



Training the Brain for Zero Crashes
The Driving MIND™
 Pocket Coach

Preparation for In-Car Lesson One

1. Before performing In-Car Lesson One, you should be able to explain and demonstrate the actions from the following pages:

- Pages 6 to 41
- Pages 96 to 105

2. Go to page 96 in your Pocket Coach, which is the start of In-Car Lesson One.

3. Print the page numbers at the top of page 96.

Pages 6 to 41, 96 to 105



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



Line-Of-Sight, Path-Of-Travel (LOS-POT) Blockages and Merge Areas are locations where the "Critical Second" needs to be managed. Both, are locations where something may come into your POT.



8

Practice these Strategies:

- When a LOS-POT zone change is detected, check the opposite zone for additional information and for an escape path.
- At the 2-second PONR (Point Of No Return) make a 45° search and cover the brake.

AWARE

For Merge signs:

1. See the sign in your A Zone (Target Area)
2. At 4-second Danger Zone
 - Check B and C Rear Zones
 - Adjust Speed and LP
 - Create Open Zone at Merge Area
3. See cars on Entrance Ramp and adjust speed if needed.



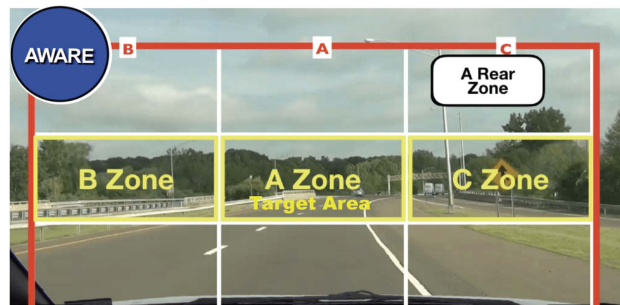
ACTION

4. When you finish a Set of Activities on the eCoach, the pages for practice are listed. Go to the Pocket Coach and circle the page numbers.

With the circled page numbers you can easily thumb-through the pages to find what needs to be practiced.



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



B Rear Zone

Adjust mirrors to show vehicles to the rear.

C Rear Zone

Habit 5: Six Searching Locations

A B C 5B

Dates:

5. After you have practiced the actions listed on these pages, and you are confident that you can explain and demonstrate how and why the actions are performed, then place a check-mark in the lower circle.

Objectives for Lesson One

At the completion of Lesson One's activities you should be able to successfully explain, demonstrate, or perform the following actions.

Lesson One's Habits of Zone Control to Cultivate!

Guide 1 - Getting Ready to Drive

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1. Why are safety belts good to use?

Guide 2 - Start Engine & Orientation

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2. Demonstrate how to place your hands on the steering wheel.

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3. Demonstrate how to turn the wipers on without looking at switch.

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4. Demonstrate how to use the signal lights for a left and right turn.

Guide 3 - Moving and Stopping Smoothly (Repeat each at least three times)

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5. Demonstrate how to move the car with an inching motion.

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6. Demonstrate how to move the car with a creeping speed.

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7. Demonstrate how to put the car in motion smoothly.

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8. Demonstrate how to make a smooth stop.

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9. Accelerate to 10 mph and make a hard smooth stop.

Guide 4 - On-Target, Off-Target (Repeat each at least three times)

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10. Select a Target on the perimeter of the parking lot straight ahead.

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11. Aim the car on target. Explain how you are using central and fringe vision.

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12. Move the car off target to the left and stop at your transition peg.

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13. Demonstrate how to keep your head on target. Steer back on target.

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14. Select a target at a 90-degree angle to the left. Demonstrate head movement and correct steering to get on target. Repeat with a target to the right.

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15. Select a target straight ahead and one at a 180-degree angle. Make several turns from one target to the other. Pay attention to head movement.

Key Behavioral Patterns

- Makes Smooth Stops
- Smooth Acceleration
- Use of steering wheel
- Target with Central Vision
- See Vehicle with Fringe Vision

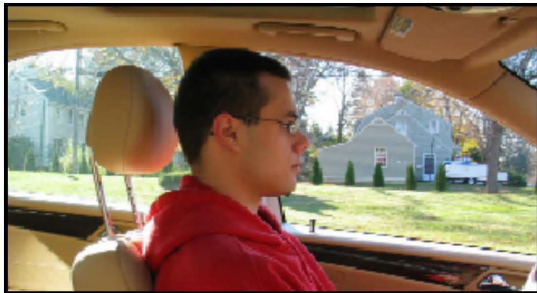
- Driving On Target
- Recovery of Steering
- Transition Peg Introduction
- Turn Head before Steering

Preparation for In-Car Lesson One

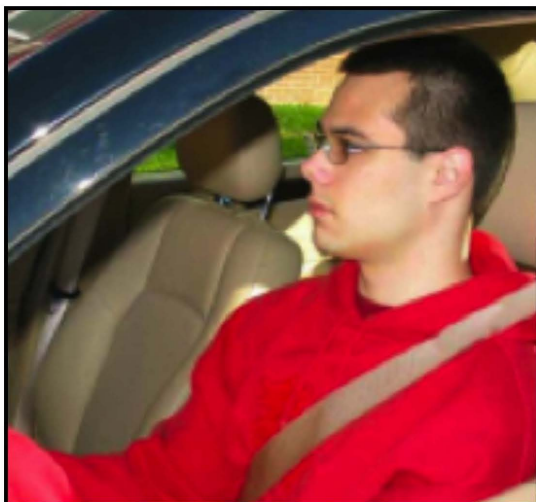
Guide 1. Getting Ready to Drive



Be alert while approaching the car. Look into car before opening the door. Control the door swing to form a habit that will avoid hitting the car parked next to you.

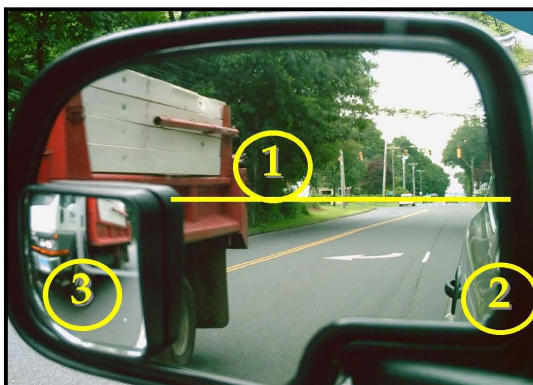


When the head restraint is adjustable, place the height at ear level, as illustrated in this photo.



Value of Safety Belts during a Crash

- You stay in the driving compartment.
- You're best able to regain car control.
- You stay in the vehicle.
- The body is slowed down gradually.
- You're not thrown into the crash.
- Passengers will not crash into you.



Adjusting Driver's Side Mirror

1. Adjust tilt to have the horizon appear in the center of the mirror.
2. Adjust viewing angle to see a vehicle directly to the rear. 3. You can obtain a convex mirror, such as the SmartView Mirror illustrated, to increase your viewing angle.

Guide 3. Moving and Stopping Smoothly



Inching & Creeping

Inching exercise develops the ability to control the movement of the car inch by inch. Such skills are needed when moving the vehicle in close quarters, such as parking in a tight space.

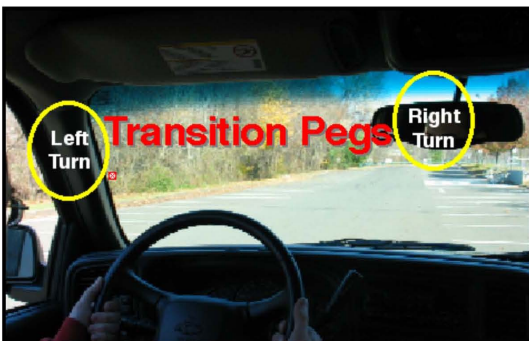
Guide 4. On Target - Off Target



A target is a fixed object that appears in the center of the path you intend to drive. To select a target, first decide where you want the vehicle to travel, then aim for an object in the center of that path. A piece of tape on the 12 position of the steering wheel helps fringe vision keep the car on target.



When on street, project central vision to see a target as fringe vision sees the steering wheel.



Transition Pegs (Tpeg)

The transition peg for making a right turn is the inside rearview mirror. For making a left turn, the Tpeg is the driver-side corner post. For moving turns, at the Tpeg the brake is released, hands loosen grip on the steering wheel, acceleration takes place to straighten tires and keep the vehicle in balance.