



The
Driving MindTM
Shares the Road



To Earn the Pedestrian Awareness Badge

To Earn First Star of Pedestrian Awareness (PA) Badge

Define the “Critical Second.”
Find LOS (Line-Of-Sight) Blockages
Make 45° Search at LOS Blockages
Make 90° Search at Intersections before entering
Know how to locate and evaluate the Target Area
Be able to evaluate Targeting Path of Travel
Determine whether Targeting Path (TP) is open or closed
Earn a score of 100 on the Exiting Quiz*

To Earn Second Star of PA Badge

Know how to measure space in seconds
Judge space of vehicle within one-second of accuracy
Turn Head to See TP before turning body to Target
Know how to locate the Target
Know how to aim your body on target
Know when your body gets off target
Know how to use Central Vision
Know how to use Fringe Vision

To Earn Third Star of PA Badge

Describe the Buffer
Make B Zone, A Zone, C Zone Search at Intersection before crossing
Know how to locate gaps in traffic flows
Know how to locate holes in traffic flows
Know how to use LP1, LP2, LP3
Know how to use Lane Positions to predict drivers' a

To Earn Fourth Star of PA Badge

Use Selective Attention Matrix A Future Zone
Know conditions of: Open or Closed Zones
Use Selective Attention Matrix B and C Present Zone
Find LOS Blockages caused by Environment:
Curves, Hills, Intersections, Buildings, Bridges,
Bushes, Signs, Weather Conditions
Fog, Rain, Snow, Ice, Snow Banks
Find LOS Blockages Caused by Vehicles:
Parked Vehicles (Trucks, Buses, SUVs, Cars),
Vehicles that are: Stopped, Slow Moving, Enteri
the Roadway, Tailgating

To Earn Fifth Star of PA Badge

Search to Target Area for Conditions
Know how to Search 15-Second Range
Search 15-Seconds for “Go” or “Slow” Condition
Be Aware at the 4-Second Danger Zone
Know the 2-Second Point-Of-No-Return (PONR)
Be Aware of the Critical Second



Pedestrian Awareness Badge

*To earn each Star, a score of 100 must be achieved on the Exiting Quiz.



The
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To Earn the Bicyclist Awareness Badge

To Earn First Star of BA Badge

Practice all Actions from Pedestrian Badge into Habits

Learn how to Find P.O.T(Path-Of-Travel) Blockages

Stopped, Slow-moving vehicles, Pedestrians, Animals, Road surface

Learn Staggered Stop at Intersections

Learn Legal Stop at Intersections

Learn Safety Stop at Intersections

With car in Front have "Stop to See tires" space

To Earn Second Star of BA Badge

Be aware of Rear A Zone when stopped

Unstable Rear Zone

Identify "Sand Barrels"

Communicate

Know Escape Path

Know Tailgater Types

Charger

One Pacer

Habits

To Earn Third Star of BA Badge

Respond to Regulatory Signs

Learn conditions that dictate Speed Limits

Learn to Read Traffic lights: Green, Yellow, Red

Learn factors for timing traffic lights

Know when at PONR

Read Traffic Signal Arrows: Green, Yellow, Red

Learn how to read Pavement Markings

Learn How Warning Signs are Cues for Actions



Bicyclist Awareness Badge

To Earn Fourth Star of BA Badge

Learn how to Find, Solve, and Control Critical Seconds

Know 4-Second Separation

Be able to explain Benefits of Separation Space

Know how to Control Closure Rate

Learn how to Manage LOS Blockages

Know how to Control the Buffer

To Earn Fifth Star of BA Badge

Know how to use Speed, LPs, Communication to Time Separation

Identify Fixes C and B Zone LOS and TP Blockages

Identify Moving B and C Zone LOS and TP Blockages

Know how to Change Lanes

Be Aware of changing nighttime conditions:

Evaluate depth perception

Learn nighttime Environmental problems

Difference in visibility with Full Moon vs New Moon

Rural Road problems

Urban environment problems



To Earn the Zone Control Awareness Co-Driver License

Level 1: Power Tools for Awareness

Session 1: Introduction to Zone Control e-Coach

Introduction:

1. For family members from 4-to-90-years-old
2. Co-Drivers to Cultivate Awareness Habits
3. The Power of Habits Control your Actions
4. Skid Control before learning to drive
5. What a toddler can teach drivers
6. Playing the piano vs. learning to drive
7. Intro to Critical Second and LOS-POT
8. Zone Control and Selective Attention Matrix
9. *Ten Habits* and *Partnership for Expert Driving*
10. Awareness to Share the Road for Control

