



Zone Control Strategies for Family Wellness

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Teens can Acquire these Strategies before Licensing!

Unit One: Power Tools to Build a House of Habits

Strategies 1 & 2



Strategies 1: Guide 01 - H01*. Establish Driver-Vehicle Readiness

- S1.01 Be physically and mentally fit to drive.
- S1.02 Have clean headlights and clean windshield for best sun glare and nighttime visibility.
- S1.03 No drowsiness, no alcohol, no drugs, no anger, no distractions.
- S1.04 Know how to detect and correct a drowsy condition.
- S1.05 Approach a vehicle with awareness of surroundings.
- S1.06 Look into vehicle. Control the door swing when opening.
- S1.07 Butt-in seating. Seat adjustments. Head restraints to ear level.
- S1.08 Windows up. Doors locked. Headlights on at all times.
- S1.09 Inside Mirrors get maximum view. Outside mirrors be able to see vehicle to the rear.
- S1.10 Use safety belts and require passengers to do so.
- S1.11 While passengers enter and exit an idling vehicle, use "Park" position and foot on brake.
- S1.12 As a CO-Driver, know how to give drivers positive feedback for correct actions.
- S1.13 As a passenger, know how to handle situations if you suspect the driver may be drunk.

Set 2: Guide 04 - H02. See Path Before Putting the Car in Motion

- S2.01 See that the Targeting Path you intend to use is clear.
- S2.02 Turn head in direction of intended movement before turning steering wheel.
- S2.03 Search SAM A window to target area for "Go" or "Slow" Conditions.
- S2.04 When central vision is directed away from roadway, establish open POT first.
- S2.05 Detect an off-target skid condition within the first second.
- S2.06 Correct an off-target skid condition within the first second.
- S2.07 Effectively use Central, and Fringe vision for searching and monitoring.
- S2.08 Find LOS-POT Blockages in C and B Zones.

Reference:

Strategies are learned and experienced on the **Driving MIND eCoach**.

*H = Habits from Part One of **The Driving MIND** book are practiced in the vehicle.
Guides from Part Two of **The Driving MIND** book are practiced in the vehicle.



Unit One • Strategies 3 & 4



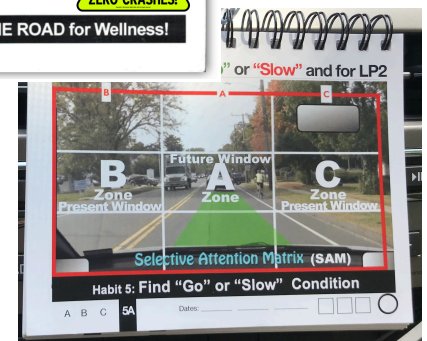
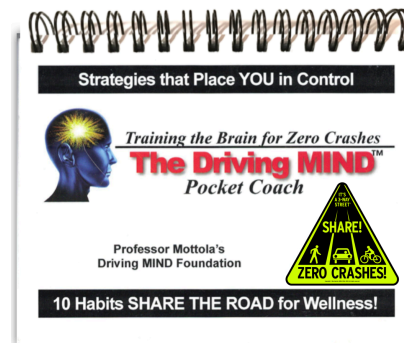
Strategies for driver wellness to develop into habits!

Strategies 3: Guide 28B - H09. Get Control with a Vehicle in Front

- S3.01 Be able to judge seconds of separation space.
- S3.02 Keep 4-seconds separation space when traveling at same speed as vehicle ahead.
- S3.03 Search beyond the vehicle ahead for slow conditions that may develop.
- S3.04 Close in gradually when vehicles ahead slow.
- S3.05 Stop to rear to see tires of car ahead.
- S3.06 When stopped traffic ahead begins to move, evaluate their POT before moving.
- S3.07 When the car in front is making a turn, increase separation to avoid zigzagging.
- S3.08 Control the rear zone to manage the front zone.

Strategies 4: Guide 05 - H04. Use Reference Points

- S4.01 Use Fringe Vision to maintain vehicles lane placement.
- S4.02 Learn use of reference points from the co-driver seat.
- S4.03 Learn side position reference points for making left or right turns.
- S4.04 Learn forward position reference points for making left or right turns.
- S4.05 Learn Transition peg from passenger seat for left and right turns.
- S4.06 Learn reference points for Lane positions LP1, LP2, LP3.
- S4.07 Move Chip car into Lane Position One.
- S4.08 Move Chip car into Lane Position Two.
- S4.09 Move Chip car into Lane Position Three.
- S4.10 Learn Legal stop position at stop signs.
- S4.11 Learn Safety Stop reference point.
- S4.12 Learn Staggered Stop Position.



*H = Habits from Part One of **The Driving MIND** book.
 Guides are from Part Two of **The Driving MIND** book.

Mind Cues are placed in the vehicle for “deliberate practice.”

