Lesson Nine

Partnership for Expert Driving

Preparation for In-Car Success

10 Habits ZERO Crashes!

Ten Habits · Zero Crashes!

No Crash is Acceptable!

In-Car Guides

Partnership for EXPERT Driving

Teacher • Teen • Parent

8th Edition
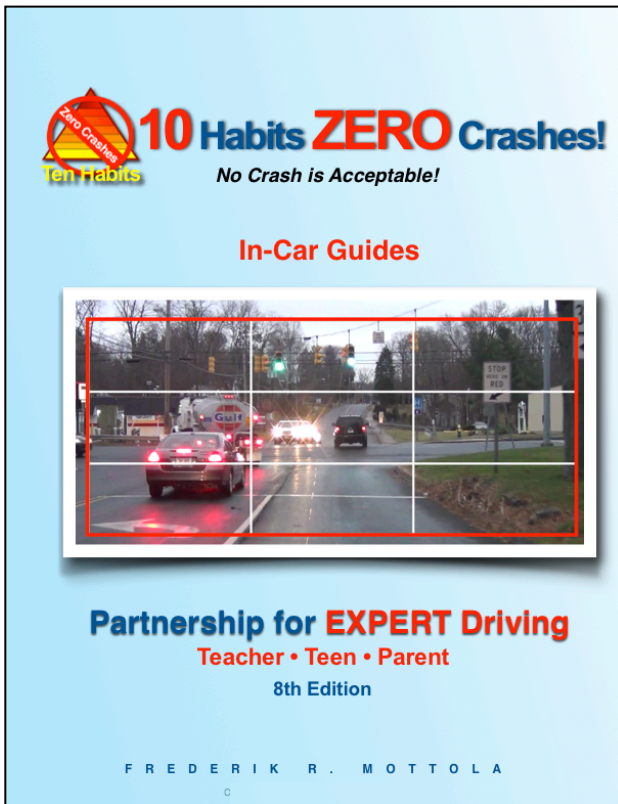
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Lesson 9 Roadway Settings and Objectives

THE DRIVING SETTING: Nighttime conditions should exist for some of the practice sessions for this lesson. Pay attention to whether there is a full moon or a new moon. Illumination from a full moon is totally different from the reduced light of a new moon. Use all types of roadways. For Guide 32 begin with four-lane highways with two lanes going in the same direction. Limited access highways may then be used. However, first refer to Lesson's Ten Guide 34: "Getting On and Off Highways." After skills are developed use open secondary highways with two to six lanes of traffic.

OBJECTIVES of this LESSON: This lesson combines three high-risk situations: driving at night, passing other vehicles and coping with vehicle failures. In order for the teen to be successful in this lesson it is necessary that the behavioral patterns from Lessons in Tier One and Two have been successfully performed. If there are weak areas of performance, go back to that Lesson for additional practice. Night driving for teens creates additional problems due to visibility limitations, driver drowsiness, aimless "social driving," and the change in vehicle balance with passengers in the car.

Searching at Night

- Look at least 15 seconds beyond range of headlights.
- Look To Target Area For Clues that will tell you if it is open or closed. Evaluate your path of travel.
- Use High Beams when: no cars are passing; no vehicles are ahead; there are no oncoming cars; not in the city.
- Glance To Right to avoid glare from oncoming cars.
- Look For Cars Without Headlights entering from gas stations and other illuminated parking areas.
- See Curves and Intersections Early (in your target area), to know what decisions you will need to make.
- Look for Pedestrian Locations. Use association skills to anticipate where pedestrians may enter your path — you see a mid-block marked crosswalk, look for pedestrians.

Objectives for Lesson Nine

Lesson 9 Tier Three: Living in the House of Habits

Review Habit 8: **Get Rear Zone Control**
1. Demonstrate before moving to either side Check Outside Mirror on that side.

Review Habit 8: **Get Rear Zone Control**
2. When backing, use inching or creeping speed, check all mirrors continuously.

Review Habit 9: **Get Control with a Vehicle in Front**
3. Close in on stopped traffic gradually. Stopped traffic is a "slow" condition.

Review Habit 9: **Get Control with a Vehicle in Front**
4. Identify other drivers who are consuming space rather than managing space.

Review Habit 10: **Interact Courteously With Others**
5. Find situations where you can be courteous to others.

Guide 31 To take place during nighttime conditions. (Repeat each at least three times)
6. Guess how many seconds away various objects are, then count by 1001, 1002, etc. until you reach the object to see how accurate you were.

7. Demonstrate how and when to use high beam headlights.

8. Search into the Matrix A Window for Go or Slow conditions.

9. Search into the Matrix A Window to see to the target area.

10. Detect curves in the A Window and get best speed, lane positioning.

11. Identify locations where pedestrians are likely to enter your POT.

Guide 32A - Being Passed (Repeat each at least three times)

12. Identify the type of tailgater: Charger, One pacer, Habitual. Explain how each is likely to perform while passing you.

13. Demonstrate how to plan for where the pass will take place.

14. Demonstrate how to use speed and lane position while being passed.

Guide 32B - Passing (Repeat each at least three times)

15. See the notes in the page to the left on how to perform "pretend passing of a red truck."

Key Behavioral Patterns

- Adjust Speed at Night
- Adjusts to Environment
- Looks beyond Headlights
- FIND Pedestrian High risk area
- Identify tailgater type

- Select Passing Location
- Evaluate Passing Risk
- Respond to car problems
- Respond to roadway problems
- Detects and Corrects Skids

Three Stages of Car Control

Prevention Stage

There are three stages of car control. The easiest and best stage to have opportunity for successful car control is the prevention stage. This is the stage where the ten habits provide automatic protection. For example, while approaching a curve you: See it 30 seconds ahead in your target area, reduce your speed, select good lane positioning on your approach, look into the curve, use braking and acceleration controls effectively and all ten habits are working for you.

Detection Stage

The detection stage gives a warning that the driver is putting the car into harm's way. For example, while approaching a curve during rainy conditions, the driver gets distracted while putting the wipers on and speed is too fast. But the driver's good four-second habit easily detects a violation in the danger zone. The driver has time to brake the car while still going straight, and while within the traction capabilities of the tire's grip to the road.

Correction Stage

The driver goes too fast into the curve and fails to reduce speed until the car begins to slide to the outside of the curve. The monster is out of the cage. The driver now has less than one second to take corrective actions to get the car back in control. *What is easier, to keep the car from becoming a monster, or to get a raging monster back into its cage?*

Ten Habits Zero Crashes

The control of the car is dependent upon four tire patches contacting the road. Each patch is about the size of your hand. Whether they are managed or mismanaged depends upon your habits. Too much speed, too much braking, too much steering all occurring at the same time results in an out-of-control situation. The vehicle is in an out-of-balance condition. The tire patches leave contact with the road, causing the monster to break out of its cage.

The Problem

A driver never knows of all of the risk factors that are likely to combine within a fraction of a second, calling for a demand of more traction. If only one or two risk factors are present they are not likely to result in a crash. It is when there are several risk factors occurring at the same time that the monster gets fed.

The Solution

We need to eliminate those risk factors contributed by our performance and acquire a system of habits that can serve to automatically give low-risk behavioral patterns that will provide protection against an over-accumulation of risk factors. **A driver needs the ten empowering habits there, like an insurance policy, to prevent the monster from breaking out of the cage.**

