

Professor Mottola's
In-Car Coaching Guides
using
Zone Control Strategies

Teen's Name _____

City _____ State _____

Telephone Number _____

Parent Name _____
Telephone Number _____

These are pages that are on the In-car Coaching Guide App.

Coach's Name _____

Organization _____

Telephone Number _____

Phase 1 Points Earned _____

Date of Last Evaluation _____

Phase 2 Points Earned _____

Date of Last Evaluation _____

Phase 3 Points Earned _____

Date of Last Evaluation _____

Total Points Earned _____

Phase 1

Co-Driver Practice

In-Car Practice Guides

Professor Mottola's Driving MIND using Zone Control Strategies

Directions:

Perform the Driving MIND eCoach activities for preparation to Co-Driver Practice. Do these Co-Driver Activities at your own pace.

As a Co-Driver, from the front seat or from the back seat, select one Guide to concentrate on performing its actions as if you were the driver. When possible repeat that one guide two or three times. Then, rate yourself for the level of your skill according to this scale:

4 = No Hesitation You can perform the strategy without any thinking, no hesitation.

3 = Hesitated You are able to perform the strategy but it doesn't come spontaneously.

2 = Coached You are able to perform the strategy with some coaching.

1 = Practice You need more practice to better perform the strategy.

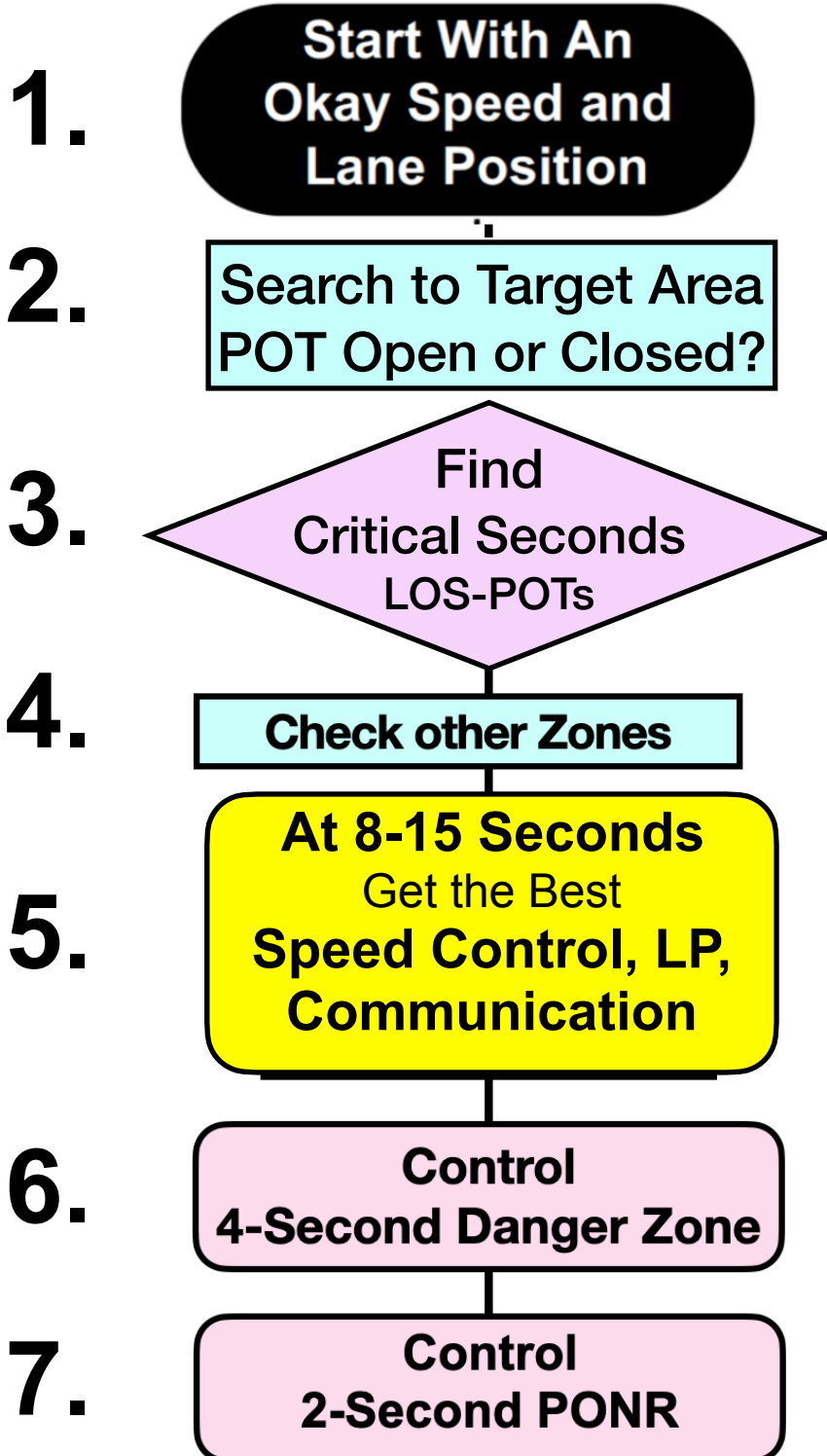
See the next slide for how to manage space. Perform each Guide until you earn a "4" rating.



The objective of the *Driving MIND* is to “Manage Space.”

“Managing space” requires cultivating habits that spontaneously control the space the vehicle will be using. To cultivate habits, *practice the same actions* over and over until they take place without thought.

How To Practice



1

As a Co-Driver search to the target area. Follow this sequence listed below. Pretend you are the driver. Think of what actions you would take. When at the 2-second PONR, cover an imaginary brake and make a 45^a search. Do this often to earn a 4 rating.

Searching Target Area to T.Area

1. Search To Target Area

4	3
2	1

- Find and describe the Target
- Describe Target Area
- Critical Second in Target Area
- Target Area Open or Closed
- Identify Targeting Path
- Respond To Zone Changes

2. Search 15-Second Range

4	3
2	1

- Identify LOS-POTs
- Respond to LOS-POTs

3. Know 4-Second Danger Zone

4	3
2	1

- Get best Speed Control
- Get best Lane Position
- Best Communication

4. Use 2-Sec. PONR (Point of No Return)

4	3
2	1

- 100% Focus
- Cover Brake
- 45° Search

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

Recognition Of LOS-POT

1. Identify LOS-POT Front Zone

4	3
2	1

- See to Target Area
- See 15-Second Range
- See Within Danger Zone

2. Identify LOS-POT Left-front

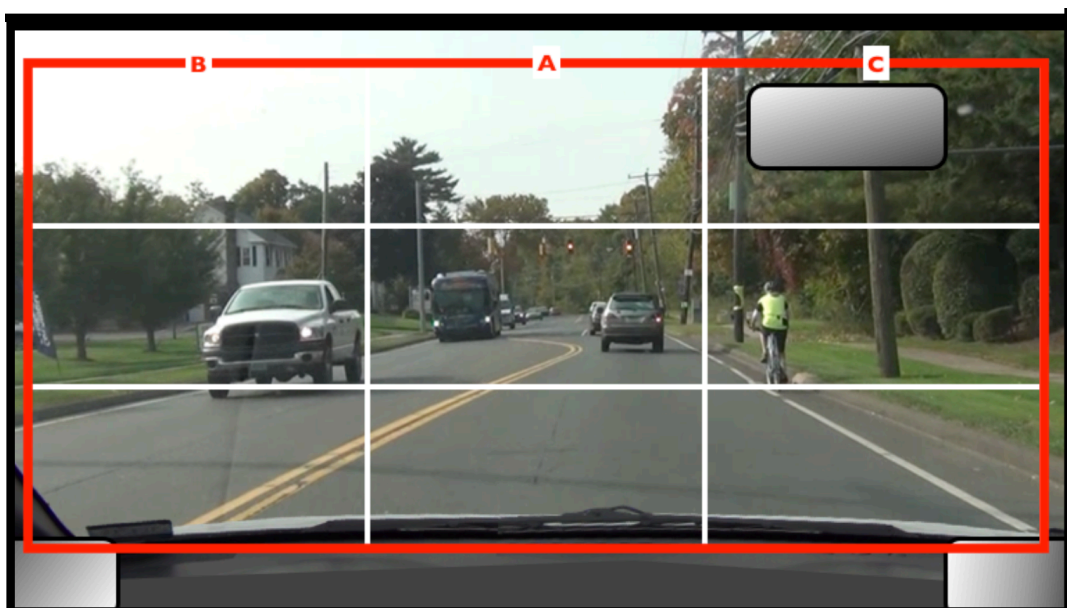
4	3
2	1

- FIND in Target Area
- SOLVE 15-Second Range
- CONTROL 4-sec Danger Zone

3. Identify Closed Zones:

4	3
2	1

- Closed Front Zone LOS-POT
- Closed Side Zone LOS-POT



Check Opposite Zones. After you FIND a side zone change, in this case the bicyclist in the C Window, check the zone in the opposite direction, the B Window. Making a speed reduction will create an open B Window.

Training Dates

Rating:

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Use of Selective Attention Matrix

1. Start Evaluation of Future Window

4	3
2	1

- Is it a Go or Slow?
- Will there be LOS-POTs?

