

Zone Control Strategies for Driver Wellness

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Strategies that Co-Drivers can Cultivate into Habits

Unit One: Power Tools to Build a House of Habits

Strategies 1: Guide 01 - H01*. Establish Driver-Vehicle Readiness

- S1.04 Know how to detect and correct a drowsy condition.
- S1.07 Butt-in seating. Seat adjustments. Head restraints to ear level.
- S1.09 Know the importance of adjusting outside mirrors to see a vehicle directly to the rear.
- S1.10 Use safety belts and require passengers to do so.
- S1.11 While passengers enter/exit an idling vehicle, driver uses "Park" position and foot on brake.

Strategies 2: Guide 04 - H02. See Path Before Putting the Car in Motion

- S2.01 See that the Targeting Path the vehicle will travel is clear.
- S2.02 Turn head in direction of intended movement before the steering wheel is turned.
- S2.03 Search Selective Attention Matrix (SAM) A window to target area for "Go" or "Slow" Conditions.
- S2.05 See an off-target skid condition within the first second.
- S2.06 Know how to correct an off-target skid condition within the first second.

Strategies 3: Guide 26 - H09. Get Control with a Vehicle in Front

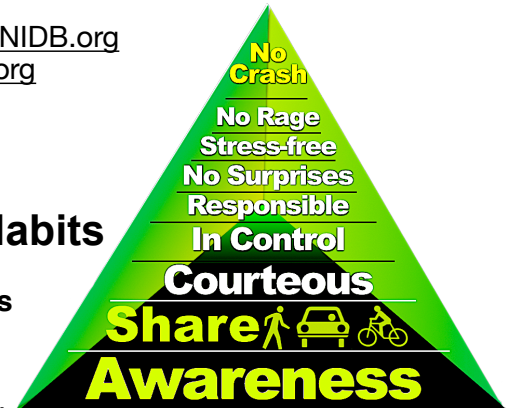
- S3.01 Be able to judge seconds of separation space.
- S3.02 Does the driver keep 4-seconds separation space from the vehicle ahead?
- S3.04 Does the driver close in gradually when vehicles ahead slow?
- S3.05 Does the driver stop to rear to see tires of car ahead?
- S3.07 Does the driver when the car in front is making a turn, increase separation to avoid zigzagging?

Strategies 4: Guide 05 - H04. Use Reference Points

- S4.03 Learn side position reference points for making left or right turns.
- S4.04 Learn forward position reference points for making left or right turns.
- S4.05 Learn Transition peg from passenger seat for left and right turns.
- S4.06 Learn reference points for Lane positions LP1, LP2, LP3.
- S4.11 Learn Safety Stop reference point and how to make 90° search for "Gap" or "Hole."
- S4.12 Learn Staggered Stop Position and search for turning vehicles and pedestrians.

*H = Habits are from: Part One of *The Driving MIND Pocket Coach*

*Guides are from: Part Two of *The Driving MIND Pocket Coach*



Strategies 5: Guides 13, H05. Zone Control of LOS-POT Critical Seconds

- S5.02 Find Critical Seconds at LOS-POT (Line-Of-Sight, Path-Of-Travel) Blockages.
- S5.04 When a LOS-POT blockage is detected check opposite Window for an alternate POT.
- S5.05 Find Critical Seconds and establish control of the 4-second danger zone before entering it.
- S5.06 What actions would you take to Solve Critical Seconds 15 seconds away?
- S5.07 What actions would you take to control 4 second Danger Zone?
- S5.09 At the 2-second PONR (Point-Of-No-Return) “cover” an imaginary brake pedal, make 45° search.
- S5.12 Learn and use Six Searching Locations of the Selective Attention Matrix (SAM).
- S5.13 Establish best Lane Position, Speed Control, and Communications for B and C Zone conditions.
- S5.14 Solve LOS-POT blockages with best speed control, lane positioning, and communication.
- S5.17 Does the driver while operating within a path of travel, keep open space away from worst problem?
- S5.18 Use traffic signs as cues for where to search and what to search for.
- S5.19 Use LP1 and reduce speed when there are closed B and C zones.

Strategies 6: Guide 16 - H10. Interact Courteously with Others

Plan these strategies as if you are the driver:

- S6.01 When oncoming vehicle moves into LP2 expect it may drift into your lane. Find an escape path.
- S6.02 When vehicle ahead moves into LP2 expect it to turn left.
- S6.03 When vehicle ahead moves into LP3 expect it to turn right.
- S6.04 Know when not to signal; such as when you don't want an approaching car to reduce speed.
- S6.05 When an oncoming vehicle is waiting to turn in front of you, evaluate your rear zone.
- S6.06 Empower yourself and reduce stress by seeking opportunities to be courteous to others.
- S6.07 Set a goal to be courteous to at least one person each day.
- S6.08 Send and receive communications in a timely and positive manner.
- S6.09 Avoid waving others to “go” unless you have total and accurate information of all conditions.
- S6.10 When oncoming driver is attempting to make a left turn with traffic to your rear, open your gap.
- S6.11 When oncoming driver is attempting to make a left turn with no traffic to your rear, keep speed.
- S6.12 Open up separation space to invite others to enter the traffic flow.
- S6.13 Open up separation space to 5 or more seconds for an oncoming vehicle to turn left in front of you.

Strategies 8: Guide 18 - H08. Get Rear Zone Control

Plan these strategies as if you are the driver:

- S8.01 Check rearview mirror before, during, and after taking a braking action. (Use Co-driver mirror.)
- S8.02 Evaluate whether the rear zone is “open,” “closed,” or “unstable.”
- S8.03 With closed rear zone, evaluate tailgater type: charger, one pacer, habitual.
- S8.04 With unstable rear zone tap the brake lights early before a complete stop. (to inform driver of issue)
- S8.05 With unstable rear zone apply brake as early as possible to stabilize rear zone.
- S8.06 When stopped in a traffic flow, continually monitor rear cars until at least two appear (“sand barrels”).