Ten EXPERT Habits Work for You to Meet Winter Driving Demands

- You will have vehicle readiness by clearing all snow and ice (LOS blockages) off your car before driving.
- You will plan for turns and curves early by applying the brake at least five seconds before beginning to turn the steering wheel.
- Once the brake is applied, you will keep your foot on the brake with partial pressure until at your transition peg; then accelerate.
- When you get within the 4-second danger zone of an intersection you will search the left, front and right zones to be sure space is open. When it's not, a reduction in speed will take place.
- When entering a traffic flow at an intersection, a search deep to the left, front, and right zones, for a hole or gap, will give you extra time that is needed to get moving when there is reduced traction.
- When stopping to the rear of a car at traffic lights and other situations, you will stop to see its rear tires, which will give you sliding room.
- When moving with a car in front, you'll keep at least 4 seconds of space, which will prevent you from crashing into skidding cars ahead of you.
- Effective mirror usage will prevent skidding while lane changing.
- If a skid does occur, your eyes, mind, and hands will have as habit the behavior of steering toward your target area, which is the single most important skill needed to regain car control. Your foot stays off the pedals.

Practice Guide 32B Passing "Red Truck" There will be few opportunities for the teen to be in a situation where passing a vehicle should, and could, take place. Therefore, you can provide simulated practice by use of a "**pretend red truck**" to develop judgement and perceptions necessary for a successful pass.

While on a two lane highway, ask your teen to pretend there is a very slow moving "red truck" in front and he/she is to find a safe and legal location to pass. When a location is found, ask the teen to explain and demonstrate — **without leaving your lane —** one step at a time as listed on Guide 32B.

Once the teen selects a location and begins the "passing," count 1001, 1002, etc. If an oncoming vehicle passes your car within 10 seconds from the beginning of the "pretend" pass, it would not have been safe. Evaluate all the actions on the Guide. Repeat often. Use the "red truck" in various traffic environments. And, especially perform this simulation during nighttime conditions.

Common Error: The most critical behavioral pattern that will need to be experienced is that of effectively searching for a safe and beneficial passing location and opportunity. During an actual passing situation the teen will not accelerate quickly, or adequately, which can result in a prolonged exposure. All of the behavioral patterns are likely to need extensive practice by the teen. Use the simulated pass situation with the "red truck" in all types of situations.

31: Night Driving

1. Adjust For Visibility Limits

- **Vehicle Readiness**
- Clean Lights, Windows, Mirrors
- Check brake lights, signal lights
- Keep Dash Lights Low
- **Driver Readiness**
- Avoid Glaring Lts; Recovery
- Depth Perception Evaluated
- Nighttime Envir. Problems
- New Moon, dark nights
- Rural Roadways, no lights
- Urban Areas, overload

2. Searching At Night

- Look Beyond Headlights
- Look To Target Area
- Use High Beam
- Look For Cars Without Lights
- See Curve & Intersection Early

3. Interacting With Others

- Look for Pedestrian Locations
- Dim High Beam
- Communicate One Flash
- To Car - 12 Seconds away
- No Flash Passing Trucks
- Use Other Cars' Headlights

32A: Being Passed

1. Being Passed

1. Identify Type Of Tailgater
2. Plan Ahead For Passing
3. Select Passing Location
4. Adjust Lane Position
5. Communicate If Needed
6. Adjust Speed
7. Adjust Following Time

32B: Passing

1. Why Pass? - Risk vs. Gain
2. Keep At Least 3 Seconds
3. Select Best Passing Location
4. Mirrors - Head Checks - Signal
5. Check Front and Side
6. Avoid Hesitation
7. Accelerate Smoothly
8. Keep Searching
9. See Headlight
10. Return to Lane, Cancel Signal

33: Responds To Problems

1. Coping With Car Problems

- Brake Failure
- Pump Brakes
- Downshift
- Hold Parking Brake Release
- Stab Parking Brake
- Take Escape Path

• Engine Stalls

- Steer Firmly
- Open Palm - Neutral

• Restart Engine

- Shift To Drive
- Take Escape Path

2. Roadway & Driver Problems

- Locate and Park Near......
- Locate and Stop at .....
- Your Tire Just Blew Out
- Emergency Vehicle from rear
- It's Beginning To Rain
- Missed Your Turn

3. Skid Detection, Correction

- Keeps head on Target
- Makes steering corrections