*Guide 27. Use of Selective Attention Matrix

1. Evaluate Future Window
 - Is there a LOS-POT Blockage?
 - Is it a Go or Slow condition?
2. Look for Critical Seconds

Session 2: Earn Awareness Badge

Guide 14. Buffer and Zone Control

1. Identify LOS-POT Blockage
2. Respond to Close A Zone Condition
 - Check Rear A Zone
 - Consider/Apply Best Speed Control Option
 - Keep same speed
 - Decelerate
 - Off-Gas, Cover Brake
 - Off-Gas, Apply Brake
 - Increase Speed
3. Respond to A/B/C Zone Change
 - Check Opposite Zone
 - Apply Speed Control Option
 - Apply Lane Position LP1, LP2, LP3

Guide 27. Use of Selective Attention Matrix

3. Evaluate B and C Present Windows
 - Find a LOS-POT Blockage
 - Check the Other Zone

Guide 18. Rear Zone Control

1. Use of Rearview Mirror
 - After Seeing a Zone Change
 - Before and After Braking

Session 3: Managing LOS-POT Blockages

Guide 16. Communications

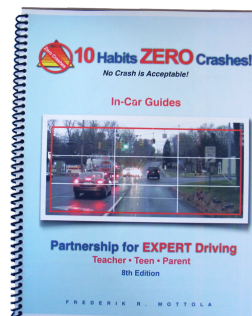
- a. Courtesy a Gift to Yourself
- b. Receive messages

Guide 13 Recognition of LOS-POT

1. Identify LOS-POT Front A Zone
 - See to Target Area
 - See 15-Second Range
 - See Within Danger Zone
2. Identify LOS-POT Left-Front B Zone
 - FIND in Target Area
 - SOLVE at 15-Second Range
 - CONTROL 4-second Danger Zone
3. Identify Closed Zones
 - Closed Front A Zone LOS-POT
 - Closed B or C Zone LOS-POT

Guide 10. Finding LOS-POT Blockages

1. LOS Caused by Environment
 - Curves, Hills, Intersections, Buildings, Bridges, Fences, Trees, Bushes, Signs
 - Weather: fog, night, Snow bank
2. LOS Caused by Vehicles
 - Parked vehicles, busses, trucks
 - Vehicle stopped, Slow moving
 - Vehicles entering roadway
3. POT Caused by Environment
 - Red lights, Stop & Yield signs, Intersections, Narrowing lanes
 - Surface; Rough, Bumpy, Holes
 - Loose Gravel, Sand, Leaves
 - Rain, Water, Snow, Ice
4. POT Caused by Vehicles
 - Slow Moving, Turns, Stops
 - No 4-second Separation Space
 - Pedestrians, Animals, Car



***Guide numbers** are in reference to those listed in the *10 Habits Zero Crashes Partnership for Expert Driving* book by Professor Mottola.

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Session 4: Earn Space Management Badge

Guide 26. Separation from Vehicles

1. Adjust Front A Zone Closure Rate
2. Become Alert to Slower Vehicles
3. Keep 4-Seconds of Separation
4. Try to Improve LOS Condition
5. Read Traffic 12-15 Seconds Ahead
6. Control the Rear Zone
7. Response to Communications
8. Read Meaning of Slowdowns
9. Know the Rewards received

17 Actions for EXPERT Control

Session 5: Control of Vision for Car Control

Guide 04. On Target - Off Target

1. Selection of Target
2. Use of Central Vision
3. Use of Fringe Vision
4. Aiming for Targets
5. Looking into Turns
6. Use of Steering Wheel (for drivers)
7. Transition Peg for Left and Right Turns
8. Recovery at Transition Peg (Tpeg)
9. Effective use of gas and brake pedal

Session 6: Use Your Eyes to Feed the Brain

Guide 12. Searching to Target Areas

1. Search to Target Area
Use Matrix's Future Window
Ask: "Is it a Go or Slow Condition?"
Find LOS-POTs in Target Area
Ask: "Is Target Area open or closed?"
Identify Conditions of POT
Response to Zone Changes
2. Search 15-Second Range
Find LOS-POT Blockages
Respond to LOS-POTs
3. Know 4-Second Range
Use Central Vision
Use Fringe Vision
4. Judge Distance in Seconds
Take a Guess
Guess first is important to feed brain
Count off by 1001, 1002, etc
Test your accuracy — redo often
Take guesses at various speeds

Session 7: Earn Car Control Badge

Guide 05. Reference Point Discoveries

1. Line-of-vision blind area
2. Right Side Limitation
3. Left Side Limitation
4. Front even with Curb line
5. Rear even with line
6. Lane Position #2 (LP2)
7. Lane Position #1 (LP1)
8. Lane Position #3 (LP3)

Session 8: Receive Rewards Approaching Vehicle

Guide 01. Getting Ready to Drive

1. Be mentally and physically fit to co-drive
2. Know how to detect drowsiness
3. Know how to correct drowsy driving
4. Have key in hand
5. Evaluate surroundings on approach
Look under the car on approach
Look at and around the car
6. Before Opening the Door
Look inside the car
Control the door swing
7. After Entering the Car
Lock Doors, Key in ignition (if needed)
Head Restraint up to ears
Adjust seat, Butt-in-seating
Check and adjust all mirrors
Safety belt on all, windows up

Exiting Exam for Entry into Level 2

Teens are able to earn Badges and Stars for Achievement Before Beginning to Drive!



Teens are able to earn the Zone Control Co-driver License as their Ticket to Begin the Driving Phase.

Level 2: Building Routines into Habits

Session 9: Earn Awareness Badge 1st Star

- Guide 27. Use Matix Practice Commentary
1. Look for Critical Seconds in A Future Zone
 2. Evaluate B and C Present Zones
Find LOS-POT Blockage
Check Other Zones
 3. Use Actions for Best Control
Speed Selection
Lane Position
Communication
 4. Verbalize Condition of Zones
Control Critical Second at PONR
Full Attention, Adjust Speed, best LP
 5. Practice for 10-15 minutes at a time

Session 10: The Beginning for Precision Turns

- Guide 05. Reference Points for Turns
- Right Turn References from Stop Position
1. Side Position
 2. Forward Position
- Left Turn References from Stop Position
1. Side Position
 2. Forward Position

Session 11: Earn Space Manage Badge 1st Star

- Guide 06A. Entering and Crossing Traffic
- Using Holes and Gap for Control
- Select Gap from Curbside
1. Use of signal lights
 2. Mirrors checked
Know rear zone before stopping
Know side zone before turning
 3. Evaluate Path to Enter
 4. Locate Gap or Hole to enter
- While Entering Traffic Flow
1. Avoid Hesitation
 2. Look to Target Area
 3. Side position reference point
 4. Steering technique
 5. Speed control
- After Entering Traffic Flow
1. Cancel Signal
 2. Evaluate Tracking Path
 3. Re-evaluate Rear A Zone
 4. Look for new LOS-POTs

Session 12: Priming the Brain to Control Turns

- Guide 06B. Precision Turns
- Before Turning
1. Use of Signals
 2. Mirrors & Blind area checked
 3. Side Position Reference Point
 4. Speed Control — brake
 5. Staggered Stop on Approach
 6. Smooth Legal Stop at stop line
 7. Forward Position/Safety Stop
 8. Search Deep to Target Area
 9. Search L, F, R Zones for Gap/Hole
 10. Get Commitment
- During the Turn
1. Avoid Hesitation
 2. Turn Head to Target Area
 3. Get speed and steering control
 4. Accelerate, steering recovery at Tpeg
 5. Evaluate Accuracy of Tracking path
- After the Turn
1. Re-evaluate Rear A Zone
 2. Look for LOS-POT Blockages

Session 13: Earn Car Control Badge 1st Star

- Guide G17. Approach to Danger Squares
1. See Intersection in A Zone Target Area
 2. Check B Rear Zone
 3. Select Best Lane Position
 4. With Green Light, or no light
Search Left, Front, Right Best to Worst
Speed Control for 45° Search at LOS-POT
Be In Control at PONR
 5. Red Light or Stop Sign
Staggered Stop
Legal Stop
Safety Stop
 6. Stopping with Vehicle in Front
Stop to See its Rear Tires touching the road
When car in front moves, see if it's a "go"
Avoid making false starts in motion
 7. Stopped in Traffic
Monitor Rear until there are "Sand Barrels"
Unstable Rear
Know escape path
Communicate

Session 14: Earn Awareness Badge 2nd Star

Guide 20. Traffic Lights

Timing Lights for a Green

1. See light in Target Area
2. Red light is a Closed Zone
3. See number of stopped vehicles
4. Check A Rear Zone
5. Alert Rear by Tapping brakes
6. Reduce Speed by Slight braking
6. Time Arrival into Open Zone
7. One second per vehicle to move
8. Green Light no stopped vehicles
 - Search left, front, right zones
 - Detect LOS-POT Blockage
 - Search from best to worst
 - Be in Control at PONR

9. Red Light

- Cars stopped, stop to see tires
- No cars, Consider Staggered Stop
- Monitor Rear Zone

Left Turn at Green Light, no arrow

Wait Slightly beyond Forward Position

Four Checks to Continually make

1. Check Rear until stable
2. Look for Gap or Hole to enter
3. See Open Path to Enter
 - Look for Pedestrians crossing
 - Look for right-turning vehicles
4. See Light Changing
 - Look for vehicles to stop
 - Check for red light runners
 - Evaluate your POT again

Session 15: Being in Control at Roundabouts

Guide 21. Entering/Exiting Roundabouts

1. See Roundabout in Target Area
2. Decide which Exit to Take
3. Yield to Left traffic, Enter to Right
4. Be Alert to others Entering
5. Multiple Lanes, Enter Inside Lane
6. To Exit, Lane Change to Outside
7. Use Signal Light before lane change
8. Use Outside Mirror to detect cars
9. Look into Exiting Path

Session 16: Space Management Badge 2nd Star

Guide 19. Stopping in Traffic

Note: These actions develop same habits to control highway slowdowns.

1. See Closed POT in Future A Zone
2. Check A Rear Zone
3. Time Arrival into Open Zone
4. Communicate to A Rear Zone
5. Braking Without Delay
6. Control A Rear Zone
7. Gradual Approach to Stop
8. Make Smooth Stop
9. Monitor A Rear Zone
10. With Stopped Traffic
 - Stop to See its Rear Tires
 - When car in front moves, see if it's a "go"
 - Avoid making false starts in motion

Session 17: Managing Smooth Lane Changes

Guide 22. Precision Lane Change

1. Ask: "What's to gain by the change?"
2. Check other lanes
3. Mirror Checks
4. When opening is detected, signal on
5. Move to LP2 for changing to the left
6. Move to LP3 for changing to the right
7. Check blind area if rear is not stable
8. Time Arrival for Open Side Zone
9. Increase speed if necessary
10. Enter LP3 of new lane or LP2
11. Release Signal lever
12. Establish best LP for Conditions

Session 18: Traffic Regulations Share the Road

Guide 24. Laws, Signs, Signals & Markings

1. Respond to Stop and Yield Signs
2. Respond to Traffic Signal Lights
 - Know PONR on Green Lights
 - Red lights and Right Turn on Red
 - Yellow Changing Lights PONR
 - Green Light, 45° Search
3. Signal Arrows: Green, Yellow, Red
4. Flashing Signal Lights
5. Respond to Traffic Signs
 - Regulatory, Warning, Guide Signs
6. Respond to Pavement Markings
7. Demonstrate Right-of-Way Laws

Session 19: Earn Car Control Badge 2nd Star

Guide 25. Approaching Curves and Hills

1. See Curve in Target Area
2. Check Rear Zone
3. Test Tire-Road Grip
4. See a Left or Right Curve
5. See 4-Seconds of Road for Speed Control
6. Get Best Speed Control
7. Look for Approaching Vehicles, Use LPs
8. See LOS-POT at Apex
9. Look into Curve for POT
10. Evaluate New Target Area
11. Evaluate Targeting Path
12. Hill crest Approach LP1
13. At Hill crest Evaluate POT

Session 20: Controlling Space on Freeways

Guide 34. Limited Access Highways

Getting on the Highway

1. Check the Rear Zone
2. Keep 4-Seconds of Space
3. On Ramp, Use Outside Mirror
4. Search for Gap or Hole to Enter
5. See length of Merge Lane
6. Find Gap or Hole, Signal Light On
7. Check Side Mirror for Traffic to Rear
8. Accelerate to Blend into Traffic Flow
9. Enter LP2 or LP3 like Lane Change
10. Get Speed to that of Traffic Flow
11. Check Rear Zone

Getting Off the Highway

1. Plan Exit 12 or More Seconds Ahead
2. Get Rear Zone Status
3. Communicate
4. Change Lanes Early if Needed
5. Test Brakes on Deceleration Lane
6. Use Controlled Braking

Session 21: Being Passed and Passing Control

Guide 32A. 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 Separation Space

Session 21 (continued):

Guide 32B: Passing

1. Why Pass? Risk vs. Gain
2. Keep at Least 3 Seconds Space
3. Select Passing Location
4. Outside Mirror, Blind Area if Needed
5. Signal
6. Check A Zone to Target Area
Look for LOS-POT Blockages
Look for Others Entering your POT
Check B and C Zones
7. Avoid Hesitation When Clear
8. Accelerate Smoothly
9. Keep Searching BAC Zones
10. See Headlight in Rear View Mirror
11. Return to Lane, Cancel Signal

Session 22: Acquire Night Vision

Guide 31. Night Driving

1. Adjust for Visibility Limits
Vehicle Readiness
Clean Light, Windows, Mirrors
Check brake lights, signal lights
Keep Dash lights low
Driver Readiness
Avoid Glaring Lights
Evaluate your Depth Perception
New Moon vs. Full Moon Visibility
Rural Roadways, no lights
Urban Street, overload of lights
2. Searching at Night
Look beyond Headlights
Look to Target Area
Use High Beams with no Vehicles
Look for Cars without lights on
See Curves and Intersections Early
3. Interacting With Others
Look for Pedestrian Locations
Dim High Beam with oncoming vehicles
Communicate one flash to cars no lights
No high beams when passing trucks
See illuminate areas from others lights

Exiting Exam for Entry into Level 3

Level 3: Living in Your House of Habits

Session 23: Earn Car Control Badge 3rd Star

Guide 18. Rear Zone Control

1. Use of Mirrors
 - After Seeing a LOS-POT Blockage
 - Before and After Braking, While Stopped
 - Before and After Turning, Lane Changing
2. Check Mirror's Blind Area
 - Know when a Blind Area Check is Needed
 - Use Convex Mirror and/or Cameras
 - Move Head and Eyes Effectively
3. Rear Zone LOS-POT Blockage
 - Fast Closing Vehicle
 - LOS Blockage by Trucks
 - Tailgater Type: Charger, One Pacer, Habitual
4. Awareness of Rear Zone Condition
 - Open, Closed, Unstable
 - Control Speed and Communication

Session 24: Control the Front Buffer is a Gift

Guide 26. Separation Space from Vehicles

1. Close in Gradually to POT Blockages
2. Become Alert to Slower Vehicles
3. Keep 4-Seconds for Front Buffer
4. Try to Improve LOS Blockages
5. Read Traffic Conditions In A Zone
6. Control the Rear A Zone
7. Respond to Communication Cues
8. When Front Vehicle Slows, look for reasons
9. Be able to Explain the Rewards gained

Session 25: Space Management Badge 3rd Star

Guide 27. Use Practice Commentary

1. Start with Okay Speed and Lane Position
2. Evaluate A, B, C Front Zones
 - Find LOS-POT and Critical Seconds
 - Evaluate Rear A Zone
 - Control Condition: Closed, Unstable
3. Decide On Best Options for Control
 - Speed Control
 - Lane Placement and LP1, 2, 3, 4, 5
 - Communication
4. Full Attention at 4-Second Danger Zone
5. 45° Search of LOS-POT before PONR
6. Receive the Reward of having Zone Control

Session 26: Separate Problems with Timing

Guide 28A. Timing Side Zone

1. Identify Fixed B or C Zone LOS-POT
2. Identify Moving B or C Zone LOS-POT
3. Time B Zone with a Fired C Zone
4. Time C Zone with a Fixed B Zone
5. Select best Lane Position
6. With Closed B and C Zones, Reduce Speed
7. Make Lane Change into Open B or C Zone
8. While Passing, Time Open B and C Zone
9. Communicate effectively
10. Get Best Speed Control

Session 27: Earn Awareness Badge 3rd Star

Guide 28B. Control Critical Second

1. Control Critical Second when:
 - Someone Enters your POT
 - Your Car Gets Off Target
2. Critical Second Speed Control
 - Closed Zones, Reduce Speed
 - Closed A Zone, Adjust Speed
 - Closed B and C Zones, Adjust Speed
 - LOS-POT Blockage, Reduce Speed
 - Danger Square, Adjust Speed
 - Entering Curves, Reduce Speed
 - Reduced Tire Grip, Reduce Speed
 - Reduced Visibility, Adjust Speed
 - Work Zones, School Zones, Reduce Speed

Session 28: Backing Into Space Gives you Control

Guide 23. Perpendicular Backing Into Space

1. Side and Forward Position
2. Select 45° Target, Check Side Mirror
3. Creep, Turn Wheel Fast, Use Least Space
4. Line up back with space, Shift to reverse
5. Back to Rear Pivot point, Inch, Turn wheel
6. Get Car Straight, Inch, Straighten Tires
7. Back to rear Reference Point, Secure Car

Session 29: Managing Drowsy Driving

How to Detect and Correct Drowsy Driving

Session 30: Exiting Exam to earn:

Zone Control Awareness Co-Driver License