

Lesson 6 Tier Two: Building the House of Habits

Continue Deliberate Practice for Developing Habits 1, 2, 3, 4, 5, 6,7, 8, 10



Guide 20. Four Searches at a green light waiting to turn. Enter no more than $\frac{1}{4}$ way into intersection, **but only if you are certain you will be able to leave when the light changes.** 1. Check **REAR** for Unstable Zone of fast closing traffic and continue monitoring until there are at least two vehicles stopped in back of you. 2. Look for a **GAP** to enter in the traffic flow. 3. See an open turning **PATH** you want to enter. 4. See the **LIGHT** changing to yellow; look to see if oncoming traffic is stopping. If able, complete your turn without delay.

Some States will not allow drivers to wait in the intersection because drivers that fail to clear the intersection create traffic jams for crossing vehicles. The four checks give you the best preparation to clear the intersection in a timely manner.



See Red Lights as a closed front zone — a "slow" condition. As soon as the red light is detected, check the rear zone and make an attempt to arrive into a green traffic light with no stopped traffic.

Points of Conflict

When approaching and entering a danger square, evaluate the locations that are most likely to create a point of conflict.



Outside Mirror Adjustment and Why

Adjust the outside mirrors to see a slight amount of the side of the car. This will allow you to see if there is a vehicle to your rear attempting to jump into the gap you want to enter. The effective use of the outside mirror is essential when entering and leaving a roundabout. The high volume of vehicles moving from inside to outside lanes creates constant changes you cannot see in the rearview mirror.



Roundabout Lane Usage: When entering, yield to any vehicle in the roundabout. When there is a gap or hole, enter in the outside lane. Know which exit you will be taking. If you are going to take the first exit, stay in the outside lane. If you are not taking the first exit, move to the inside lane. In our photo, if you are going to take the West exit you will stay in the inside lane until you pass the North exit, at which time you will check your passenger side mirror for a clear lane change into the outside lane.

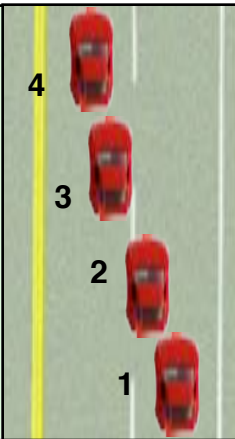
Lesson 6 Tips for Parents/Mentors

THE DRIVING SETTING: Use residential roadways, rural two and four lanes, urban areas, and open secondary highways with two to six lanes of traffic. For practice of Guide 23 use an off-street training area. Use an available parking space or mark a 10 by 18 foot area with traffic cones or carton boxes to represent a parking space. After practice, use a parking space with cars to both sides. If only one car is available to park next to, let the car be on the passenger side as the car is backed into the space.

OBJECTIVES of this LESSON: One of the major objectives of this lesson is to avoid unnecessary acceleration into closed zones. Timing of traffic lights gives the driver an opportunity to save fuel and increase awareness of traffic events, which leads to good space management. The teen should demonstrate the ability to visualize a “go” or “slow” condition in the Matrix’s A Window. Seeing a red traffic light early enough to be able to reduce speed gradually for several seconds will give the red light time to change to green and eliminate the need for you to stop. The most gas-consuming phase of driving is putting the vehicle into motion from a stopped position. Every traffic light one can avoid stopping at results in reduced stress, fuel conservation, and a reduction of exposure to rear-end crashes.

Four Key Steps for Precision Lane Change

1. Use outside mirror to find potential gap or hole.
2. Signal, move into LP2, view outside mirror, locate gap, check blind area.
3. MOST IMPORTANT, move only into LP3 to provide an escape path for speeders.
4. Check rearview mirror, get proper speed, take LP1.



Visualize Matrix Windows

The power of the Matrix is it helps to quickly detect present and future elements within a traffic scene in a timely manner — giving you best control of a LOS-POT’s critical second.



Find, Solve, Control the Critical Seconds. Every LOS-POT blockage has a moment when a trap could be sprung, creating drastic change to the management of your vehicle’s POT. The more practice gained in using the Matrix, the less likely you will be victimized.

