

# **Phase 2**

# **Behind-the-Wheel**

## **In a Parking Lot**

### **In-Car Practice Guides**

### **The Driving MIND**

### **Zone Control Strategies**

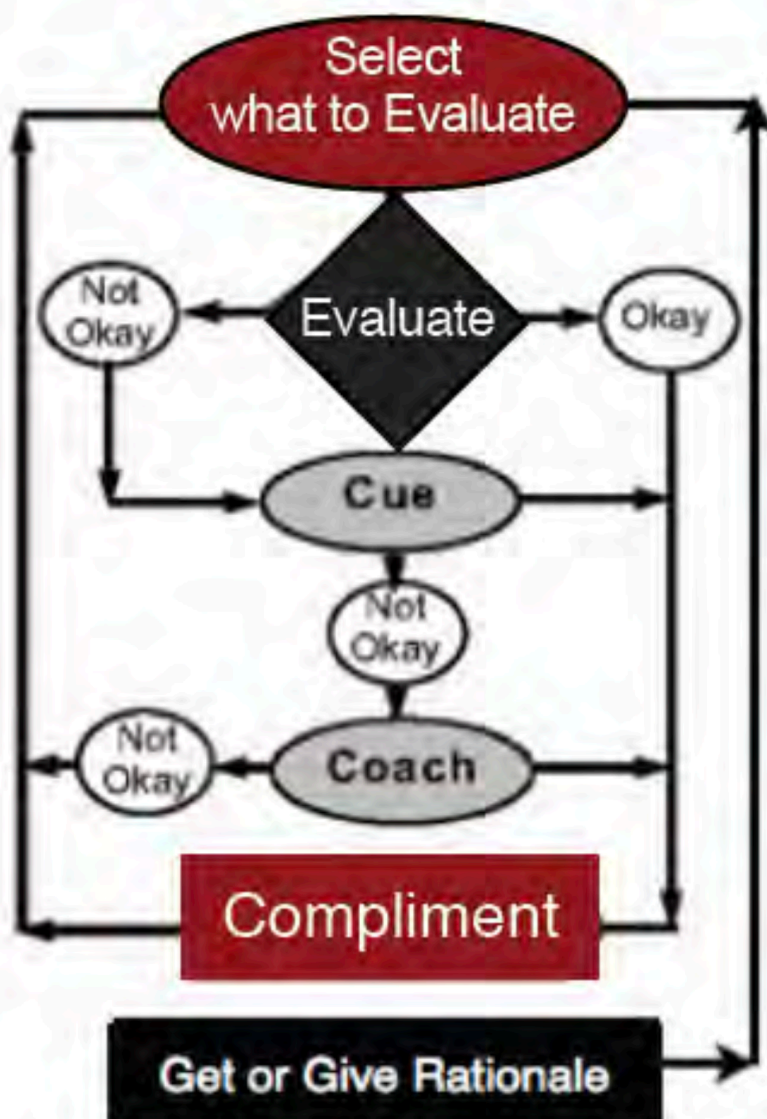
#### **Directions:**

Phase 2 in-car practice should take place after the Driving MIND eCoach activities have successfully been completed to qualify for behind-the-wheel training. Phase 2 can take place in conjunction with Phase 1 after the qualifying test on the eCoach is passed.

The use of this App can take place by a Driver Wellness Coach or by a Parent or Mentor. The evaluator will review the teen's previous performance and have the teen redo activities that did not earn a 4 rating.

Evaluations will be made according to use of the ECCCR Coaching Process.

# The ECCCR Coaching Process



## Evaluate

- Select the most important behaviors to evaluate for the situation.

## Compliment

- Give praise for a single behavior when it is performed correctly.

## Cue

- Give the trainee a short and timely reminder of what behavior to perform.

## Coach

- Identify single behaviors that the trainee is in need of coaching to achieve success.

## Rationale

- Ask the trainee to explain why an action should be developed into habit.

# Mark the Reference Points for Fringe Vision

## Lane Position 1 (LP1)

Place a piece of tape on the steering wheel for On/Off Target, which is seen with Fringe Vision

Lane Position 1 (LP1)  
Center of Lane

## Lane Position 2 (LP2)

Place a piece of tape on the windshield to mark Left Side Limitation.

Lane Position 2 (LP2)  
Left Side of Lane

## Lane Position 3 (LP3)

Place a piece of tape on the windshield to mark Right Side Limitation.

Lane Position 3 (LP3)  
Right Side of Lane

# 1

**Coach:** Perform in a driveway or parking lot. Ask teen to demonstrate each section.

**SAY:** “Show me how to Approach the car.” Observe the teen’s performance.

**Then Say:** “What do you want to do before opening the door? Give feedback.

## 1: Getting Ready To Drive

### While Approaching The Car

4	3
2	1

1. Check path the tires will travel
2. Look Under the Car
3. Look At and Around the Car

### Before Opening The Door

4	3
2	1

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

### After Entering The Car

4	3
2	1

1. Have Fob or Key - Lock Doors
2. Head Restraint at Ear Level
3. Adjust Seat - Butt-In Seating
4. Check and Adjust All Mirrors
5. Safety Belts On All

### Starting The Engine

4	3
2	1

1. Parking Brake On
2. Foot on Brake - Shift in Park
3. Press Start — or Twist Key
4. All windows closed
5. Headlights On - day and night

**Training Dates**

### Rating:

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# 2

## Teens' 1st In-car BTW lesson takes place in a driveway or parking lot.

- A. Lay a rope to the front of #5 as a curb line.
- B. Select a target to the front and to the rear.

**Coach:** Ask teen to perform each step on Guides 3 and 4 and LP 2 and LP 3 on Guide 5.

**1.** Inch the SUV from #1 to #3. Creep the SUV from #3 to the "curb line at **#5**.

**5.** Make a "safety stop." Note your reference point. Secure SUV. Get out of the SUV to check.

**5.** Creep back to position **#1** using mirrors and back-up camera if one is available.

**2.** Move the vehicle off target.

**3.** Move into LP2.

**4.** Move into LP3.

**5.** Use a line to represent the curb line. Make a "safety stop." Get out of SUV to check.

**1-5.** Repeat until actions are smooth and consistent.



**See Guides 3, 4, and 5 for details.**

# 3

**Coach:** Ask the teen to perform each step. **Say:** “Place your right foot on the brake.” Then, ask teen to perform the other 3 steps. When done correctly, give the teen a “2” rating because the teen was coached.

## 3: Moving and Stopping Smoothly

### Placing The Car In Motion

4	3
2	1

1. Right Foot On Brake
2. Shift To Drive
3. Release Parking Brake
4. Check Driving Path

### Inching & Creeping The Car

4	3
2	1

1. Keep Foot On Brake
2. Release Partial Brake
3. Inching with Brake Control
4. Creeping at Idle speed

### Acceleration Control

4	3
2	1

1. Idle Speed Movement
2. Press Gas Smoothly
3. Keep Steady Speed
4. Increase Speed
5. Decelerate Gradually

### Braking Control

4	3
2	1

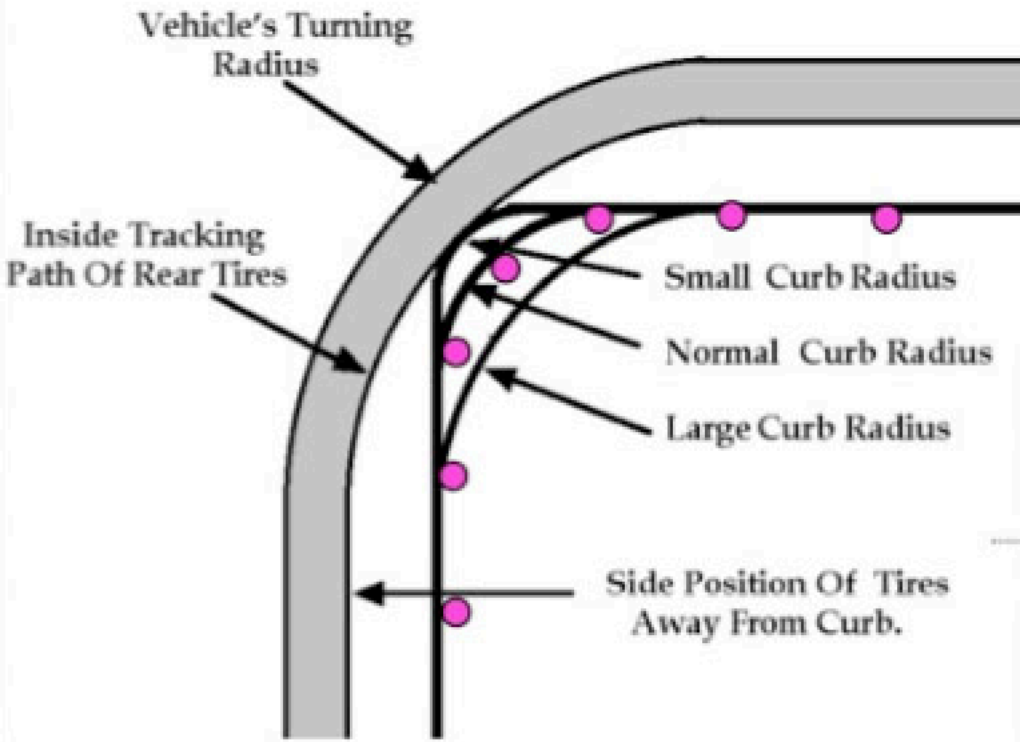
1. Feel Braking Point
2. Constant Pressure
3. Normal Smooth Stop
4. Hard Smooth Stop

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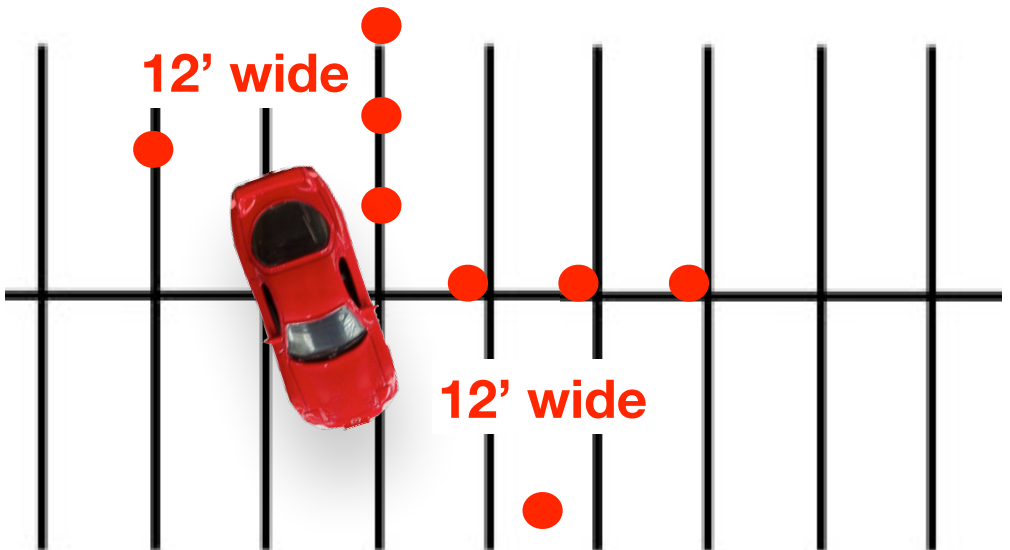
# Sample Set-up for Turns



Use "Simulated Steering Wheels" for road markers.

The diagram shows a grid with a red car and a simulated steering wheel. The car is positioned on the right side of the grid, and the steering wheel is positioned on the left side. The car's path is shown as a series of pink dots, indicating its movement across the grid.

You can also use this set-up



# 4

**Coach:** Select four Targets for the teen to make four Left Turns in a parking lot. Place emphasis on teens' use of steps 5, 6, and 7. Repeat ten left turns, then select four targets for making right turns and provide 10 reps. Then, after ten reps have the teen perform another left and right turn that you will rate according to the rating scale.

## On Target - Off Target

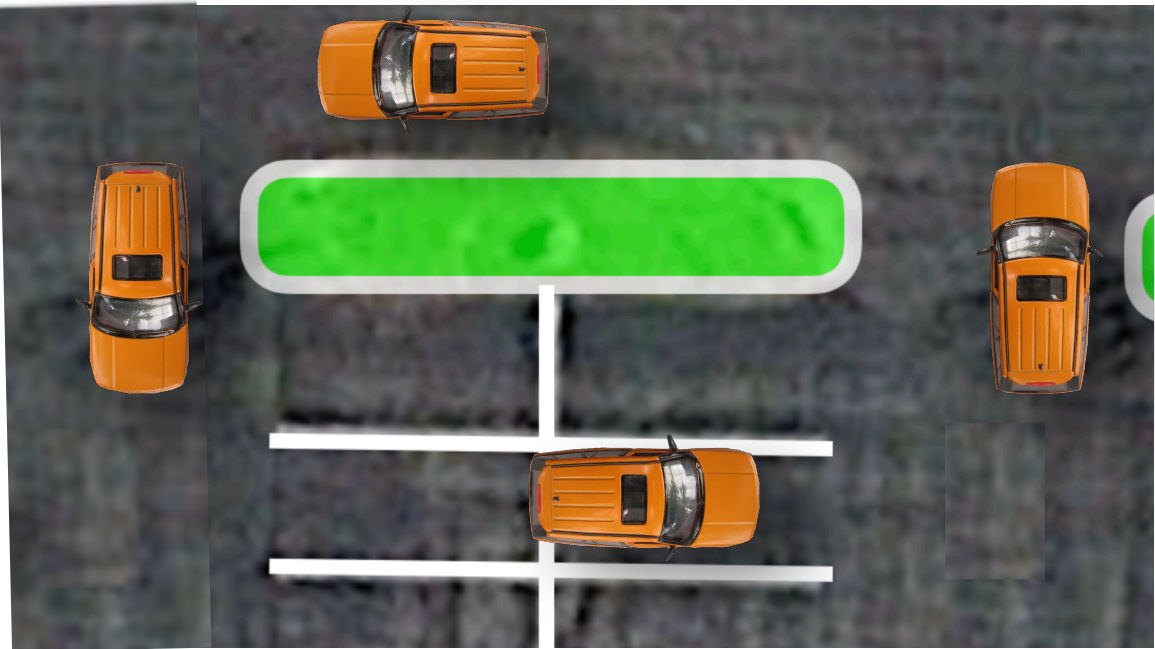
4	3
2	1

4	3
2	1

1. Selection of Target
2. Use of Central Vision
3. Use of Fringe Vision
4. Aiming for Targets
5. Looking Into Turns

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6. Use of Steering Wheel
7. Accelerate at Transition Peg
8. Gas and Brake Pedals
9. Centers Wheel in Lane



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## Reference Point Discoveries

4	3
2	1

1. Line-Of-Vision Blind Spot
2. Right Side Limitation
3. Left Side Limitation
4. Front Even With Curb line
5. Rear Even With Line

4	3
2	1

6. Lane Position #2 (LP2)
7. Lane Position #3 (LP3)
8. Lane Position #1 (LP1)

## Right Turn References

4	3
2	1

1. Side Position
2. Forward Position

## Left Turn References

4	3
2	1

1. Side Position
2. Forward Position

## Right side and Left side limitation



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# Coaching On Target

**Coach:** Ask the teen to perform one step at a time. When correct, give feedback. When wrong, coach for the correct response.

**Does the Driver:**

**Use of Vision**

1. Check the left, front, right zones before moving?
2. Turn head on target before turning the wheel?
3. Positions Car on Target?
4. Uses Central vision to see target,  
Fringe vision to see cones?



**Does the Driver:**

**Use of Steering**

1. Use a balanced hand position on wheel?
2. Uses Hand-over-Hand,  
or Pull-Push method effectively?
3. Keeps knuckles and thumbs on outside?



**Does the Driver:**

**Accelerate/Brake**

**Use Acceleration Techniques to:**

1. See open space before accelerating?
2. Sets car in motion smoothly?



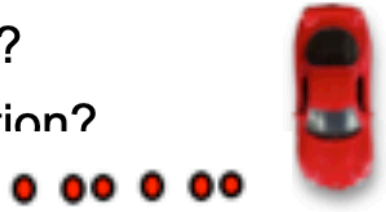
**Use Braking Techniques to:**

3. Apply brake with right foot?
4. Make smooth stops?
5. Stop at cone to represent seeing the tires?



## Does the Driver: **Turns from a Stop**

1. Use correct side position?
2. Use correct forward position?
3. Make smooth stop?
4. Search intersection left, front, right zones?
5. Turn head onto target?
6. Check outside mirror?
7. Accelerate at Transition Peg?
8. Uses effective steering?
9. Detects, corrects skid?



## Does the Driver: **Moving Turns**

1. Reduce speed before turning steering wheel?
2. Turn head before turning the steering wheel?
3. Hold the brake until at the Transition Peg?
4. Accelerate effectively coming out of the corner?

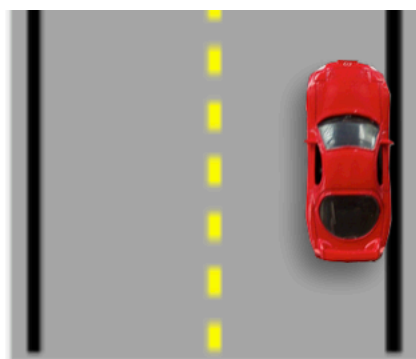


## Does the Driver: **Lane Positions**

1. Position car in LP2 and LP3 accurately



LP2



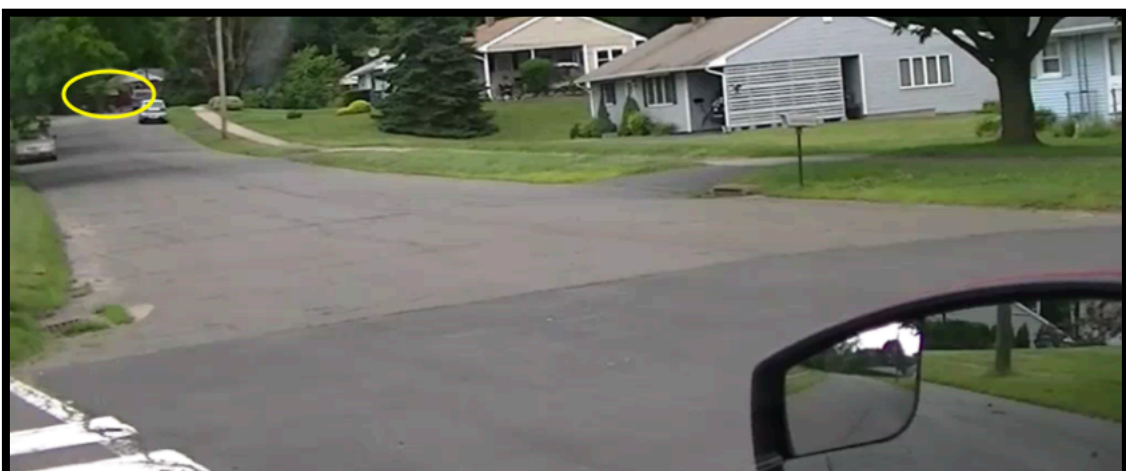
LP3

# Transition Pegs Introduction

**Does the Driver:**

**Use of Tpeg**

1. Demonstrate correct transition peg when asked to stop at it?
2. Turn head towards target to see transition peg?
3. Increases acceleration at transition peg?
4. Hold partial braking until at transition peg?



**Head Turned to Target Area before making a left turn**

## Entering & Crossing Traffic

### Select Gap From Curbside

4	3
2	1

1. Evaluate Path to Enter
2. Mirror - Blind Spot Check
3. Locate Gap or Hole to Enter
4. Use of Signals

### While Entering Traffic Flow

4	3
2	1

1. Avoid Hesitation
2. Look to Target Area
3. Side Position Reference Point
4. Steering Technique
5. Speed Control

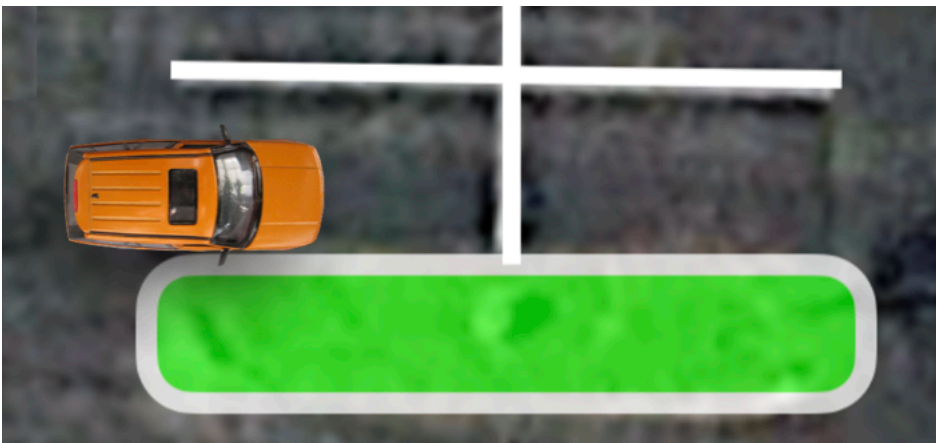
### After Entering Traffic Flow

4	3
2	1

1. Cancel Signal
2. Accurate Tracking Path
3. Re-evaluate Rear Zone
4. Look for New LOS-POTs

## Note:

Use lines in a parking lot as a simulated curb.



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## Precision Turns

### Before Turning

4	3
2	1

1. Use of Signals
2. Mirror - Blind Spot Check
3. Side Position Reference Point
4. Speed Control - Brake
5. Smooth Legal Stop

4	3
2	1

6. Forward Position Reference Pt
7. Select Target
8. Search L, F, R, for Gap or Hole
9. Get Commitment<sup>⊕</sup>

### During Turn

4	3
2	1

1. Avoid Hesitation
2. Look Into Turns, Target
3. Speed and Steering Control
4. Use of Transition Peg
5. Accurate Tracking Path

### After Turn

4	3
2	1

1. Precision Turn Results
2. Re-evaluate Rear Zone
3. Look For LOS-POTs

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## Reading Instruments & Gauges

Demonstrates understanding and correct use of gauges

### Before Exiting the Vehicle

4	3
2	1

1. How Is The Location?
- 2-3. Parked Okay/Tires Straight?
4. Keep Foot On Brake
- 5-6. Parking Brake/Shift To Park
7. Foot Off Brake

4	3
2	1

- 
- 8-9. Accessories Off/Belts Off
  - 10-11. Windows Closed/Key Out
  12. Left-Rear Zone Check
  - 13-14. Alarm Set/Open Door
  15. Doors Locked

### Before Passenger Exits

- Put shift in Park Position

## Key Behavioral Patterns

4	3
2	1

- Use of Reference Points
  - Side Position RP for Turns
  - Forward Position RP for Turns
- 
- Target Usage for Turns

4	3
2	1

- Search Intersection, L, F, R
- Look into turn before steering
- Steering and Recovery
- Turns Transition Pegs

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## Backing Introduction

4	3
2	1

1. Foot On Brake, Shift to "R"
2. Target Usage
3. Turn Wheel, Top Down
4. Look Over Right Shoulder
5. Use All Mirrors
6. Check Front Swing

### Reference Point Usage

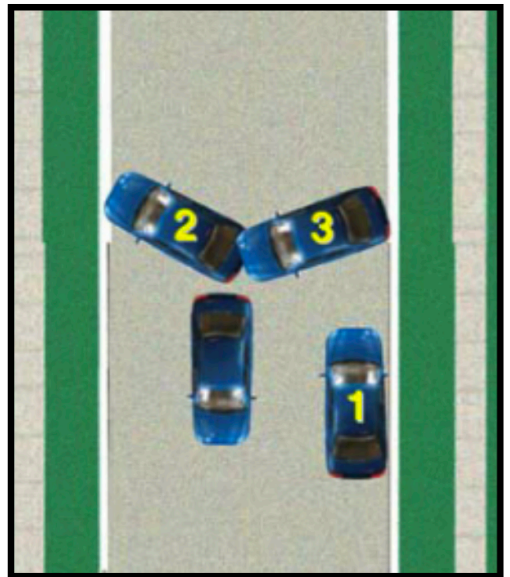
1. Back To A Line
2. Discover Pivot Point

## 11C: Three-Point Turnabout

4	3
2	1

1. Performed In Parking Lot
2. Used Non-Crowned Road
3. Used On Crowned Road

1. Start 3-6" From Curb
2. Check for clear path
3. Check Driver side Mirror
4. Signal, Turn wheel fast
5. Stop before curb, Shift
6. Check for traffic
7. Turn wheel fast
8. Use mirrors, camera
9. Stop at curb, Shift
10. Check for open POT
11. Turn car on target



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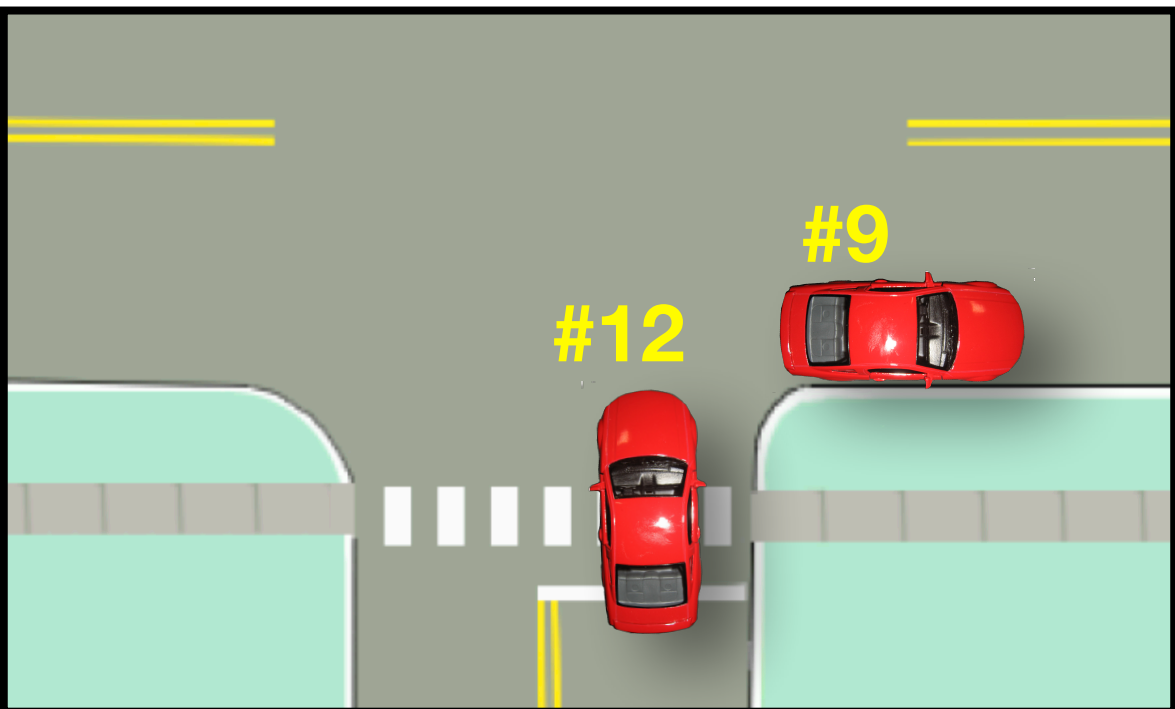
## Turnabout Driveway/Intersection

4	3
2	1

1. Consider Your Choices
2. Evaluate Risk, See LOS-POTs
3. Select A Location
4. Check Rear, Tap Brake Lights
5. At Intersection, Right Signal
6. Clear Intersection
7. Stop 12" away from Curb

4	3
2	1

8. Shift To "R", Check Inters
9. Back to Pivot Point
10. Turn Wheel From Top Down
11. Check Front Swing Of Car
12. Back To Safety Stop Position
13. Shift To "D", Left Signal On
14. When Safe, Make Left Turn



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# Forward & Angle Parking

## 1. Before Parking

- Check Rear Zone
- Check Parking Space

4	3
2	1

2. Side Position
3. Forward Position
4. Creep - Turn Wheel Fast
5. Line Up With Target
6. Straighten Car and Tires
7. Stop At Front Reference



## 2 . To Exit Parking Space

- Back Slowly.
- Check Traffic
- Check All Corners
- Clear Fender
- Turn Wheel.
- Straighten Car
- Straighten Tires
- Shift to Drive

4	3
2	1

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## Approach Intersection

1. See Inter. In Target Area
2. Check The Rear Zone
3. Select Best Lane/Position
4. Search Left, Front, Right
5. Speed Control For LOS-POTs
6. Point-Of-No-Return

4	3
2	1

### 7. Stopping: No Car In Front

4	3
2	1

- Staggered Stop
- Legal Stop
- Safety Stop

### 8. Stopping: Car In Front

4	3
2	1

- See Rear Tires
- Delay Moving 2 Seconds

### 9. Stopped In Traffic

4	3
2	1

- Unstable Rear Zone
- Identify "Sand Barrels"
- Communicate
- Know Escape Path

**Note:** Place a carton box, or a cone on the pavement to represent the tires of a vehicle stopped.

**Training Dates**

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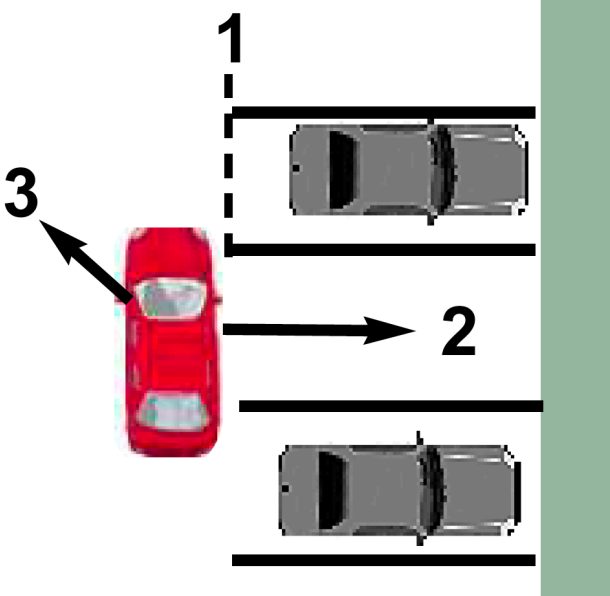
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## Perpendicular Parking - Backing Into Space

1. Side Position
2. Forward Position
3. Select 45-Degree Target
4. Creep - Turn Wheel Fast
5. Use The Least Forward
6. Line Up Car With Space
7. Shift To Reverse
8. Back To Rear Pivot Point
9. Inch - Turn Wheel Fast
10. Get Car Straight In Space
11. Inch - Straighten Tires
12. Back To Rear Reference

4	3
2	1

Begin with these  
three steps.



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## Approaching Curves and Hills

1. See Curve In Target Area
2. Check Rear Zone
3. Test Tire-Road Grip
4. See A Left or Right Curve
5. See 4 Seconds of Road
6. Get Best Speed Control
7. Look For Cars/Get LP
8. See LOS-POT at Apex
9. Look Into Curve For POT

4	3
2	1



**At which curve  
are there more single  
vehicle crashes?**



More crashes occur at slight curves because drivers fail to see a need to reduce speed.

**For Speed Control in Curve, See 4 Seconds**  
Keep 4 seconds of road visible. When you have less than 4 seconds of road visible, brake before going into the curve to see more road. When braking, hold partial brake pressure until you're at the transition peg.

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## Parallel Parking

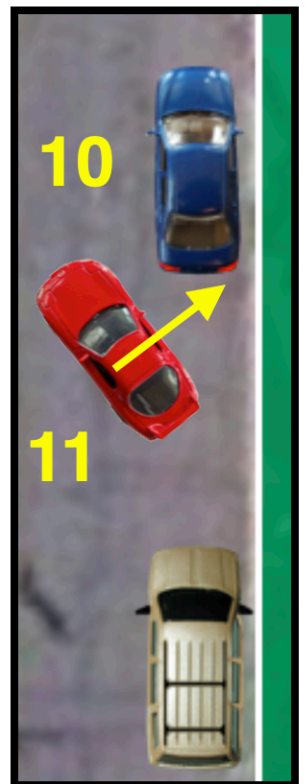
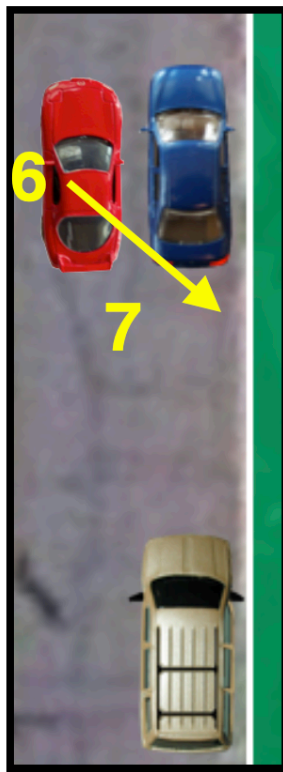
1. Rear Zone Control
2. Speed Control
3. Locate Parking Space
4. Side Position - 2 or 3 Feet
5. Stop Even With Space
6. Go Forward

4	3
2	1

- 
7. Back To Rear Pivot Point
  8. Check Left-Front Corner
  9. Creep and Turn Wheel Fully
  10. Move Car To 45° Angle
  11. Creep and Time Turning to clear front car

4	3
2	1

12. Straighten Tires - Center Car



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## Hill Stops and Starts

### 1. Pull To Side Of Road To Stop

4	3
2	1

- Keep Foot On Brake Pedal
- Apply Parking Brake
- Shift To Neutral
- Release Foot From Brake
- Be Certain Parking Br Holds

### 2. Starting The Car In Motion

4	3
2	1

- Put Right Foot On Brake
- Shift To Drive
- Check Mirrors
- Put Left Signal Light On
- Move Right Foot To Gas Pedal
- Press Gas Pedal Slightly
- Check outside mirror
- Check Your Forward Path
- Release Parking Brake
- Increase Gas As Needed
- Should Be No Roll Back
- Cancel Signal

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## Responds To Problems

### 1. Coping With Car Problems

#### • Brake Failure

4	3
2	1

- Pump Brakes
- Downshift
- Hold Parking Brake Release
- Stab Parking Brake
- Take Escape Path

#### • Engine Stalls

4	3
2	1

- Steer Firmly
- Open Palm - Neutral

#### • Restart Engine

- Shift To Drive
- Take Escape Path

### 2. Roadway & Driver Problems

4	3
2	1

- Locate and Park Near.....
- Locate and Stop at .....
- Your Tire Just Blew Out
- Emergency Vehicle from rear
- It's Beginning To Rain
- Missed Your Turn

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## Limited Access Highways

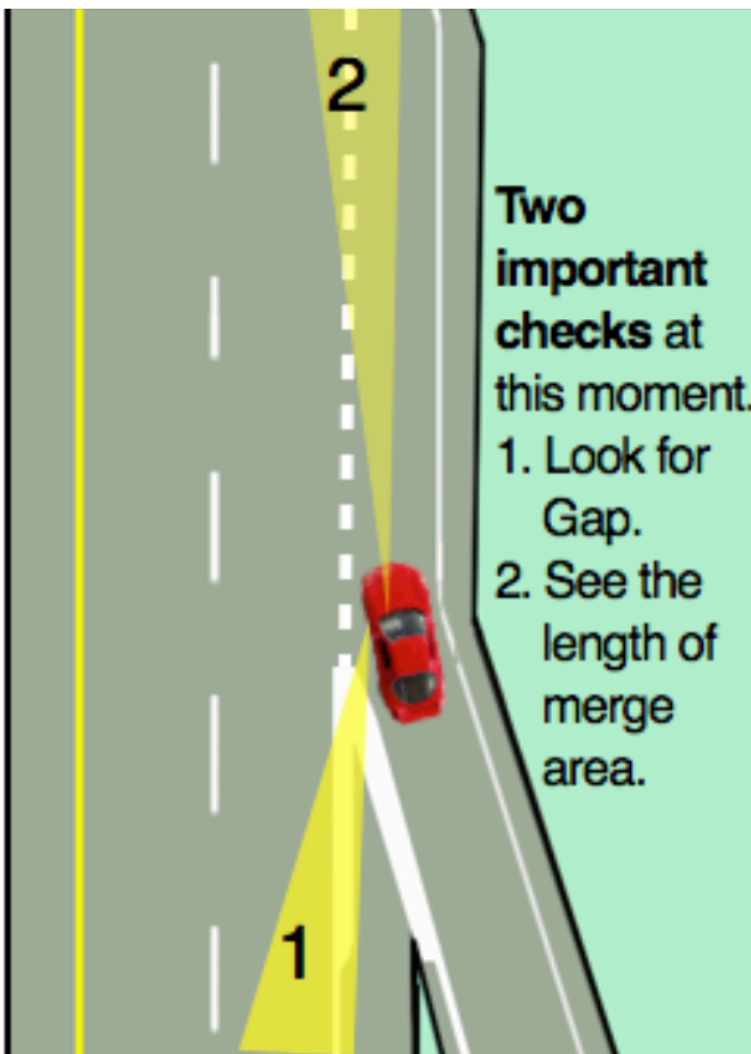
### 1. Getting On The Highway

1. Start in LP1
2. Check outside mirror
3. Check length of entrance ramp
4. Signal light on
5. Check blind area - move head forward and away from mirror.

4	3
2	1

7. When clear - accelerate to LP2
8. Check outside mirror
9. Move to LP1
10. Turn signal light off

4	3
2	1



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