2. Look For Critical Second

3. Evaluate B and C Present Windows

- See an LOS-POT Blockage
- Check The Other Zones

4	3
2	1

4. Get The Best Control Action

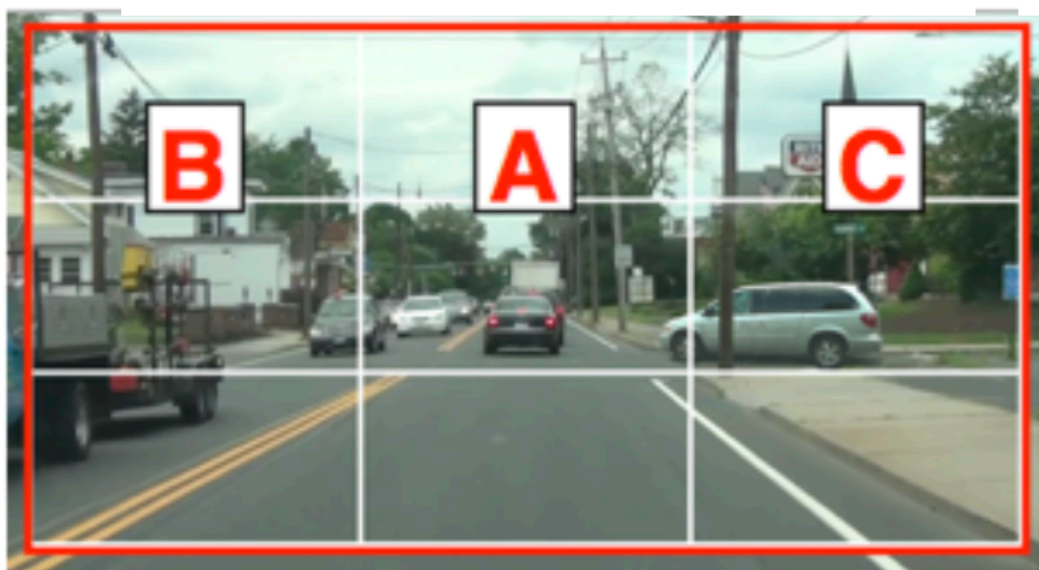
- Speed Control
- Lane Position
- Communication

5. Verbalize Conditions of the Windows

- Control Critical Second at PONR
- Full Attention - Adjust Speed & LPs

6. Practice For 10-20 Minutes

- Successful results achieved



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Take the Self-Quiz

You're a pedestrian ready to cross this street.

1. What does the Zone Control Language call this truck?
2. In addition to making a 90° search for vehicles and bicycles before stepping beyond this truck, where else should you search and what are you searching for?
3. Where is a 90° Search? Which search is shown here?



Response

1. This truck is an **LOS-POT Blockage**.
2. A search to the rear for vehicles making left turns into your path and search ahead for vehicle making a right turn into the street.
3. A 90° Search is to the target area. A 45° Search is shown in the photo.

Buffer and Zone Control

1. Identify a Closed Zone

- Find Critical Seconds
- Find LOS-POT Blockage

2. Respond To Front Zone Change

4	3
2	1

- Check Rear Zone
- **Apply Speed Control Option**
- Keep Same Speed
- Decelerate
- Off-Gas, Cover Brake
- Off-Gas, Apply Brake
- Increase Speed

- **Take Best Actions for Control**

4	3
2	1

- Check Opposite Zones
- Apply Speed Control Option
- Apply Lane Position
- Send Communication

3. To Measure Separation Space

- Take a guess
- Select a marker
- Vehicle ahead passes marker
- Begin counting
- Stop counting when you reach the marker

Training Dates

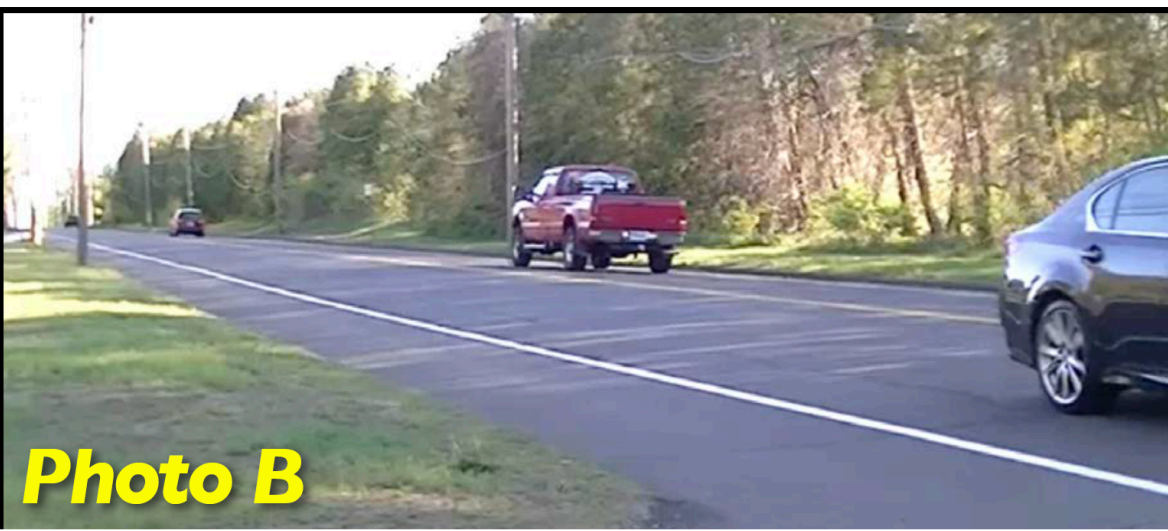
Rating:

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Take the Self-Quiz

You're a driver preparing to enter the road.

1. What type of space separation is shown in photos A and B?
2. How do you learn to make accurate judgement of the size of separation space?
3. Why do you want to time how many seconds it takes you to cross a road?



Response

1. Photo A shows a **Gap** between the next two vehicles. Photo B show a Hole in the traffic flow.
- 2 a. First find a marker to use. b. Take a guess of the space between two vehicles. c. When the back of the first vehicle passes the marker begin counting by 1000's. d. Stop counting when the the front of the second vehicle reaches the marker.
3. To be aware of the size of the hole needed to safely cross the street.

Separation from Vehicles

4	3
2	1

1. Adjust Front Closure Rate
 2. Become Alert Slower Vehicle
 3. Keep 4 Seconds Of Time
 4. Try To Improve LOS
-
5. Read Traffic 12 Seconds Ahead
 6. Control The Rear Zone
 7. Respond To Communications
 8. When Front Car Slows
 9. Explain Benefits

4	3
2	1

Empower Yourself With 4 Seconds

- You have time to become conscious of moments when you are closing in too fast on stopped vehicles.
- Your eyes can search beyond the vehicle in front.
- You remove the front vehicle's power to victimize you.
- Eliminate, or minimize, surprises from the actions of the first vehicle.
- Removes the stress that occurs when you are surprised by sudden braking actions of vehicles ahead.
- Makes you more conscious of the disadvantages of keeping a lesser amount of time.

Stay Out of the Inside Lane Except to Pass

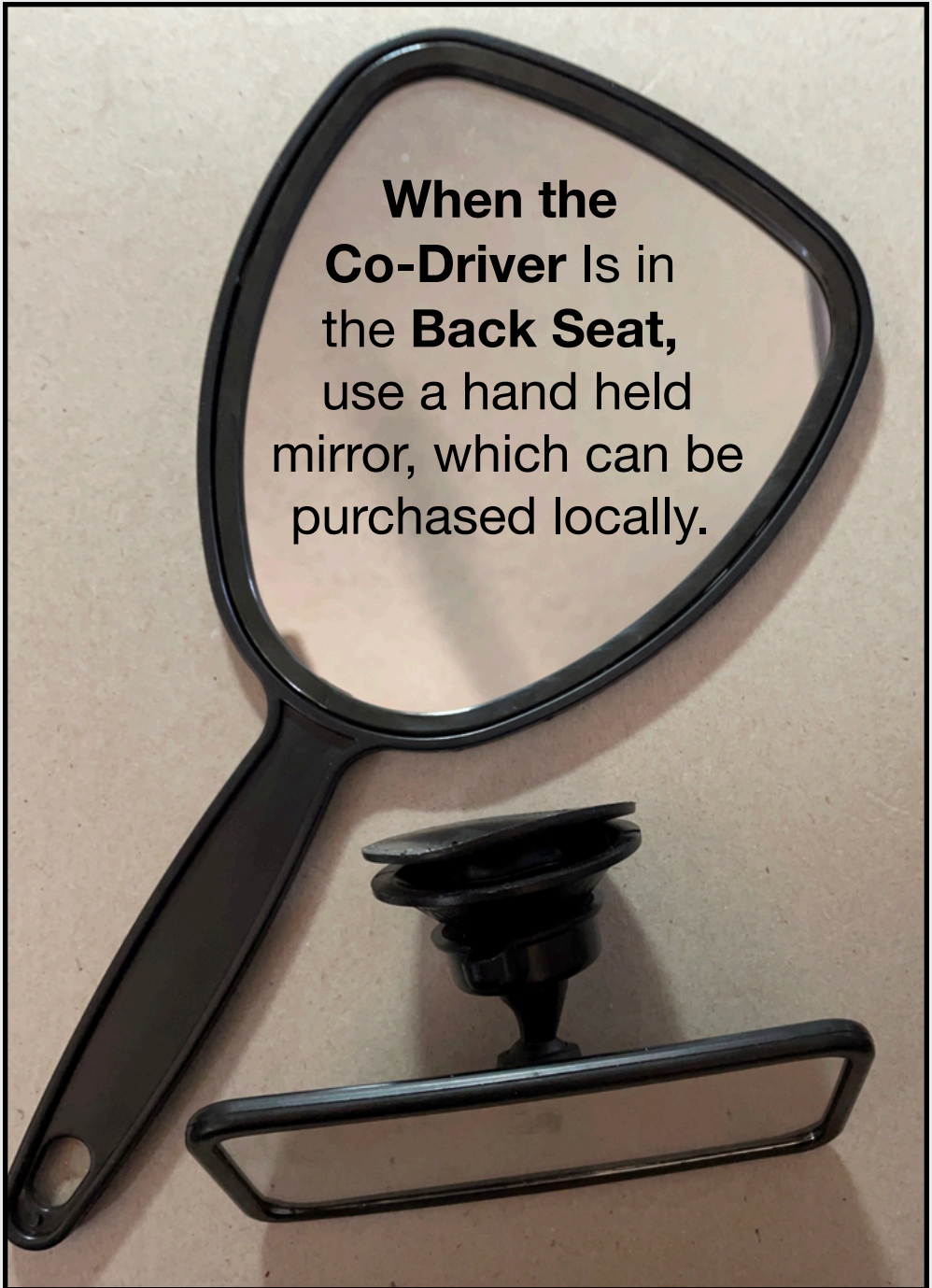
While acquiring the 4-second habit, avoid traveling in the inside lanes (fast lanes) of highways. The most aggressive drivers are usually found there. Whatever speed you travel at, there will always be a vehicle on your tail wanting you to go faster.

Training Dates

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Co-Driver Mirrors



**When the
Co-Driver Is in the
Back Seat,**
use a hand held
mirror, which can be
purchased locally.

**When the
Co-Driver Is in the Front Seat,**
use a mirror mounted to the windshield,
which can be purchased at www.NIDB.org,
Safety Products.

6

Use a Co-Driver Mirror

Rear Zone Control

1. Use Of Mirrors

4	3
2	1

- After Seeing Zone Change
- Before & After Braking
- Stopped In Traffic
- Before & After Turns
- Before & After Lane Change
- Use Mirrors Effectively

2. Check Blind Areas

4	3
2	1

- Convex-Mirror Check
- Head Movement Check

3. Rear Zone LOS-POT Change

- Fast-Closing Vehicles
- LOS Restrictions

• Tailgater Types

4	3
2	1

- Charger
- One Pacer
- Habitual

4. Awareness Of Rear Condition

4	3
2	1

- Open • Closed • Unstable
- Take Action/Control Rear
- Effective Speed/Control Rear

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

7

Be able to explain where these Reference Points are on your vehicle.

Reference Points for Co-Drivers

1. Discover Reference points for:

- LP2 • LP3 • LP1
- Side Position Right/Left Turn
- Forward Position for Turns
- Staggered Stop Position
- Legal Stop Position
- Safety Stop Position
- Tpeg for Right/Left Turns

4	3
2	1

Communications

1. Effective Use of:

4	3
2	1

- Signal Lights
- Headlights
- Brake Lights



Training Dates

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You can discover reference points in your driveway, without a need to move the car. Take a broom handle, a length of wood, a length of pipe, or any other straight object and place it to represent the vehicles's side and front limitation.

View the reference point from inside and outside.

See board and pipe in the circle.



This is the Safety Stop Position



Outside View

Front bumper even with curb.



Inside View: Reference Point

Take the Self-Quiz

You're a driver preparing to enter the road.

You're traveling at 30 mph. 1. Which speed control option should you take at this moment? **2.** Is the vehicle ahead a stable or unstable critical second? Why? **3.** What LP is the car ahead in? **4.** Why do you think it is in that LP?



Response

1. Cover the brake or Apply the brake is needed. **2.** This is an unstable critical second because the vehicle is braking. **3.** Car is in LP3. **4.** The driver intends to make a right turn.

Laws, Signs, Signals & Marks

1. Respond To Stop/Yield Signs

2. Respond To Signal Lights

- Point Of No Return
- Red Light & Right Turn On Red
- Yellow Changing Lights
- Green Light, Search Inter

4	3
2	1

3. Signal Arrows: Gr, Yel, Red

4. Flashing Signal Lights

5. Respond to Traffic Signs

- Regulatory Signs
- Warning Signs
- **See Sign As Traffic Cue**

4	3
2	1

- Check Rear Zone
- Check LOS-POT
- Check Escape Path

6. Respond To Pavement Markings

7. Demo Right-of-Way Laws

Every time you see this sign:

1. Search for deer
2. Check Rear Zone
3. Reduce speed when deer is located.
4. Avoid braking while deer is hit.



Training Dates

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Lane Changes

1. Start in LP1
2. Check outside mirror
3. Move into LP2
4. Check outside mirror
5. Signal light on
6. Check blind area - move head forward and away from mirror.
7. When clear - move to LP3
8. Check outside mirror
9. Move to LP1
10. Turn signal light off

4	3
2	1



9.

7.

3.

1.



Training Dates

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Take the Self-Quiz

Read an action. Answer to yourself. Then, see the response below.

Precision Lane Change

1. Why Change?
2. Check Other Lanes
3. Mirror Checks
4. Signal For Communication
5. Move To LP 2 or LP 3
6. Check Blind Spot
7. Time Arrival Open Side Zones
8. Increase Speed If Needed
9. Enter LP 2 or LP 3
10. Release Signal Light Lever
11. Mirror Check
12. Best Lane Position

Responses

1. Consider what's to gain.
2. To detect other vehicle that may be there.
3. To see what conditions you have to the rear.
4. The signal light is like asking for courtesy.
5. LP2 for left lane change.
LP3 for right change.
6. Check outside mirror by moving head away from mirror.
- 7/8. Adjust speed to time an opening to enter.
9. LP2 or LP3 provides others with an escape path.

Take the Self-Quiz

You experienced a Lane Departure as your car drifted off road while traveling at 50 mph on this Vermont highway. **1.** Point to where central vision and steering should be directed during this critical second **2.** Should you Brake? If so, explain how and when to brake?



Response

1. Central Vision and steering is directed to a target downslope, as shown in this image.
2. No Brake until the vehicle is downslope in control. Then, a light braking to reduce speed to 5mph to get onto the road.



1. Adjust For Visibility Limits

- **Vehicle Readiness**
- Clean Lights, Windows, Mirrors
- Check brake lights, signal lights
- Keep Dash Lights Low

4	3
2	1

- **Driver Readiness**
- Avoid Glaring Lts; Recovery
- Depth Perception Evaluated
- Nighttime Envir. Problems
- New Moon, dark nights
- Rural Roadways, no lights
- Urban Areas, overload

2. Searching At Night

4	3
2	1

- Look Beyond Headlights
- Look To Target Area
- Use High Beam
- Look For Cars Without Lights
- See Curve & Intersection Early

3. Interacting With Others

4	3
2	1

- Look for Pedestrian Locations
- Dim High Beam
- Communicate One Flash
- To Car - 12 Seconds away
- No Flash Passing Trucks
- Use Other Cars' Headlights

Training Dates

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Manage C-Zone LOS-POT and Merge Areas

1. Search Future A-Zone Target Area

4	3
2	1

- Find C/B-Zone LOS-POT
- Evaluate Rear Zone
- Evaluate B/C-Zone
- Adjust Speed for Open Zone
- Select best LP
- Control 4-Second Danger Zone
- 100% Focus at 2-Sec PONR

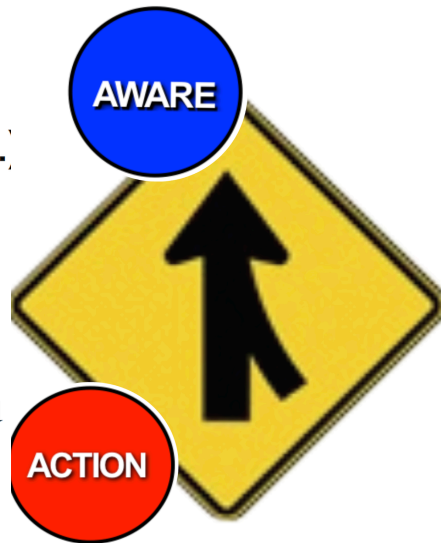
2. Identify Merge Sign in A-Zone

4	3
2	1

- Evaluate B/C Rear Zones
- Adjust Speed for Open Zone
- Control 4-Sec Danger Zone
- Take LP2 or LP3
- Get Open Zone at Merge
- 100% Focus at 2-Sec PONR
- Help vehicles Enter Flow

Challenge: (Repeat this 12 times.)

While being a Co-Driver, pick out any traffic sign and pretend it is a merge sign. Select an imaginary lane on a freeway. When you are even with the sign, you are at the 4-Second Danger Zone. What do you need to do to control the next four seconds?



Training Dates

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Phase 2

Behind-the-Wheel

In a Parking Lot

In-Car Practice Guides

The Driving MIND

Zone Control Strategies

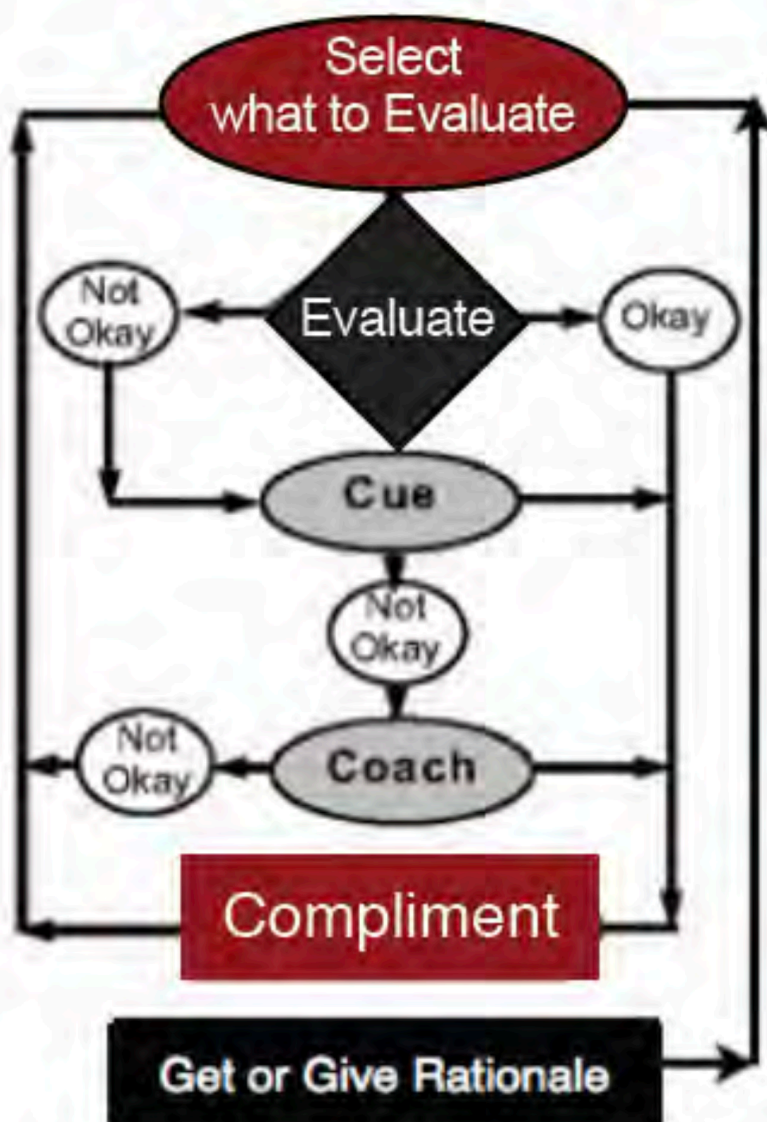
Directions:

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

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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

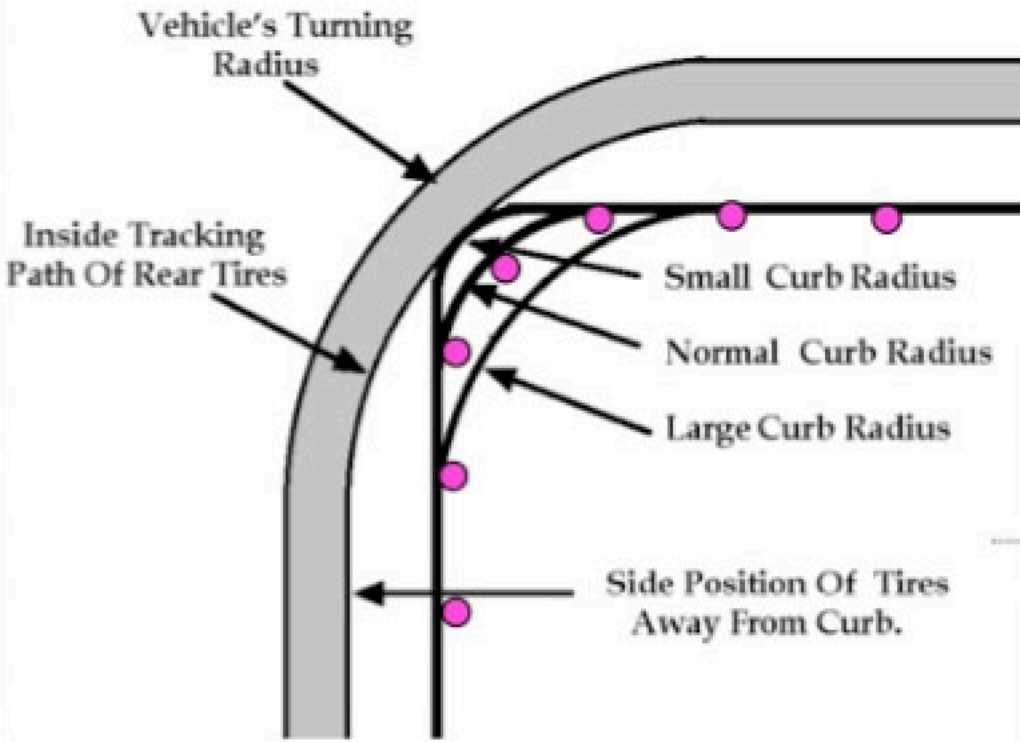
1. Feel Braking Point
2. Constant Pressure
3. Normal Smooth Stop
4. Hard Smooth Stop

Training Dates

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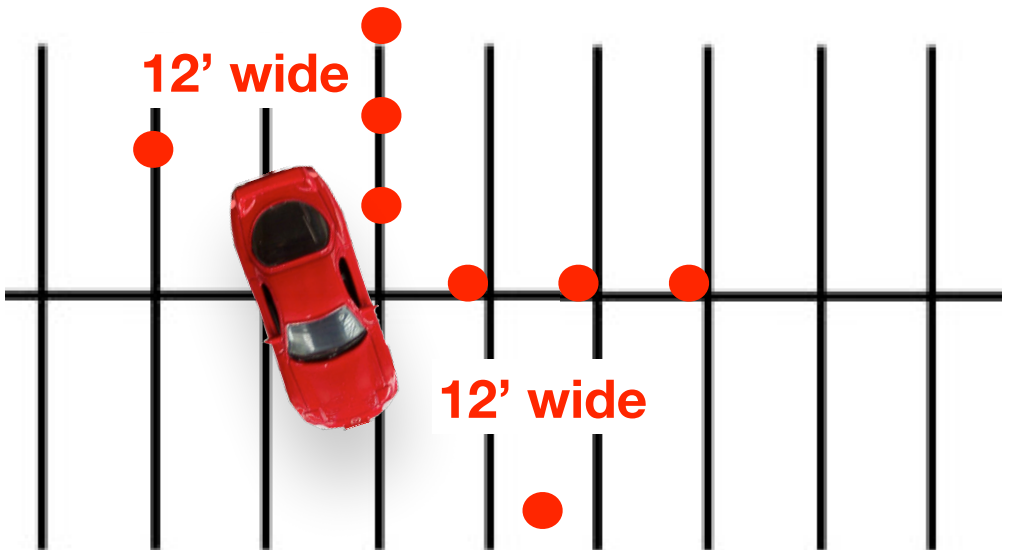
Sample Set-up for Turns



Use "Simulated Steering Wheels" for road markers.

The diagram shows a grid-based setup for simulated steering wheels. A red car is positioned on the grid, and the text indicates that simulated steering wheels should be used for road markers.

You can also use this set-up



4

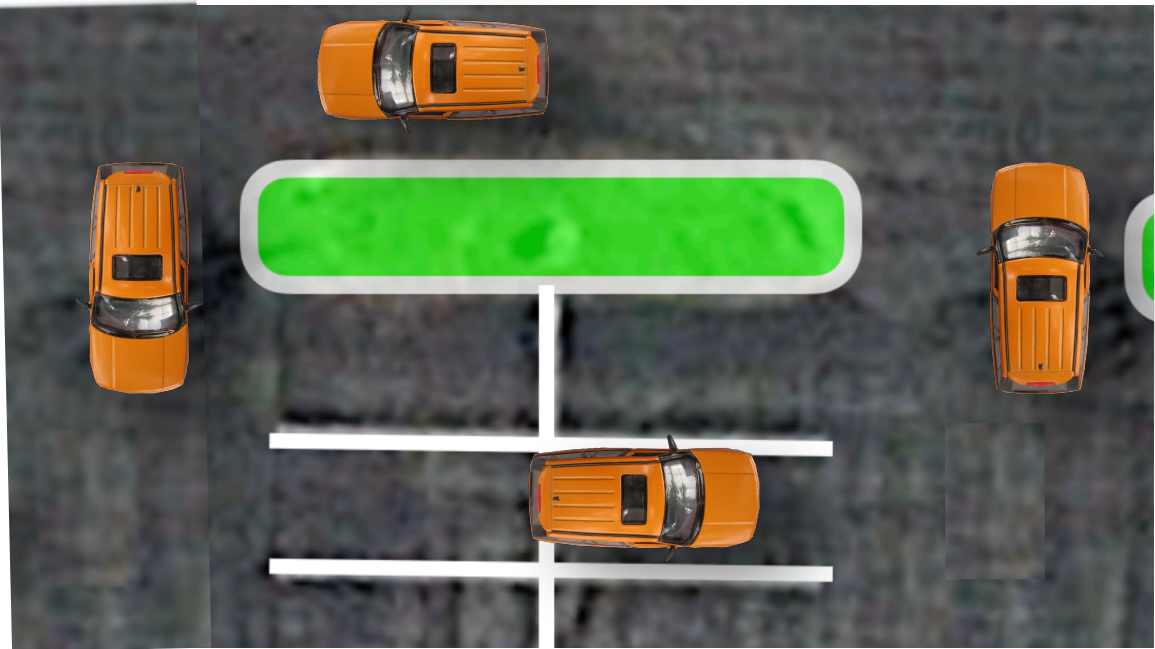
Coach: Select four Targets for the teen to make four Left Turns in a parking lot. Place emphasis on teens' use of steps 5, 6, and 7. Repeat ten left turns, then select four targets for making right turns and provide 10 reps. Then, after ten reps have the teen perform another left and right turn that 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
6. Use of Steering Wheel
7. Accelerate at Transition Peg
8. Gas and Brake Pedals
9. Centers Wheel in Lane



Training Dates

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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

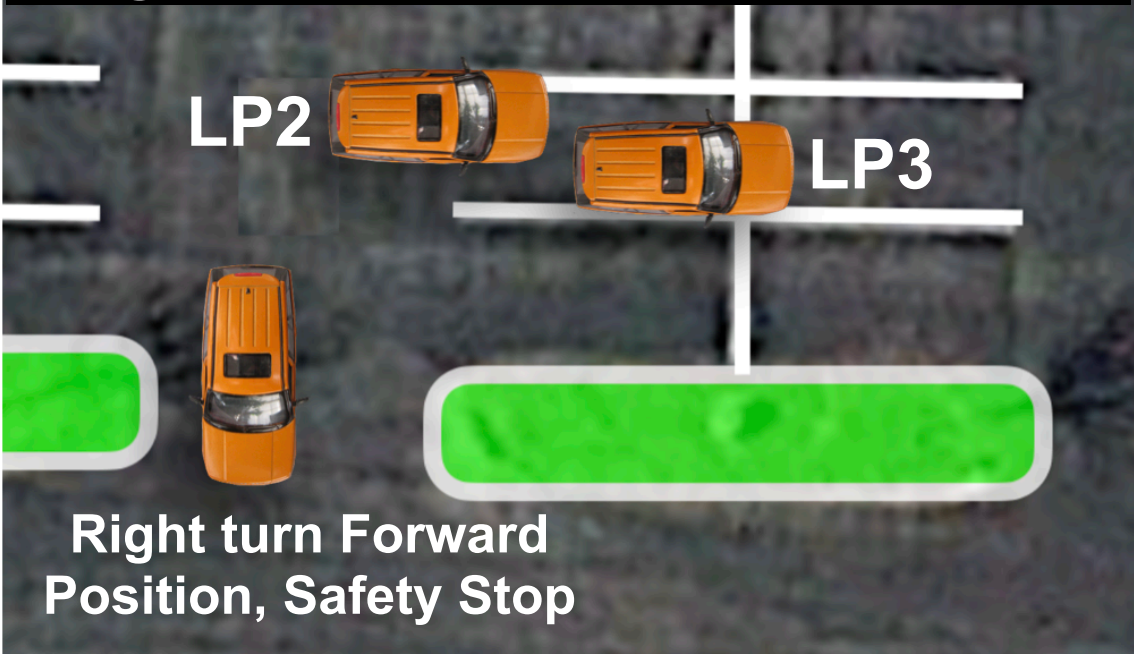
1. Side Position
2. Forward Position

Left Turn References

4	3
2	1

1. Side Position
2. Forward Position

Right side and Left side limitation



Training Dates

Rating:

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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?



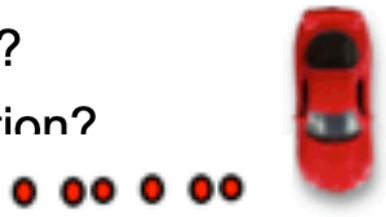
Use Braking Techniques to:

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?

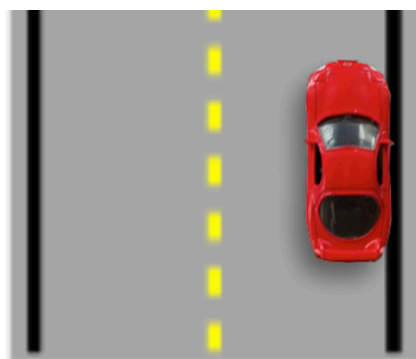


Does the Driver: **Lane Positions**

1. Position car in LP2 and LP3 accurately



LP2



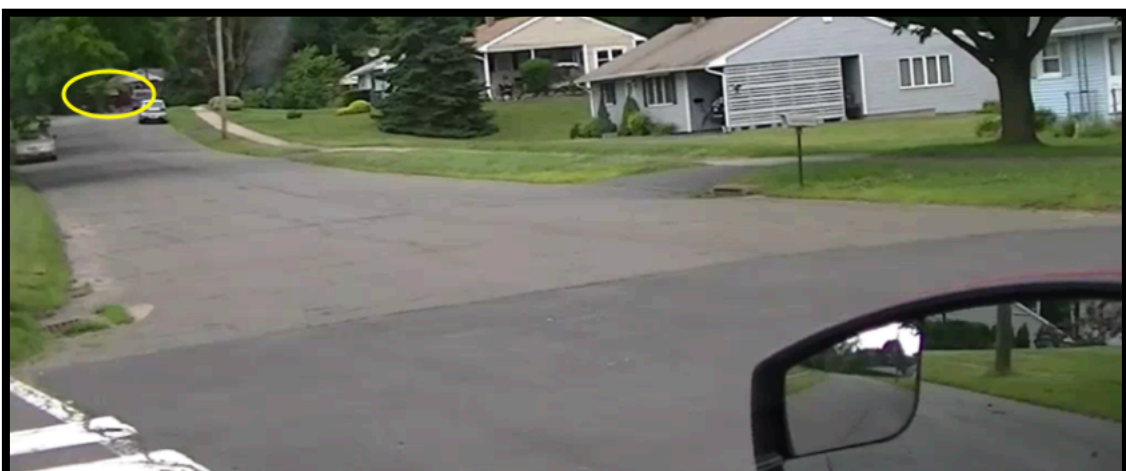
LP3

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

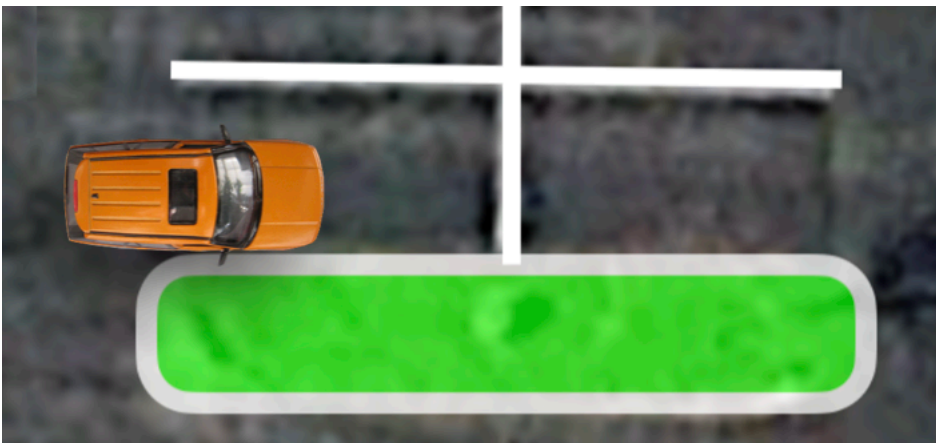
After Entering Traffic Flow

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.



Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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[⊕]

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

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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

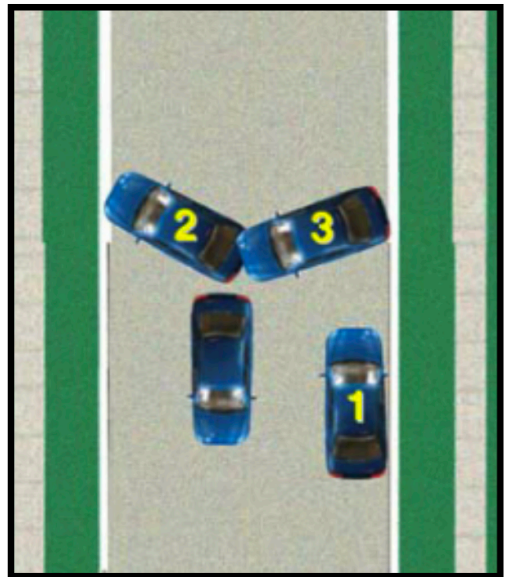
1. Back To A Line
2. Discover Pivot Point

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



Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

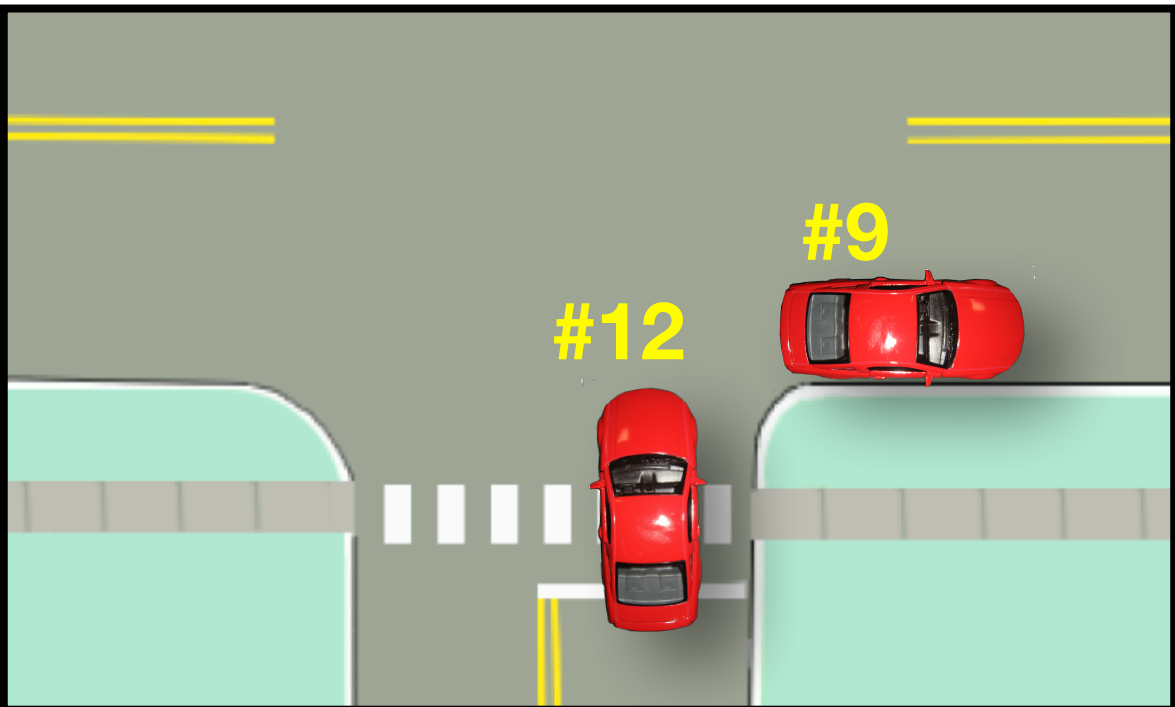
Turnabout Driveway/Intersection

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



Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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

Rating:

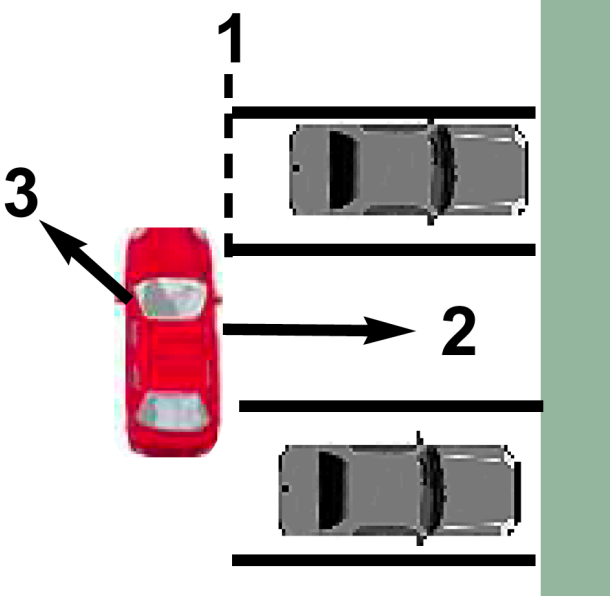
4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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.



Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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.

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

Parallel Parking

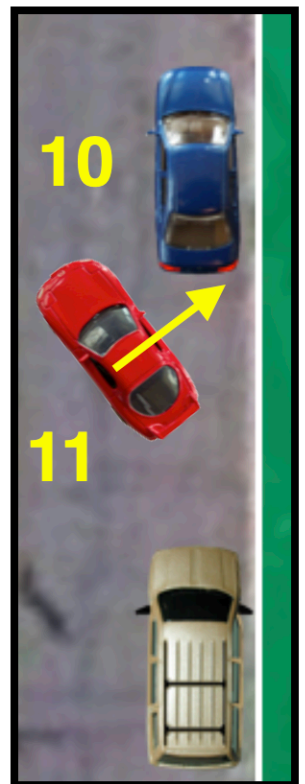
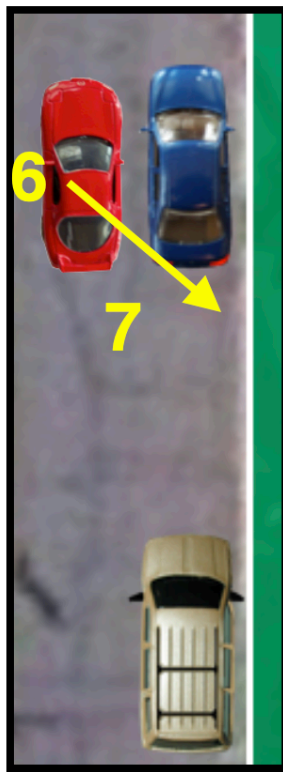
1. Rear Zone Control
2. Speed Control
3. Locate Parking Space
4. Side Position - 2 or 3 Feet
5. Stop Even With Space
6. Go Forward

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



Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

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

Training Dates

Rating:

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Limited Access Highways

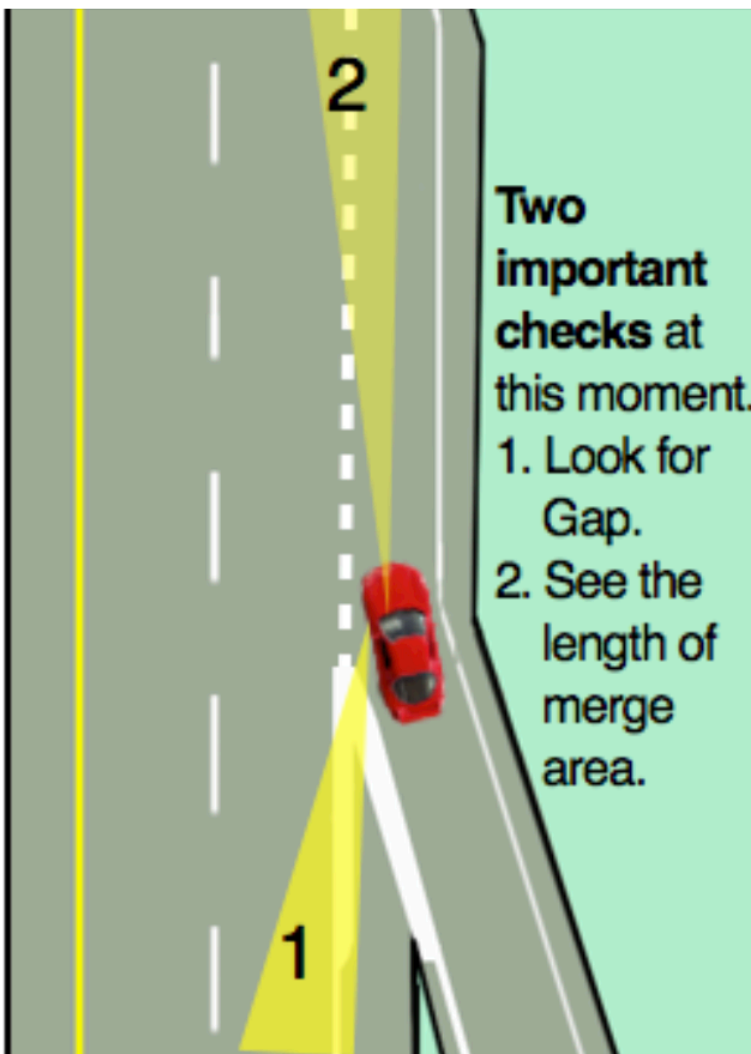
1. Getting On The Highway

4	3
2	1

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



Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

Phase 3

On Street Coaching

In-Car Coaching Guides

The Driving MIND

The teen must earn a minimum of 200 points from Phases 1 and 2 before qualifying for Phase 3.

Directions:

Driver Wellness Coach: It is most efficient to develop a route plan with identified locations for where each activity will be evaluated.

Parents and Mentors: Select an activity and look for a situation to make evaluations on some or all of the actions. Then, find another situation to evaluate. To select an activity, look for those that have a 1 or 2 rating, or no rating, that are in need of being evaluated.

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
- Let car ahead get open POT

9. Stopped In Traffic

4	3
2	1

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

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

Stopping In Traffic

4	3
2	1

1. See Closed POT - 12 Seconds
2. Check Rear Zone
3. Time Arrival Open Zone
4. Communicate to Rear
5. Braking Without Delay

-
6. Control the Rear Zone
 7. Gradual Approach to Stop
 8. Make Smooth Stop
 9. Monitor Rear

4	3
2	1

10. A Car In Front

- Stop To See Tires
- Let car ahead get open POT



Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

Traffic Lights: Timing

1. See Light In Target Area
2. See Red Light As Closed Zone
3. Check Rear Zone
4. Alert Rear -- Tap Brake Lights
5. Begin Constant Braking

4	3
2	1

-
6. Time Arrival Into Open Zone
 7. At 10 mph, Go or Stop
 8. Green Light, Scan Intersection
 9. Red Light, Make Smooth Stop

4	3
2	1

Left Turn At Green Light

- **Waiting For Opening Get 1/4 Into Intersection**

4	3
2	1

1. Check Rear
2. Find Gap
3. See Path
4. See Light

Know condition of traffic from right.



Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

Precision Lane Change

1. Why Change?
2. Check Other Lanes
3. Mirror Checks
4. Signal For Communication
5. Move To LP 2 or LP 3
6. Check Blind Spot

4	3
2	1

-
7. Time Arrival Open Side Zones
 8. Increase Speed If Needed

4	3
2	1

9. Enter LP 2 or LP 3
10. Release Signal Light Lever
11. Mirror Check
12. Best Lane Position

Key Behavioral Patterns

- See Red Light as Closed Zone
 - Adjust speed to get Green Lt.
 - 45 degree Intersection Search
 - Rear, Gap, Path, Light checks
-
- Use Zone Control Principles
 - Evaluate before Lane Change
 - Use LPs during Lane Change
 - Time arrival for open side zone
 - Perpendicular, backs In space

4	3
2	1

4	3
2	1

Training Dates

Rating:

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Entering Exiting Roundabouts

4	3
2	1

1. See Roundabout In Target Area
2. Decide which exit to take
3. Yield to left, enter to right
4. Be alert to others entering

4	3
2	1

5. For multiple lanes, enter inside
6. To exit, lane change to outside
7. Use signal light
8. Use outside mirror
9. Look into exiting path

Roundabout Lane Usage: When entering, yield to any vehicle in the roundabout. When there is a gap or hole, enter in the outside lane. Know which exit you will be taking. If you are going to take the first exit, stay in the outside lane. If you are not taking the first exit, move to the inside lane. In our photo, if you are going to take the West exit you will stay in the inside lane until you pass the North exit, at which time you will check your passenger side mirror for a clear lane change into the outside lane.



Outside Mirror Adjustment and Why

Adjust the outside mirrors to see a slight amount of the side of the car. This will allow you to see if there is a vehicle to your rear attempting to jump into the gap you want to enter. The effective use of the outside mirror is essential when entering and leaving a roundabout. The high volume of vehicles moving from inside to outside lanes creates constant changes you cannot see in the rearview mirror.

Training Dates

Rating:

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23: Perpendicular Parking -

Backing Into Space

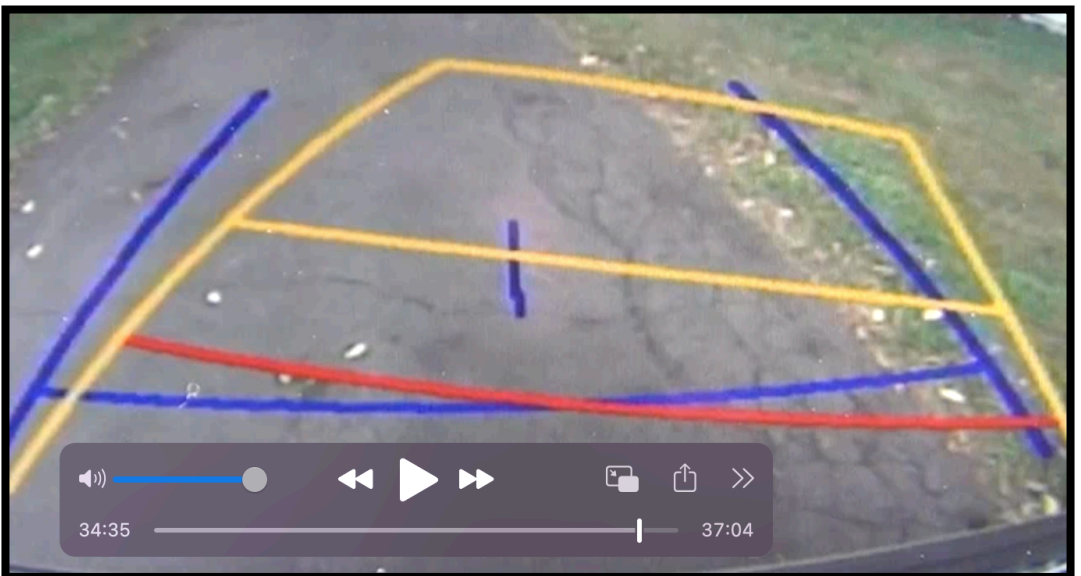
4	3
2	1

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

4	3
2	1

-
7. Shift • Mirrors • Camera
 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

The Blue line shows where the vehicle will travel. **The Yellow line shows** where steering will direct the vehicle.



Training Dates

Rating:

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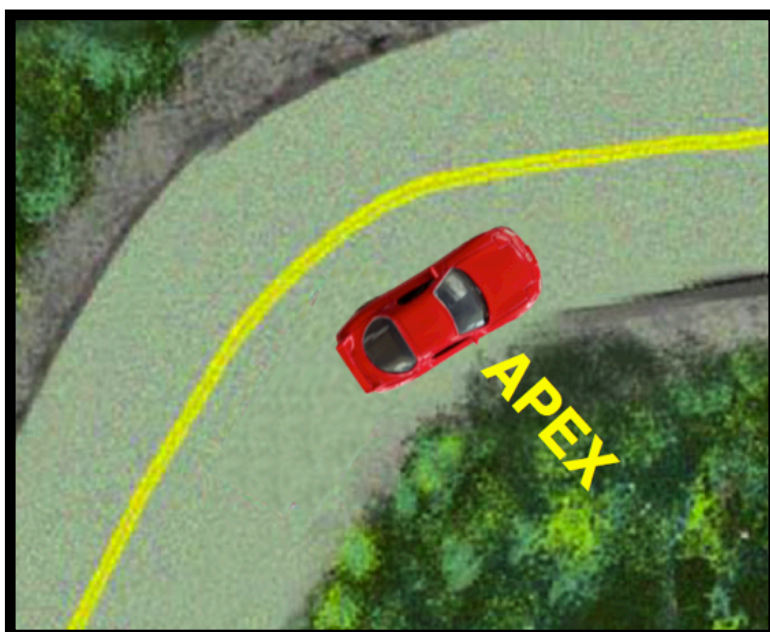
Approaching Curves and Hills

1. See Curve In Target Area
2. Check Rear Zone
3. Test road for "Slide Space"
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

10. Evaluate New Target Area
11. Evaluate Targeting Path
12. Hill Approach LP 1
13. At Hillcrest, Evaluate POT
14. Hillcrest LP 1

4	3
2	1



Training Dates

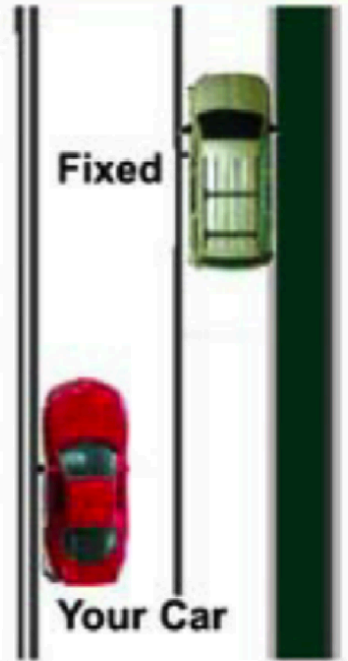
Rating:

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How to Manage Zone Changes

1. Identify Fixed Side Zone Changes

A fixed zone change is one that is not moving and is not likely to move before you reach its location. The parked camper is an example of a fixed side zone change.



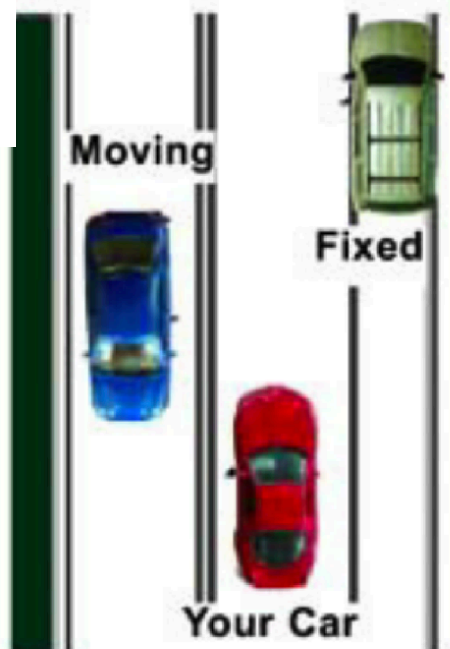
2. Identify Moving Side Zone Changes

An example of a moving side zone change is an oncoming vehicle. By changing your speed, you can alter the location where you pass each other.



3. Time B-Zone (left) with Fixed C-Zone (right)

To time the left zone — which is the moving zone change — you will pass the moving car and the fixed parked car separately.



Timing Side Zones

4	3
2	1

1. Identify Fixed Side Zone Ch
2. Identify Moving Side Zone Ch
3. Time Left Zone With Fixed Rt
4. Time Rt Zone With Fixed Lt

4	3
2	1

-
5. Improve Lane Position
 6. With Closed Left & Right
 7. Making Lane Change
 8. While Passing, Time Open
 9. Comm. For Best Control
 10. Get Best Speed Control

Control Critical Second

Control Critical Seconds when:

Someone Enters Your P.O.T.

Your Car Gets Off Target

4	3
2	1

Critical Second Speed Control

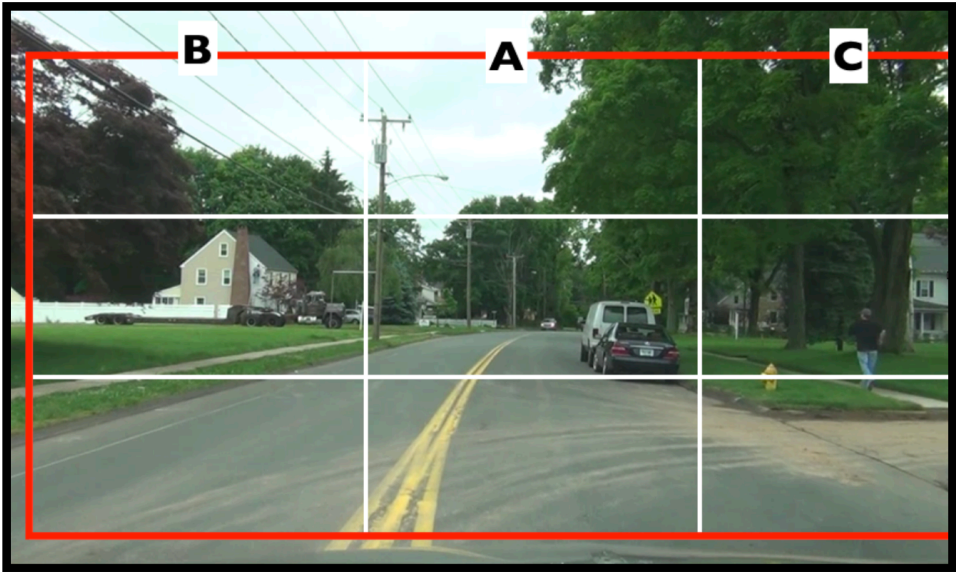
- Closed Zones, Reduce Speed
 - Closed A Window, Adjust Speed
 - Closed B & C Window, Adjust Speed
 - LOS-POT Blockage, Reduce Speed
-
- Danger Square, Adjust Speed
 - Entering Curve, Reduce Speed
 - Reduced Tire Grip, Reduce Speed
 - Reduced Visibility, Adjust Speed
 - Work Zones, Reduce Speed

Training Dates

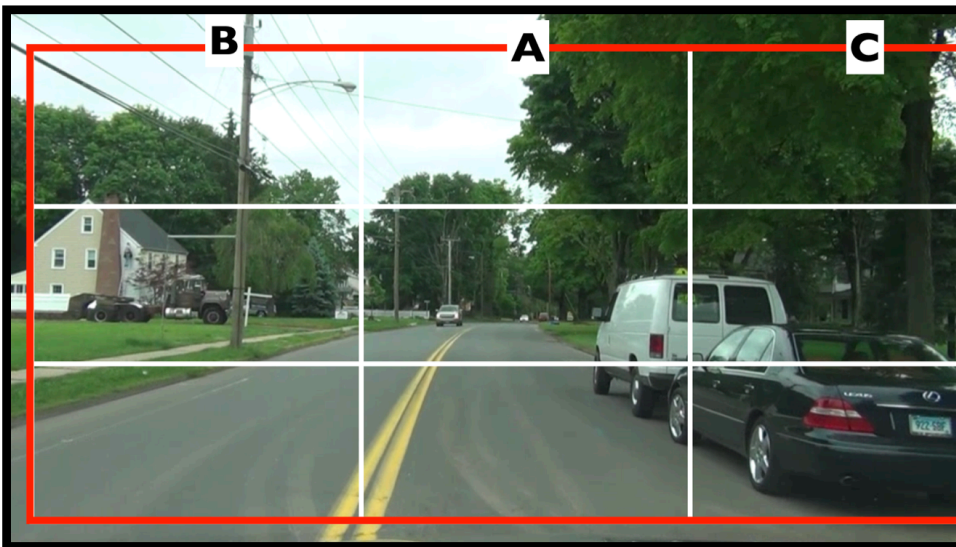
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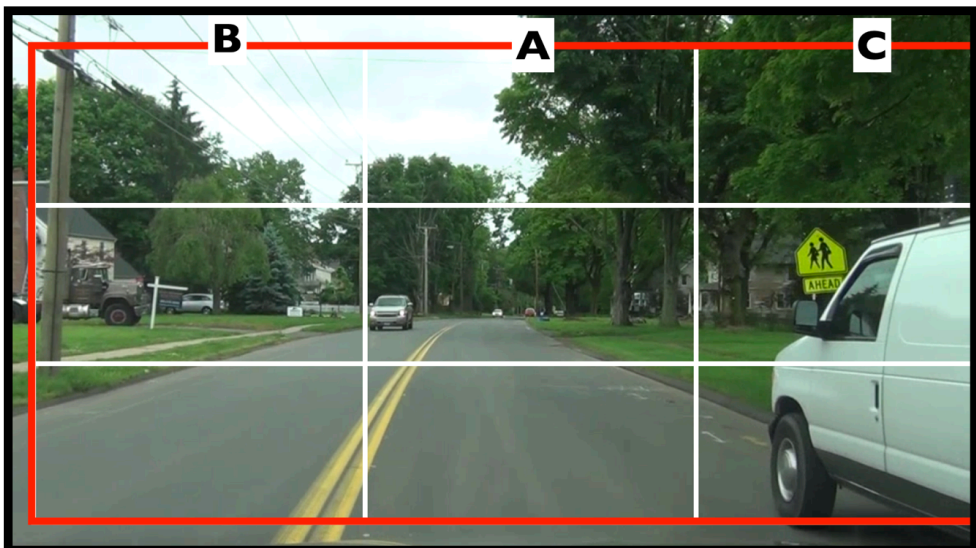
Find Critical Seconds to Manage



You Find in your A window that you will have parked vehicles creating an LOS-POT Blockage in your C window. There is no timing problem with the oncoming car.



This is a Critical Second. Vehicles or people could enter your POT. You manage it by taking LP2 and being alert.



This is another Critical Second. You can do a Ground Viewing Search and a 45-Degree Search for control.

Being Passed

1. Being Passed

4	3
2	1

1. Identify Type Of Tailgater
2. Plan Ahead For Passing
3. Select Passing Location
4. Adjust Lane Position
5. Communicate If Needed
6. Adjust Speed
7. Adjust Following Time

Passing

4	3
2	1

1. Why Pass? - Risk vs. Gain
 2. Keep At Least 3 Seconds
 3. Select Best Passing Location
 4. Mirrors - Head Checks - Signal
 5. Check Front and Side
 6. Avoid Hesitation
-
7. Accelerate Smoothly

4	3
2	1

8. Keep Searching
9. See Headlight
10. Return to Lane, Cancel Signal

Practice using the imaginary **“Red Truck.”**

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice

Limited Access Highways

1. Getting On The Highway

4	3
2	1

1. Check The Rear Zone
 2. Keep 4 Seconds of Space
 3. On Ramp, Slow Speed
 4. Search For Gap To Enter
-
5. Blind Area Checks

4	3
2	1

6. Signal Light On
7. Accelerate Briskly
8. Precision Lane Entry
9. Mirror Checks

2. Getting Off The Highway

4	3
2	1

1. Plan 12 Sec. Plus For Exit
2. Get Rear Zone Status
3. Communicate
4. Change Lanes, If Needed
5. Test Brakes Before Exit
6. Controlled Braking

Use secondary and rural highways for simulated Freeway Entry.

Training Dates

Rating:

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Procedures and Behaviors on Limited Access Highway

Target Area Searching - Matrix Use

4	3
2	1

FINDS LOS-POT in Target Area

SOLVES 15 seconds away

CONTROLS 4-sec. danger zone

Controls A, B, C Windows

Controls Critical Seconds

Separation Space from Vehicles

4	3
2	1

becomes Alerted to slow vehicles

adjusts Front Closure rate

keeps four-seconds space

controls the rear zone

Lane and Speed Selection

4	3
2	1

selects best legal lane for travel

uses far-left lane only for passing

uses lane effectively

selects best and legal speed

Approach To Interchanges

4	3
2	1

see open/closed zones

check rear zone

lane position/speed control

keep an open B or C window

Training Dates

Rating:

4 = No Hesitation, 3 = Hesitated, 2 = Coached, 1 = Practice