6



Driver’s body is in center of space.



45-target is aligned to edge of mirror.

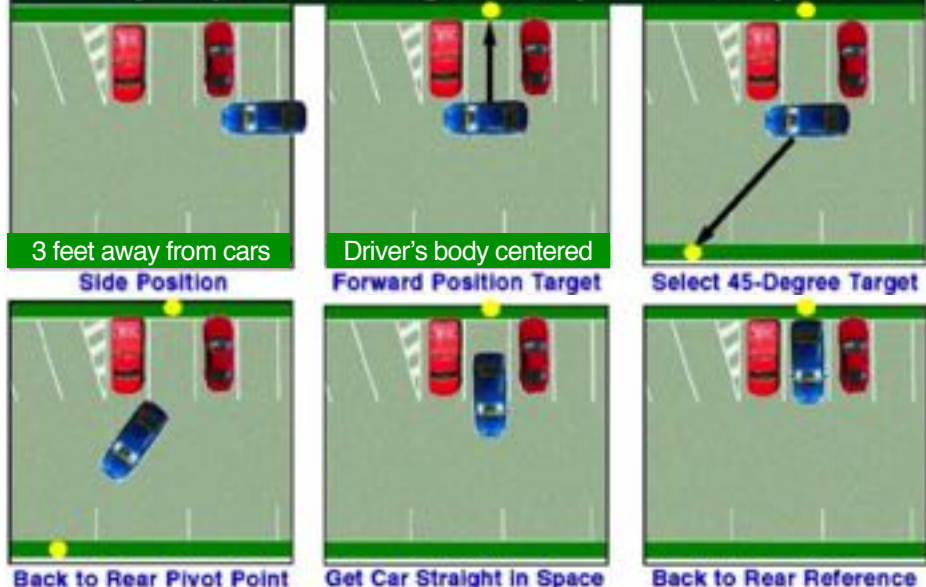


Pivot Point
Side of the parked car is in rear pivot point. Turn the steering to enter space.

Guide 23. Backing into Space

1. Get 3-4 feet of side space.
2. Line body with center of space.
3. Select a 45-degree forward target as shown in diagram.
4. Creeping speed, turn the steering wheel fast to get to 45-degree target.
5. Check to see if back of car is aligned with parking space.
6. Back to pivot point, turn tires.
7. Straighten tires, stop at ref. point.

Key Steps for Backing Into Perpendicular Space



Lesson 6: 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 5: **Use Matrix to Find LOS-POT Blockages**

1. Demonstrate how to find LOS-POT Blockages in the Matrix A Window.

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

2. Demonstrate where your PONR is when approaching a green traffic light.

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

3. Locate LOS-POT Blockages while approaching Danger Squares.

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Review Habit 8: **Get Rear Zone Control**

4. Demonstrate how to evaluate and control rear zone when stopping in traffic.

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Review Habit 10: **Interact Courteously with Others**

5. Find at least three situations where you can be courteous to others.

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Guide 20 Traffic Light Timing (Repeat each at least three times)

6. Use A Window of the Matrix to manage "Go" or "Slow" approach to lights.

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7. Demonstrate how to do a 45-degree search on approaches to green lights.

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8. Demonstrate a 90-degree search before moving when the light turns green.

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Guide 21 - Entering Exiting Roundabouts (Repeat each at least three times)

9. Explain how you would yield to other traffic and the direction you will turn.

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10. Demonstrate how to use your outside mirror when exiting the roundabout.

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Guide 22 - Precision Lane Change (Repeat each at least three times)

11. Demonstrate how to use outside mirrors to find a gap or hole to enter.

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12. Demonstrate when and how to use the signal indicator for a lane change.

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13. Demonstrate the use of Lane Positions for making a precision lane change.

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Guide 23 - Backing into Perpendicular Space (Repeat at least three times)

14. Use the Coach's Guide 23 and perform each step, one at a time. When one step is performed incorrectly, start over again at step one.

Notes: