

Lesson 8 Tier Three: Living in the House of Habits

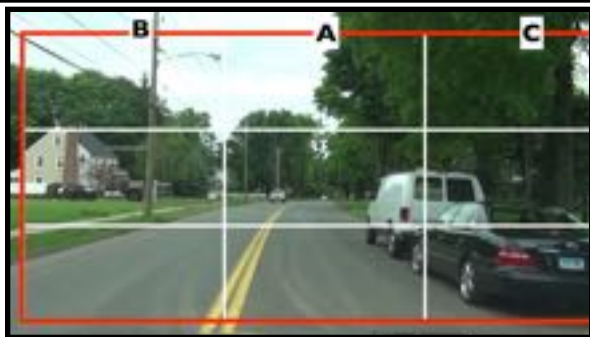
Continue Deliberate Practice for Developing Habits 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Deliberate Practice grows behavior into habit. You can practice use of the Selective Attention Matrix each day as a driver, or as a passenger, to increase the control you have over your intended path of travel. The series of photos below illustrate that you do not need to learn how to handle complex traffic situations by being in heavy traffic. What makes for effective practice is having a routine that you use and use and use until it becomes habit. Use the Matrix!

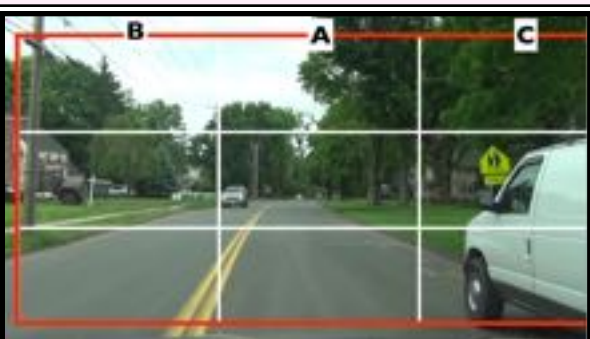
Guide 28B Control Critical Second



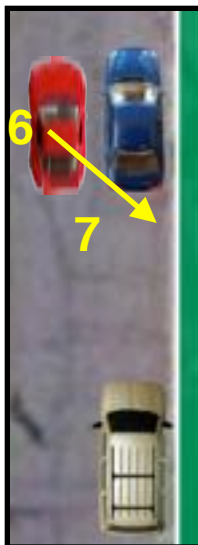
You Find in your A window that you will have parked vehicles creating an LOS-POT Blockage in your C window. There is no timing problem with the oncoming car.



This is a Critical Second. Vehicles or people could enter your POT. You manage it by taking LP2 and being alert.



This is another Critical Second. You can do a Ground Viewing Search and a 45-Degree Search for control.



Guide 30: Parallel Parking

1. Rear Zone Control, Signal

Check for cars to the rear. Tap brake lights and put right signal on to warn rear traffic of slow-down.

2. Speed Control

Avoid making fast stops.

3. Locate Parking Space

Search for an available and acceptable parking space.

4. Side Position - 3 Feet from parked cars

Use reference point to ground level.

5. Stop Even With Space

While stopped even with the space, let traffic to the rear know that you are planning to park. Evaluate the parking space for adequate size and see that there are no objects that you might drive over, or back into.

6. Go Forward

Pull forward beyond the pivot point.

7. Back to Rear Pivot Point

Back to the rear pivot point, which conceals the left-rear corner of the parked vehicle, to align rear bumpers.

8. Check Left-Front Corner Swing

Check outside mirror to be certain that the swing of the car will not move into the path of any passing cars.

9. Creeping Speed, Turn Wheel Fully to the right (toward curb)

10. Move Car to 45-degree Angle

When the car is at a 45 degree angle, the curb-side rear corner of the parked car should appear aligned with your body.

11. Creep and Time Turning to Clear Front Car

Turn the wheel to the left (away from curb). The closer your front bumper gets to the front car, the tighter space you can park in.

12. Straighten Tires, Center Car

Straighten tires to center car. When parked on an upgrade or downgrade, turn tires accordingly.

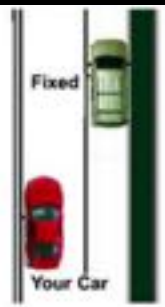
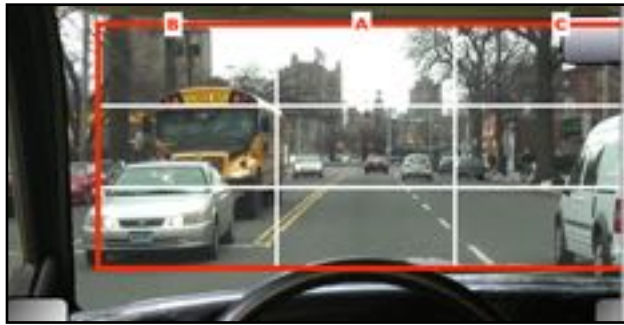
Lesson 8 Tips for Parents/Mentors

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 Guide 29 use an off-street area, such as a parking lot with an upgrade, to begin with. Then use lightly traveled roadways with upgrades where it will be safe to move to the side of the road. Practice of parallel parking should begin in a lightly traveled parking lot.

OBJECTIVES of this LESSON: This lesson becomes a test situation for the teen to see how well space is being managed. When there are inconsistent or wrongful actions, go back to previous guides to work more on those building blocks. This lesson provides opportunity to go back to all previous guides to take inventory on which weak areas need additional practice.

Parking: In a parking lot, set up a parking space that measures six feet wide by twenty-four feet long. You can use a stack of carton boxes to represent the rear corners of the front parked car. Once the teen performs successfully, use one car (the front car) in an on-street residential area; then use two cars. After consistency is achieved with two cars in a lightly traveled area, you can use urban streets with heavier traffic flows. This task, parallel parking, gives the teen an opportunity to apply the behavioral patterns learned from the previous backing and parking guides to a new situation.

1. Identify Fixed Side Zone Changes
A fixed zone change is one that is not moving and is not likely to move before you reach its location.


In this photo we have LOS-POT blockages in our B and C windows. We take LP1 and time for an open B window.

2. Identify Moving Side Zone Changes
An example of a moving side zone change is an oncoming vehicle. By changing your speed, you can alter the location where you pass each other.




In this photo we are at a Critical Second with a closed C window. Our foot covers the brake, we take LP2 and use a Ground Viewing search. (see below)

3. Time Left Zone With Fixed Right Zone
To time the left zone — which is the moving zone change — you will pass the moving car and the fixed parked car separately.




We have a bicyclist that will be in our C window. We let the truck pass us to clear our B window. We will time oncoming cars for an open "B" before we pass the bicyclist.

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Guide 28 Timing Side Zones: Evaluate a zone change as fixed or moving. Set the standard to keep at least one of the side zones open. Get the best timing to improve the situation with as much empty space as possible. To have success you must recognize situations at least 15 seconds ahead. When you see a closed side zone decide how to best control the situation. Then, evaluate whether you have the best speed control, lane positioning, and communication.

Ground Viewing Habit



1. Look under front of truck to detect someone coming into your POT.
2. With tires turned the truck can enter your POT.
3. Check truck's mirror to see if the driver is ready to open his door.

Lesson 8: 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:

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Review Habit 2: **See Path Before Putting Car in Motion**

1. Demonstrate Forward Position and turning of head for left turns.

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

2. Demonstrate consistent performance of smooth starts and stops.

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Review Habit 4: **Use Reference Points**

3. Demonstrate Side Position for making left turns.

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

4. Demonstrate how to keep four seconds of separation space from car ahead.

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

5. Demonstrate how to make adjustments at the Critical Second.

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

6. When the traffic light is red, time arrival into a green light with traffic moving.

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

7. Demonstrate when foot goes on brake, eyes go into rearview mirror.

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Guide 28 (Repeat each at least three times)

8. Identify a Fixed LOS-POT in the C Window, time arrival for open B Window.

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9. Identify a Moving LOS-POT in the B Window, time arrival for open C window.

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10. With closed B and C Windows, adjust speed and take LP1.

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11. Demonstrate how to plan ahead for best control of B and C Windows.

Guide 30 - (Note: See information on Guide 30 for sequence. Finding an on-street parking space may be difficult. See "Tip" on left page for how to practice in a parking lot).

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12. Demonstrate correct side position and explain reference point being used.

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13. Demonstrate stopping even with space.

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14. Get car's rear bumper lined up with the front car's rear bumper. Explain how the "Pivot Point" reference is used.

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15. Check left-front corner swing. Use creeping speed. Turn wheel fully.

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16. Move car to 45-degree angle. Creep and time turning to clear front car.

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17. Straighten tires. Center car in space.

Notes: