



# Driver Wellness Coach's Evaluation of Guide 6B: Precision Turns

*Training the Brain before the hands and feet.*

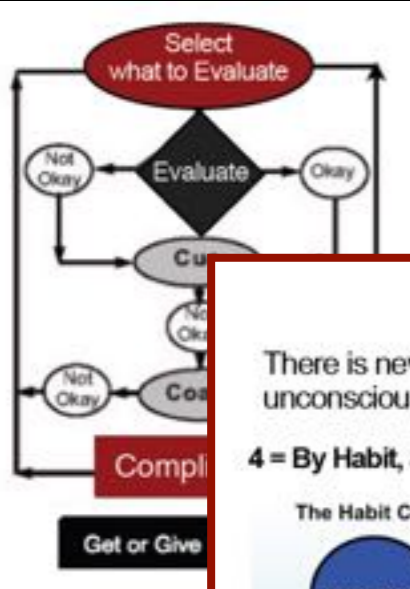


**Pretend you're in the Skid Monster**

Scroll  
Slides

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# As the "Coach," Use the ECCCR Process to Evaluate the Trainee's Level of Performance



## Four Levels of Driving Performance

There is never a moment of driving when some action is not being controlled unconsciously by habits. Our goal is to help you reach level 4 okay performance.

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

### The Habit Cycle



**Level 4. Okay - Unconscious Performance** is the best level. The driver performs the correct action by habit without thinking about what needs to be done. Habits makes it possible to perform multi-actions.

**Level 3. Okay - Conscious Performance** is the level where learning takes place. The teen is able to "deliberately practice" a few actions at a time and make corrections when wrong performance occurs.

**Level 2. Not Okay - Conscious Performance** is the level where the teen becomes aware of the error that was made. With effective coaching the wrong behavior is corrected — not repeated into habit.

**Level 1. Not Okay - Unconscious Performance** is the level that results in high-risk habits being formed. The driver does something wrong without any recognition that the error was made. The action gets repeated and begins to take place without thought — by habit.

### Before Turning

	3	1. Use of Signals
	2	2. Mirror - Blind Spot Check
	3	3. Side Position Reference Point
	1	4. Speed Control - Brake
	3	5. Smooth Legal Stop
	2	6. Forward Position Reference Pt
	3	7. Select Target
	3	8. Search L-F-R for Gap or Hole
	-	9. Get Commitment

### During Turn

	3	1. Avoid Hesitation
	3	2. Look Into Turns, Target
	1	3. Speed and Steering Control
	1	4. Accelerate at Transition Peg
	3	5. Controlled On Target Accuracy

### After Turn

	2	1. Precision Turn Results
	1	2. Re-evaluate Rear Zone
	3	3. Evaluate A-Zone LOS-POTs

**For Teen Driver:** Begin by pretending you are in the Skid Monster and you will be making a left turn to a designated stopping point. At the Tpeg you are to accelerate and recover the steering wheel to the straight position. You only need a slight increase in acceleration at the Tpeg. Bring the car to a smooth stop with the front even with the simulated curb line. If an action is not performed correctly, you will start the procedure over from the beginning.

**For Driver Ed students in the backseat:** You are to take turns being the "Coach." State to the driver each action that is to be performed. Give feedback if it was done correctly, or not.

## Guide 6B: Precision Turns in a Parking Lot

Dates: \_\_\_\_\_ 3/28/A

2C

Coach **A** B C

Identify a simulated stop line in the target area.

# Here is how ratings are made on the Guide 6B

## You review this trainee's Guide 6B.

It shows that his parent (Coach A) \*\*\* conducted a practice session on 3/28.

You can see there are #1, 2, and 3 ratings. There are two things you want to accomplish: 1. See how accurate the parent's rating is. 2. Help improve the #1's and #2's to a 3 level. As the parent and you become more familiar with how to use the ECCCR Process there will be increased performance from the trainee.

\*\*\* This is a sample of how parents can become involved in the future.

