any change in speed or direction to give others enough time to see it and respond.

Headlights

Flashing headlights can warn oncoming vehicles of some danger they are driving into. Also, it can send a courteous message that you are allowing a vehicle to enter in front of you to cross or join a traffic flow.

Brake Lights

A tapping of the brake pedal flashes the brake lights to warn traffic to the rear of a slow-down or stop.

Horn

Use the horn in a short tapping manner rather than a long sustained blast.

Lane Position of Other Cars

By reading the position of other vehicles you can be tipped off to what is likely to happen.

Speed Control of Other Cars

A driver's speed can communicate to you what will be taking place. For example, if a car pulls out of a side road and doesn't accelerate in a normal brisk manner, you can expect that driver to make a turn soon.

Hand Signals

There are times when a hand signal communicates more effectively than the signal lights, such as if you're attempting to enter a long line of slow moving bumper-to-bumper traffic.

When stopped, see the tires of the vehicle ahead touching the road.



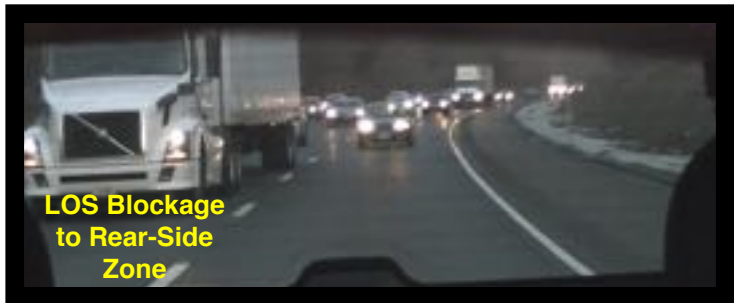
Lesson 5 Tips for Parents/Mentors

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: The major objective of this lesson is to prepare the teen to safely approach and travel through danger squares. Each year in the United States over 30 per cent of all crashes occur at danger squares, and at least a third of those are rear-end crashes. Therefore, this lesson places emphasis on approaching danger squares and rear zone control. Some key behavioral patterns include: identifying LOS-POT blockages, searching left, front, right zones, staggered, legal, safety stops, and managing three tailgater types. Many rear-end crashes can be avoided with the proper detection of a rear zone condition and effective use of communications. Several communication techniques will be experienced and practiced during this lesson.

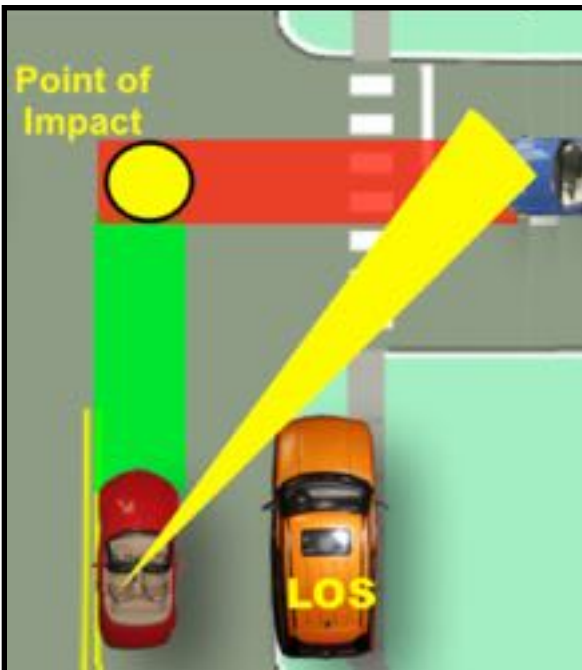
Guide 16. Be Courteous – Its a Gift to Yourself

There is so much stress that creeps into our lives unnecessarily. One way to minimize stress is to eliminate some of the competitive situations that occur while driving. If you set your goal to strive for one or two situations each day when you can be courteous to others, it can put you into a win-win situation. You help someone, which in turn gives you a good feeling, as compared to trying to compete with someone and losing. Spread some goodwill; be courteous!



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A large vehicle in your rear zone creates an LOS blockage. Notice what you were not able to see when the truck was to your rear. To get the most accurate information always use outside mirrors before making a lane change.



Fast Closing Vehicles

When you see a fast-closing vehicle behind you, tap your brake pedal to flash the brake lights and get the driver's attention. The sooner you see the closing vehicle, the more time you will have to communicate, which is why you need to check the rear zone as soon as you see a reason to reduce your speed.



Make a 45-Degree Search when approaching a danger square that has an LOS blockage.

Staggered Stop is like a yield, you only need to stop if there is a reason to stop, such as leaving space for a bus turning.

Lesson 5: 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.

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

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Review Habit 4: **Use Reference Points**

1. Demonstrate use of reference points for LP1, LP2, LP3.

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Review Habit 5: **Use Matrix to Find LOS-POT Blockages**

2. Search the B and C Windows for LOS-POT Critical Seconds.

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Review Habit 6: **Turn Decisions into Zone Control Actions**

3. Evaluate A Window for a Go or Slow Condition. Get best speed control.

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Review Habit 7: **Control the Danger Square**

4. Before entering Danger Square, Find worst LOS-POT blockage.

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Guide 16 - Communications (Repeat each at least three times)

5. Demonstrate and Explain how and why signal lights are used before turning.

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6. Explain why signal light should be used 5 seconds before turning.

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7. Explain how a vehicle's lane position communicates a driver's intended action.

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8. Identify drivers who are performing in an aggressive, competitive manner.

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Guide 17 - Approach Danger Squares (Repeat each at least three times)

9. Demonstrate a 45-degree search while approaching a danger square.

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10. Demonstrate how to make a 90-degree search before entering the danger square. Explain why it is a good habit.

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11. Demonstrate "See Rear Tires" when stopped to the rear of a vehicle.

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Guide 18 - Rear Zone Control (Repeat each at least three times)

12. State the rear zone condition each time you check the rearview mirror.

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13. Identify which type tailgater you have: Charger, One pacer, Habitual.

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14. Identify which rear zone condition you have: Open, Closed, Unstable.

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Guide 19 - Stopping in Traffic (Repeat each at least three times)

15. See closed zone in Matrix A Window.

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16. Time arrival into an open zone.

Notes: