



In-Car Lesson 1A

Guide 1: Ready to Drive & Orientation to Vehicle — Page 96

Training the Brain before the hands and feet.

96

AWARE

1. Have Keys In Hand
2. Look Under the Car
3. Look At and Around the Car

ACTION

1. Look Inside the Car
2. Control the Door Swing

REWARD

1. Adjust Head Restraint
2. Push Buttock into Seat
3. Adjust Seat - Hand Position
4. Safety Belts on All
5. Adjust Mirrors
6. Turn Headlights On
7. Keep Windows Closed

Eliminate the gullotine.
Windows Up - No Gullotines!

4 = By Habit 3 = OKAY Without Coaching 2 = Okay With Coaching 1 = More Practice

While Approaching The Car

1. Have Keys In Hand
2. Look Under the Car
3. Look At and Around the Car

Before Opening The Door

1. Look Inside the Car
2. Control the Door Swing

After Entering The Car

1. Adjust Head Restraint
2. Push Buttock into Seat
3. Adjust Seat - Hand Position
4. Safety Belts on All
5. Adjust Mirrors
6. Turn Headlights On
7. Keep Windows Closed

For Coach: With engine running and car in park, have teen demonstrate:

Orientation to Controls -Shift In "P"

1. Place Hands On Wheel
2. Use Directional Signal
3. Put Wipers On and Off
4. Turn Hazards Lights On & Off
5. Adjust Climate Control
6. Put Parking Lights On and Off
7. Use Headlights -Low & High
8. Adjust Sun Visor
9. Blow The Horn
10. Use Of Gas Pedal
11. Use Of Brake Pedal
12. Use Of Shift

Guide 1: Ready to Drive & Orientation to Vehicle

Dates: _____ 1A Coach A B C

This lesson takes place in your driveway.

Scroll Slides

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- While Approaching The Car**
- | | | |
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1. Have Keys In Hand
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- Before Opening The Door**
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
1. Look Inside the Car
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- After Entering The Car**
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Guide 1: Ready to Drive 8

Think of teens as “Driver Wellness Trainees” who you are going to coach to acquire Car Control Skills, not teaching teens how to drive.

G01: Getting Ready to DrivePage 96

Have the “trainee” demonstrate each step from the Guide by first telling her what the step is, and then asking her to demonstrate and explain the benefits of such behavior.

Activity 1: Ask the trainee to, "show me how you should approach the car, and explain why each action is desirable to develop into habit." Ask her, "why is it good to have the key (if there is a key) in your hand while approaching the car?"

If low-risk habits are to be developed, the actions must be taken many times and the reasons for taking the actions must be clearly understood by the trainee.

While Approaching The Car

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1. Have Keys In Hand
2. Look Under the Car
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Before Opening The Door

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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1. Look Inside the Car
2. Control the Door Swing

After Entering The Car

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Guide 1: Ready to Drive 8

G01: Getting Ready To Drive—Approaching the Car

Activity 2: While approaching the car, have trainees evaluate the driving path the car will occupy. When driving forward, the front path of the car should be seen. When the car is to be backed, the rear path the car will travel must be seen before entering the car. **Note:** On average, fifty children a week are injured or killed by being run over, often in a driveway by a family member.

G01: Getting Ready To Drive—Before Opening the Door

Activity 3: Have trainees demonstrate how to open the door in an easy and controlled manner without a need to swing it fully open when in a limited parking space.

While Approaching The Car

1. Have Keys In Hand
2. Look Under the Car
3. Look At and Around the Car

Before Opening The Door

1. Look Inside the Car
2. Control the Door Swing

After Entering The Car

1. Adjust Head Restraint
2. Push Buttock into Seat
3. Adjust Seat - Hand Position
4. Safety Belts on All
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Guide 1: Ready to Drive 8

G01: Getting Ready To Drive—After Entering the Car

Activity 4: If there is a key, have the trainee put the key in the ignition as soon as car is entered. Observe how the key is held. The trainee should be able to insert the key without looking.

Activity 5: Have trainee explain what the correct **head restraint** position is, and why it should be at ear level. Have trainee demo how to “**push buttock into seat**” and explain why it’s good to do. Observe the **seat adjustment**. The eyes should be at least 2” above the steering wheel, and there should be a slight bend in the arms. Observe if the **safety belt is fastened** automatically without cues.

Activity 6: Have trainee keep thumb prints off the **inside mirror** by gripping the top and bottom edges of the mirror with the index finger and the thumb. Have the trainee be able to move her eyes and not the head to see the rear view. Have trainee **adjust the outside mirrors** to see a slight amount of the side of the car providing a view of cars directly to the rear.

While Approaching The Car

- | | | |
|--|--|-------------------------------|
| | | 1. Have Keys In Hand |
| | | 2. Look Under the Car |
| | | 3. Look At and Around the Car |

Before Opening The Door

- | | | |
|--|--|---------------------------|
| | | 1. Look Inside the Car |
| | | 2. Control the Door Swing |

After Entering The Car

- | | | |
|--|--|--------------------------------|
| | | 1. Adjust Head Restraint |
| | | 2. Push Buttock into Seat |
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| | | 4. Safety Belts On All |
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Guide 1: Ready to Drive 8

Activity 5: Have trainee explain what the correct **head restraint** position is, and why it should be at ear level. Have trainee demo how to **“push buttock into seat”** and explain why it’s good to do. Observe the **seat adjustment**. The eyes should be at least 2” above the steering wheel, and there should be a slight bend in the arms. Observe if the **safety belt is fastened** automatically without cues.



Too LOW



Very Good

After the trainee performed each action **Three Times**, record the progress in the Pocket Coach book by entering in the inside column as highlighted the number that best represents the trainee's final overall performance. Enter today's date. Circle Your Letter. On another in-car session you can review each action and record the level of performance in the middle column. Then, on the next in-car session entries will be made in the third column.

4 = By Habit 3 = OKAY Without Coaching
 2 = Okay With Coaching 1 = More Practice

<p>While Approaching The Car</p> <table border="1"> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </table> <p>Before Opening The Door</p> <table border="1"> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </table> <p>After Entering The Car</p> <table border="1"> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </table>																																											<ol style="list-style-type: none"> 1. Have Keys In Hand 2. Look Under the Car 3. Look At and Around the Car 1. Look Inside the Car 2. Control the Door Swing 1. Adjust Head Restraint 2. Push Buttock into Seat 3. Adjust Seat - Hand Position 4. Safety Belts on All 5. Adjust Mirrors 6. Turn Headlights On 7. Keep Windows Closed 	<p>For Coach: With engine running and car in park, have teen demonstrate:</p> <p>Orientation to Controls -Shift In "P"</p> <table border="1"> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </table> <ol style="list-style-type: none"> 1. Place Hands On Wheel 2. Use Directional Signal 3. Put Wipers On and Off 4. Turn Hazards Lights On & Off 5. Adjust Climate Control 6. Put Parking Lights On and Off 7. Use Headlights -Low & High 8. Adjust Sun Visor 9. Blow The Horn 10. Use Of Gas Pedal 11. Use Of Brake Pedal 12. Use Of Shift 																																				

Guide 1: Ready to Drive & Orientation to Vehicle

Dates: _____ 1A Coach A B C

Scroll for Lesson 1B Orientation

In-Car Lesson 1B

Guide 1B: Orientation to Vehicle — Page 96

For Coach: With engine running and car in park, have teen demonstrate:

Orientation to Controls -Shift In "P"

<input type="checkbox"/>	1. Place Hands On Wheel
<input type="checkbox"/>	2. Use Directional Signal
<input type="checkbox"/>	3. Put Wipers On and Off
<input type="checkbox"/>	4. Turn Hazards Lights On & Off
<input type="checkbox"/>	5. Adjust Climate Control
<input type="checkbox"/>	6. Put Parking Lights On and Off
<input type="checkbox"/>	7. Use Headlights -Low & High
<input type="checkbox"/>	8. Adjust Sun Visor
<input type="checkbox"/>	9. Blow The Horn
<input type="checkbox"/>	10. Use Of Gas Pedal
<input type="checkbox"/>	11. Use Of Brake Pedal
<input type="checkbox"/>	12. Use Of Shift

& Orientation to Vehicle

1A

Coach A B C



G01B: Starting Engine, Orientation to Controls:

The car should be parked with the parking brake on.

Common Errors: The trainee will want to look at each control **while using it**, for example while using the signal lever he may look at where his hand is moving. Observe where his eyes are looking. Have her use peripheral vision to locate the controls.

NOTE: Do not introduce the use of gauges or instruments at this time while emphasis is placed on learning how to look ahead of the vehicle. Gauges will be presented in a future lesson after she has practiced using vision outside the car.

Scroll
Slides

For Coach: With engine running and car in park, have teen demonstrate:

Orientation to Controls -Shift In "P"

- | | |
|--------------------------|----------------------------------|
| <input type="checkbox"/> | 1. Place Hands On Wheel |
| <input type="checkbox"/> | 2. Use Directional Signal |
| <input type="checkbox"/> | 3. Put Wipers On and Off |
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| <input type="checkbox"/> | 11. Use Of Brake Pedal |
| <input type="checkbox"/> | 12. Use Of Shift |

& Orientation to Vehicle

1A

Coach A B C



G01B: Start Engine & Orientation—Starting the Engine

Activity 1: Have trainee apply and release the parking brake two times without looking at hands and feet, then reapply the parking brake in preparation for starting the car.

Activity 2: Show the trainee how to use the key system and procedure to start your vehicle.

Activity 3: Have trainee confirm that the shift is in park position.

Activity 4: Have the trainee start the engine.

Activity 5: Have the trainee turn the headlights on. Even when the car has daytime running lights it is good to have the headlights put on to help her acquire the habit to use lights.

For Coach: With engine running and car in park, have teen demonstrate:

Orientation to Controls -Shift In "P"

- | | |
|--------------------------|----------------------------------|
| <input type="checkbox"/> | 1. Place Hands On Wheel |
| <input type="checkbox"/> | 2. Use Directional Signal |
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& Orientation to Vehicle

1A

Coach A B C



G01B: Start Engine & Orientation—Orientation to Controls

Activity 6: This activity should take place with the engine running, the parking brake on, and the shift in "park". You should **ask the** trainee to demonstrate correct operation of the controls.

Avoid turning your head to look at her while talking. If you look at the trainee, you are inviting her to look back at you, taking the eyes off the intended path of travel. Use an eye check mirror to look at the trainee.

In addition to the trainee becoming familiar with the car's controls, you'll be able to establish how effectively she responds to your commands. You can give her a sequence of rapid-fire commands. Such as: "**Put the wipers on, put the left signal on, put the headlights on, turn the wipers off, put the right signal on, put the high beams on, turn the headlights off...**". By using such rapid-fire sequence commands, you'll be able to see how much more difficult it is on both you and the trainee to make rapid decisions. Therefore, when you are on the road and need to give directional commands, or safety commands, you will find greater success when you think ahead to where the car will be traveling, to have more time and to eliminate the need for such rapid-fire commands. Mix up the order of the actions listed on the Guide and the cadence of commands to determine the trainees proficiency in responding to your directions.

For Coach: With engine running and car in park, have teen demonstrate:

Orientation to Controls -Shift In "P"

- | | |
|--------------------------|----------------------------------|
| <input type="checkbox"/> | 1. Place Hands On Wheel |
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| <input type="checkbox"/> | 12. Use Of Shift |

& Orientation to Vehicle

1A

Coach A B C



Activity 7: Have the trainee adjust the sun visor. Explain that the edge of the visor should not be directed towards the driver's head. Have her feel the sharpness of the edge.

Activity 8: Have the trainee place the heel of his foot on the floor with the ball of the foot contacting the pedal. Make certain that her eyes are looking outside the car, not at the foot. Ask her to apply the brake firmly, then ease some pressure off as if making a smooth stop.

Activity 9: With the shift in park, have the trainee press the gas pedal with gradual amounts of pressure to develop smooth acceleration. Have her pivot the foot from the accelerator to the brake and back several times.

After the trainee performed each action **Three Times**, record the level of success on the inside column for each action.

When you come back for the next in-car session, you can review the rating and instantly know what actions need more practice. The ratings shown here tells us that a Parent on March 8th made these evaluations. Using this rating scale you can see where more practice is needed, and which actions are habits.

4 = By Habit 3 = OKAY Without Coaching
2 = Okay With Coaching 1 = More Practice

While Approaching The Car

		3	1. Have Keys In Hand
		2	2. Look Under the Car
		3	3. Look At and Around the Car

Before Opening The Door

		3	1. Look Inside the Car
		2	2. Control the Door Swing

After Entering The Car

		3	1. Adjust Head Restraint
		1	2. Push Buttock into Seat
		2	3. Adjust Seat - Hand Position
		4	4. Safety Belts on All
		1	5. Adjust Mirrors
		2	6. Turn Headlights On
		4	7. Keep Windows Closed

For Coach: With engine running and car in park, have teen demonstrate:

Orientation to Controls -Shift In "P"

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			11. Use Of Brake Pedal
			12. Use Of Shift

Guide 1: Ready to Drive & Orientation to Vehicle

Dates: _____ 3/8/A **1A** Coach **A** B C 

End