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Before Turning			During Turn						
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		2	2. Mirror - Blind Spot Check		3	2. Look Into Turns, Target			
		3	3. Side Position Reference Point		1	3. Speed and Steering Control			
		1	4. Speed Control - Brake		1	4. Accelerate at Transition Peg			
		3	5. Smooth Legal Stop		3	5. Controlled On Target Accuracy			
		2	6. Forward Position Reference Pt	After Turn					
		3	7. Select Target					2	1. Precision Turn Results
		3	8. Search L-F-R for Gap or Hole					1	2. Re-evaluate Rear Zone
		-	9. Get Commitment		3	3. Evaluate A-Zone LOS-POTs			

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Dates: \_\_\_\_\_ 3/28/A

2C

Coach **A** B C



# Here is a copy of this trainee's Guide 6B

To begin, you will focus step-by-step on these actions. You will **not be re-evaluating the rear zone** at this time. It would create a distraction to the concentration needed to acquire perfect timing for use of the Tpeg.

**Have the trainee read "For Teen Driver" on Page 117.**

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Dates: \_\_\_\_\_ 3/28/A

2C

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# Actions for Successful Car Control



Before Turning		During Turn	
<input type="checkbox"/>	3	<input type="checkbox"/>	3
<input type="checkbox"/>	2	<input type="checkbox"/>	3
<input type="checkbox"/>	3	<input type="checkbox"/>	1
<input type="checkbox"/>	1	<input type="checkbox"/>	1
<input type="checkbox"/>	3	<input type="checkbox"/>	3
<input type="checkbox"/>	2	<b>After Turn</b>	
<input type="checkbox"/>	3	<input type="checkbox"/>	2
<input type="checkbox"/>	3	<input type="checkbox"/>	1
<input type="checkbox"/>	3	<input type="checkbox"/>	3
<input type="checkbox"/>	-		

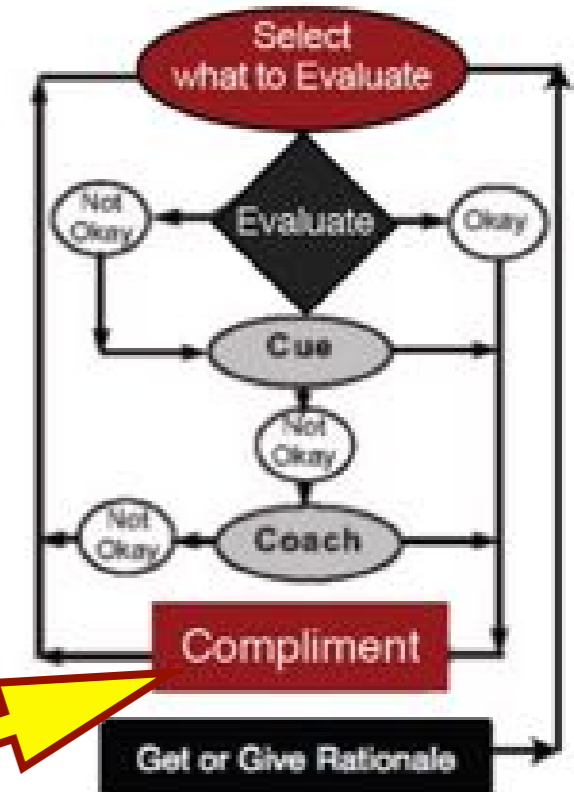
**For Teen Driver:** Begin by pretending you are in the Skid Monster and you will be making a left turn to a designated stopping point. At the Tpeg you are to accelerate and recover the steering wheel to the straight position. You only need a slight increase in acceleration at the Tpeg. Bring the car to a smooth stop with the front even with the simulated curb line. If an action is not performed correctly, you will start the procedure over from the beginning.

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## Guide 6B: Precision Turns in a Parking Lot

Dates: \_\_\_\_\_ 3/28/A 2C Coach  A  B  C

**Trainees will Master each of these actions into EXPERT Habits!**



### Have the trainee position the car ready to make a left turn.

You will advance these slides and ask the trainee to correctly perform the actions without your coaching that you read from the slide. When the performance is correct, give positive feedback and go to the next step. **When a wrong action is taken**, ask what the correct action should have been, and go back to Activity 1 regardless of when the error occurred.

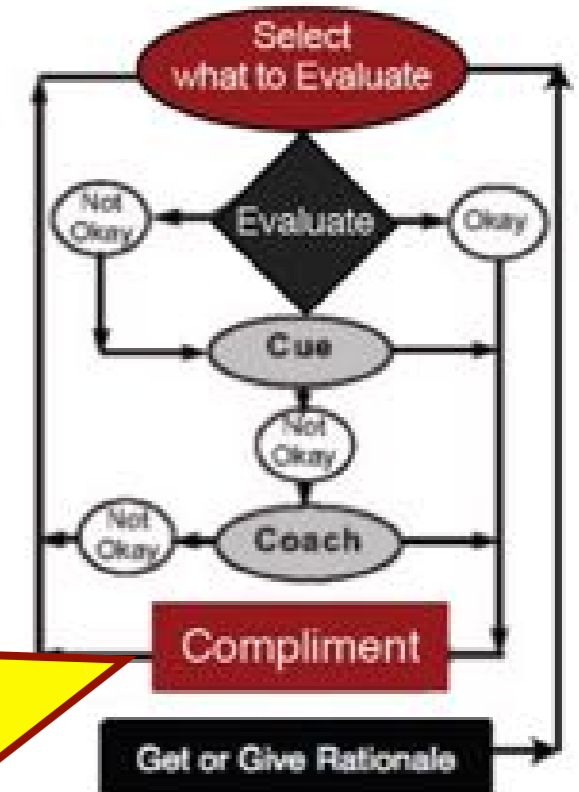


### Before Turning

		3	1. Use of Signals
		2	2. Mirror - Blind Spot Check
		3	3. Side Position Reference Point
		1	4. Speed Control - Brake
		3	5. Smooth Legal Stop
		2	6. Forward Position Reference Pt
		3	7. Select Target
		3	8. Search L-F-R for Gap or Hole
		-	9. Get Commitment

**Activity 1:** Say, **“drive the car in position to make a left turn.”**  
Use a pavement line, or your “portable line” to evaluate side position.

Say, **“Have your foot on the brake.”**  
**“Shift in drive”**  
**“Left signal light on”**



## Activity 2:

Say, **“identify a Target and locate a simulated curb line to stop at.”** Compliment or coach.

Say, **“ Demonstrate how to Search for holes and gaps”** (Right, Front, Left. The first check is in the opposite direction of the turn. The last check is turn head in direction of travel.) Say, **“Check outside mirror for clear B-rear zone.”** Compliment or coach. Say, **“show how to move head forward to view mirror & roll eyes rearward for blind area check.”** Compliment or coach.





### Activity 3:

Read one step at a time for trainee to perform.

Say “Turn head to align with the target” (*central vision*)

“Foot off brake”

“Let idle speed move car”

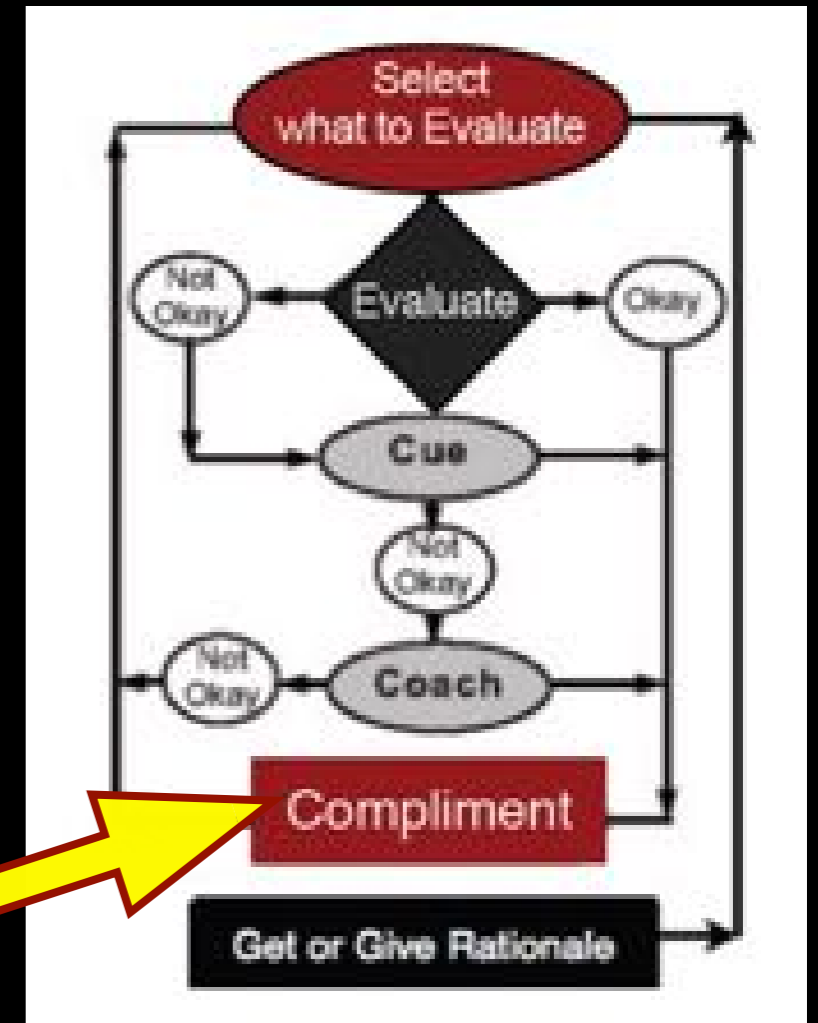
“Turn steering wheel” (*hand-over-hand, or hand-to-hand*)

“Light acceleration”

“Make a smooth stop at the Transition Peg” (*fringe vision*)

Left turn Tpeg for a coach is rearview mirror aligned with target.

Left turn Tpeg for driver is the corner post aligned with target.





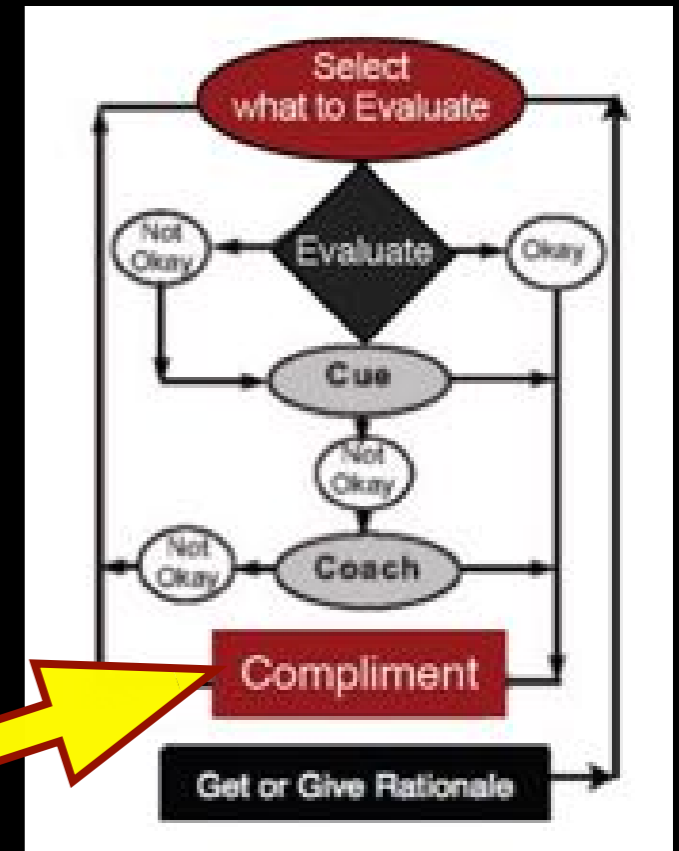
#### Activity 4:

While stopped at the Tpeg,

**Ask:** “What actions should take place at the Tpeg?”

- Response:**
- a. Increase acceleration
  - b. Loosen grip on steering wheel
  - c. Have steering wheel spin back to straighten tires

**Say:** “Continue the turn and make a smooth stop at the simulated curb line. You will need to turn the steering wheel to straighten the tires because we do not have enough speed to use the Tpeg. Evaluate how smooth the stop was made and how accurate the position is to the simulated curb line.”





### Activity 5:

**Say:** “You will make a U-turn and go back to our starting point. Select a target. Check R-F-L, check the B-Rear Zone, and turn your head to your target area. At “creeping speed” make a left turn and stop at the Tpeg.”  
Compliment or Coach.

**Say:** Continue to our starting line.





### Activity 6:

**Say:** “You will take the same actions, but this time when you’re at the Tpeg you are to increase your speed to 10-15 mph. You look at the target, I’ll monitor your speed. You will then stay on target and make a **hard smooth stop** at the simulated curb line.”

### Actions to be evaluated by the Coach

The major objective for this phase is to evaluate and coach the trainee to perfect vision and timing for efficient use of the transition peg.

Use these actions of Guide 6B

During Turn	
<input type="checkbox"/>	1. Avoid Hesitation
<input type="checkbox"/>	2. Look Into Turns, Target
<input type="checkbox"/>	3. Speed and Steering Control
<input type="checkbox"/>	4. Accelerate at Transition Peg
<input type="checkbox"/>	5. Controlled On Target Accuracy
After Turn	
<input type="checkbox"/>	1. Precision Turn Results
<input type="checkbox"/>	2. Re-evaluate Rear Zone
<input type="checkbox"/>	3. Evaluate A-Zone LOS-POTs



### Activity 7:

**Say:** “You will make a U-turn and go back to our starting point. Select a target. Check R-F-L, check the B-Rear Zone, and turn your head to your target area. Make a left turn and accelerate at the Tpeg.”

Compliment or Coach.

**Say:** Continue to our starting line.





During Turn	
<input checked="" type="checkbox"/>	1. Avoid Hesitation
<input type="checkbox"/>	2. Look Into Turns, Target
<input type="checkbox"/>	3. Speed and Steering Control
<input type="checkbox"/>	4. Accelerate at Transition Peg
<input type="checkbox"/>	5. Controlled On Target Accuracy
After Turn	
<input type="checkbox"/>	1. Precision Turn Results
<input checked="" type="checkbox"/>	2. Re-evaluate Rear Zone
<input checked="" type="checkbox"/>	3. Evaluate A-Zone LOS-POTs

## Guide 6B: Precision Turns

### Activity 8:

- Have the trainee repeat the left turns at least 3 times.
- Use **During Turn** section of Guide 6B to evaluate those five actions shown above.
- After consistent success for left turns Repeat Activities 1 to 7 for right turns.
- If you have backseat “co-drivers.” Switch drivers. Have “Co-Driver” get BTW.



**Step 9:** If the parking lot has space for making four turns, as shown here, then have the trainee make eight turns in each direction. If space is not adequate, continue in the area you were using and make the Guide 6B evaluations.

Use Guide 6B from page 114 to mark your evaluations while the trainee is driving. Place a ✓ for OK action, an X for not OK. At end of the session place a 4,3,2, or 1 on Guide 6B on page 117.

**Before Turning**

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			3. Side Position Reference Point
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			5. Smooth Legal Stop
			6. Forward Position Reference Pt
			7. Select Target
			8. Search Intersections/Gap-Hole
			9. Get Commitment

**During Turn**

			1. Avoid Hesitation
			2. Look Into Turns, Target
			3. Speed Control
			4. Steering Technique
			5. Accurate Tracking Path

**Coach's Note**

This practice should only take place in a parking lot. By using a parking lot, you are able to have the teen perform one action at a time. When the action is correct, you can give positive feedback instantly. When the action is incorrect, you can have the teen stop the car, let the teen know what the correct action is and have him go back to step one. This method is training the brain, making certain each action is clearly understood and is able to be correctly performed. See info on use of the ECCCR process.

Don't practice the pink highlighted boxes at this time.

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## Coach's Directions:

At the end of the practice session you will enter the number that best represents the trainee's final overall middle column as highlighted. Enter today's date. Circle your Letter.

You will learn techniques on how to evaluate and rate actions and strategies accurately as time goes on.

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Dates: \_\_\_\_\_ 3/28/A

2C

Coach A B C

End