

Lesson 7 Tier Two: Building the House of Habits

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

Habit 9. Get Control With Vehicle in Front

FIND stopped or slow vehicle, close in gradually; when traveling at same speed, keep 4 seconds of separation space; stopped behind a vehicle, see its rear tires touching the road.

Empower Yourself With 4 Seconds

- You have time to become conscious of moments when you are closing in too fast on stopped vehicles.
- Your eyes can search beyond the vehicle in front.
- You remove the front vehicle's power to victimize you.
- Eliminate, or minimize, surprises from the actions of the first vehicle.
- Removes the stress that occurs when you are surprised by sudden braking actions of vehicles ahead.
- Makes you more conscious of the disadvantages of keeping a lesser amount of time.



Which scene would you want to be in as the bus applies its brakes? You are in control in the top scene. In the bottom scene, the bus controls your actions. The travel speed is exactly the same in both scenes.



Practice Commentary for Increased Attention & Control

You do not need to speak out loud.

1. Look to your A window and ask yourself, "do I have a go or slow?"
2. Ask, "are there LOS-POTs?" Where are the "Critical Seconds?"
3. When A Window is closed: Adjust Speed. Evaluate Rear Zone.
4. When B and/or C Window will have LOS-POT, get best Speed Selection, LP and Communication.
5. Control Critical Second within the Four-Second Danger Zone.
6. Full attention at Critical Second as the A, B, or C Window becomes full.

Stay Out of the Inside Lane Except to Pass

While acquiring the 4-second habit, avoid traveling in the inside lanes (fast lanes) of highways. The most aggressive drivers are usually found there. Whatever speed you travel at, there will always be a vehicle on your tail wanting you to go faster.

Adjust Front Closure Rate

Closure occurs when your vehicle is traveling faster than the vehicle ahead of you. Closure rate is how fast you gain on the vehicle in front. It is best to acquire a habit that will make you sensitive to any closure of space. The habit of keeping more space between you and the vehicle ahead will allow you to become more sensitive when there is a closure of space. If you have 4 seconds of separation space as your habit, then when you get within 5 seconds of the vehicle you are gaining on, an alert will sound within you to say you are approaching your danger zone.



At which curve are there more single vehicle crashes?



More crashes occur at slight curves in the road because drivers fail to see a need to reduce speed.

Lesson 7 Tips for Parents/Mentors

THE DRIVING SETTING: Use residential roadways, rural two and four lanes, urban areas, and open secondary high-ways with two to six lanes of traffic.

OBJECTIVES of this LESSON: This lesson presents a set of life-saving behavioral patterns that can help a teen avoid the major cause of single vehicle fatalities, which is when a teen drives with excessive speed into a curve and loses control of the vehicle. No other vehicle is involved. The teen makes a wrong decision that cannot be undone. This lesson helps the teen respond effectively to laws, signs, signals and markings, and learn what makes speed excessive on an approach to a curve. The teen learns how to reduce speed while there is still adequate time before entering the curve to maintain car control. Use of vision, lane positioning and speed control are practiced.

A second type of crash that teens are involved in is rear-ending a vehicle. This lesson provides practice in how to keep 4-seconds of separation time from the vehicles ahead. Separation space can put the teen in control and eliminate surprises from others' wrongful actions.

Point-Of-No-Return (PONR) is that point at which you are not able to stop without entering the "critical second."

Yellow Changing Lights
The purpose of a yellow light is to clear the intersection. By knowing where your point of no return is, you'll see the light changing and be able to make your best decision.



Right-of-Way Laws

- **Must yield to pedestrians** at all times, especially when a pedestrian is in crosswalk with no traffic light.
- **When you are turning left turn**, you must yield to oncoming traffic.
- **Drivers on a minor road** must yield to any vehicle on a main road.
- **On two equal roads**, drivers coming from the left must yield to vehicles coming at the same time from the right.
- **At a 4-way stop sign**, the driver reaching the intersection first gets to go first. When arrival is equal, the driver on the left yields to car on right.
- **At Roundabouts**, entering vehicles must yield to vehicles that are in the roundabout.

- **See Curve In A Window** for best speed management.
- **See a Left or Right Curve** to get an effective drive line curve.
- **See Radius Of Curve** to determine an effective speed selection. More crashes occur at slightly curved roads, rather than very sharp curves, because drivers don't see them as a danger to their control.

• Test Tire-Road Grip
When roads are wet from rain, dew, snow, ice, apply the brakes to test the tire-road grip before entering the curve. If the tires slide you want "Slide Space" and speed reduction on the straightaway.

• Control Speed Before Apex
The most demand placed upon the grip of your tires to the road comes at the Apex. Reducing speed before the Apex will give you best control.

Red Light and Right Turn On Red
When you see a red light, reduce speed to time your arrival into an open zone with a green light.
When making a right turn with a red light, make a complete stop and check the intersection for open zones before entering.
When making a left or right turn with a green light, turn your head before turning your tires to look for pedestrians that may be in the crosswalk.



For Speed Control in Curve, See 4 Seconds
Keep 4 seconds of road visible. When you have less than 4 seconds of road visible, brake before going into the curve to see more road. When braking, hold partial brake pressure until you're at the transition peg.

Find Oncoming Traffic - Get Best Lane Position
If there are no oncoming vehicles, the approach into a right curve could be in lane position two. If there is oncoming traffic, take lane position one. For a left curve, the approach begins in LP3 if the right-front zone is open. If closed, take LP1.

Look into the curve much as you look into a turn, by turning your head before you turn the steering wheel. Attempt to see if your exiting path is open. For right or left curves, exit in lane position one.
Look for the option of moving into lane position three if there is a problem caused by oncoming traffic in the left-front zone.

Lesson 7: 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. Approaching a curve, demonstrate use of fringe vision for Lane Positions.

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

2. With open B window, use LP2 on approach to right curve, exit in LP1.

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

3. With open C window, use LP3 on approach to left curve, exit in LP1.

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

4. Use transition peg to make a smooth transfer from brake to gas exiting curve.

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

5. Before moving the vehicle to either side, check the outside mirror.

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Guide 24 (Repeat each at least three times)

6. Find a Warning Sign. Explain what actions you should be prepared to take.

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7. Use Warning sign as a cue to: Check rear, Find LOS-POT, Find Escape Path.

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Guide 25 (Repeat each at least three times)

8. See Curve in A Window. Test road surface for Tire Grip.

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9. As the Curve enters B or C Window, direct your vision in that Window.

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10. Explain "slide space" and demonstrate how to use it.

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Guide 26 - Habit 9 (Repeat each at least three times)

11. Demonstrate how to measure space from your car to the vehicle ahead.

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12. Demonstrate a controlled Closure Rate on approach to vehicle ahead.

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13. Demonstrate 4-seconds of separation space and explain its value.

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Guide 27 (Repeat each at least three times)

14. Look in the A Window for a Critical Second to be controlled.

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15. Evaluate LOS-POT in the B or C Present Window.

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16. Evaluate the A, B, and C windows. Demonstrate and explain the best Speed, Lane Position, Communication.

Notes: