

## Control Your Front Buffer with Separation Space

First, **Take a Guess** to judge the seconds of separation you have. It is important to take a guess because the instant feedback you get of a correct or incorrect estimate *trains your mind for accuracy*.

2. **Select a MARKER**, a stationary object, a sign, shadow, pole.
3. **Vehicle ahead passes marker**, begin counting.
4. **Count the seconds** 1001, 1002, 1003, 1004, etc.
5. **Stop Counting** when front of your vehicle reaches the marker.



1. **Take a Guess \***
2. **Select a MARKER**
3. **Vehicle Passes Marker**
4. **Count the seconds**
5. **You Reach Marker**

## How to Measure Your Separation Space

**\*** *Taking a guess before counting is most important for habits to develop.*

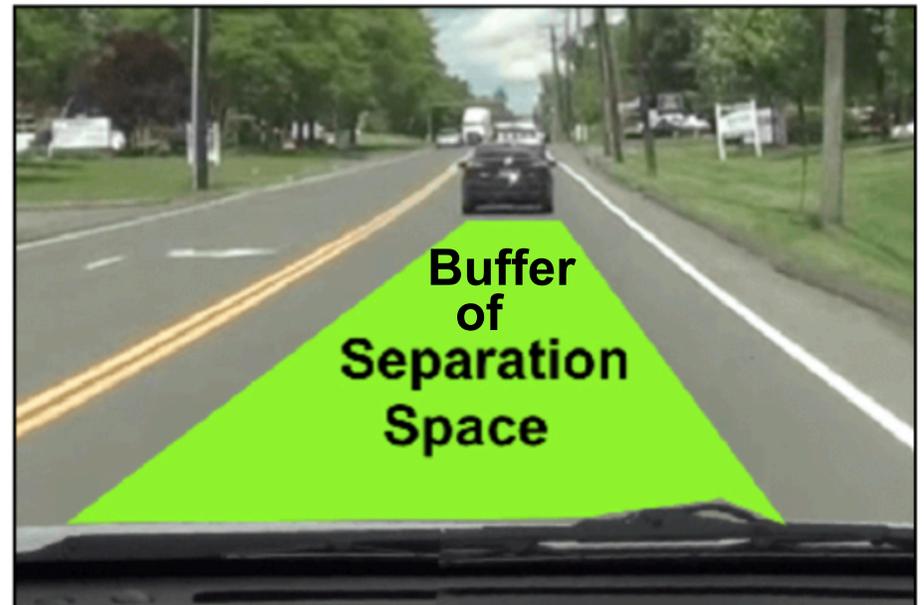
## Get 100 repetitions for judging space.

Judge oncoming vehicles as well as those ahead.

Get 50 while you're a Co-Driver (or a passenger).  
Get 50 while you're a pedestrian.

If you are more than 1-second off by the end of the 100 reps, do more until your estimates are accurate.

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## Buffer of Separation Space