Unit One • Strategies 5



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Strategies 5: Guides 10, 13, 14, 28 - H05. Zone Control of LOS-POT Critical Seconds

- S5.01 When a LOS-POT blockage is detected check opposite Window for options.
- S5.02 When a LOS-POT blockage is detected check opposite Window for an alternate POT.
- S5.03 Find LOS-POT blockages in future (A) window (target area) of Selective Attention Matrix (SAM).
- S5.04 Find Critical Seconds and establish control of the 4-second danger zone before entering it.
- S5.05 Evaluate whether the Critical Second is stable or unstable.
- S5.06 Solve 15 seconds away
- S5.07 Control 4 second Danger Zone
- S5.08 Control A, B, C Windows
- S5.09 Control Critical Second
- S5.10 How to deal with a driver who mismanages critical seconds.
- S5.11 How to handle a driver traveling at excessive speed.
- S5.12 Learn and use Six Searching Locations of the Selective Attention Matrix (SAM).
- S5.13 Establish best Lane Position, Speed Control, and Communications for B and C Zone conditions.
- S5.14 Solve LOS-POT blockages with best speed control, lane positioning, and communication.
- S5.15 When vehicle ahead is waiting to turn left, search for its opening to complete the turn.
- S5.16 When you have five or more second of space, the left turner will make the turn in front of you.
- S5.17 While operating within a path of travel, keep open space away from worst problem.
- S5.18 Use traffic signs as cues for where to search and what to search for.
- S5.19 Use LP1 and reduce speed when there are closed B and C zones.
- S5.20 Use Lane Position One (LP1) with open or closed B and C zones.
- S5.21 Use Lane Position Two (LP2) with open B zone and a closed C zone.
- S5.22 Use Lane Position Three (LP3) with open C zone and a closed B zone.

Quizzes and Tests:

Unit One • Strategies 6



Strategies for driver wellness to develop into habits!

Strategies 6: Guide 16 - H10. Interact Courteously with Others

- S6.01 When oncoming vehicle moves into LP2 expect it may drift into your lane.
- S6.02 When vehicle ahead moves into LP2 expect it to turn left.
- S6.03 When vehicle ahead moves into LP3 expect it to turn right.
- S6.04 Know when not to signal; such as when you don't want an approaching car to reduce speed.
- S6.05 When an oncoming vehicle is waiting to turn in front of you, evaluate your rear zone.
- S6.06 Empower yourself and reduce stress by seeking opportunities to be courteous to others.
- S6.07 Set a goal to be courteous to at least one person each day.
- S6.08 Send and receive communications in a timely and positive manner.
- S6.09 Avoid waving others to "go" unless you have total and accurate information of all conditions.
- S6.10 When oncoming driver is attempting to make a left turn with traffic to your rear, open your gap.
- S6.11 When oncoming driver is attempting to make a left turn with no traffic to your rear, keep speed.
- S6.12 Open up separation space to invite others to enter the traffic flow.
- S6.13 Open up separation space to 5 or more seconds for an oncoming vehicle to turn left in front of you.

Unit Two: Building the House of Habits Strategies 7 & 8



Strategies for driver wellness to develop into habits!

Strategies 7: Guides 5, 6A, 6B - H07. Control the Danger Square - Making Turns

- S7.01 Use 90° deep-search from stopped position.
- S7.02 Search Left, Front, Right for gap or hole to enter.
- S7.03 Turn head to evaluate POT before steering wheel is turned.
- S7.04 Learn side position reference points for making left or right turns.
- S7.05 Learn forward position reference points for making left or right turns.
- S7.06 Learn reference points for Lane positions LP1, LP2, LP3.
- S7.07 At oblique intersections for deep search, position vehicle at 90° angle to intersection.
- S7.08 Use the least amount of space when making right and left turns.
- S7.09 Use signal lights at least 5 seconds before turns.

Strategies 8: Guide 18 - H08. Get Rear Zone Control

- S8.01 Check rearview mirror before, during, and after taking a braking action. (Use Co-driver mirror.)
- S8.02 Evaluate whether the rear zone is “open,” “closed,” or “unstable.”
- S8.03 With closed rear zone, evaluate tailgater type: charger, one pacer, habitual.
- S8.04 With unstable rear zone tap the brake lights early before a complete stop. (to inform driver of issue)
- S8.05 With unstable rear zone apply brake as early as possible to stabilize rear zone.
- S8.06 When stopped in a traffic flow, continually monitor rear cars until at least two appear (“sand barrels”).

Quizzes and Test

Unit Two • Strategies 9



Strategies for driver wellness to develop into habits!

Strategies 9: Guides 17, 19, 20 - H07. Control the Critical Seconds at Danger Squares

- S9.01 While approaching danger square, search to the front, and at a 45-degree to the left and right.
- S9.02 Use a staggered stop position when the first car on inside lane of red light or stop sign.
- S9.03 Use a staggered stop position as an implied yield sign if conditions warrant its use.
- S9.04 Use a safety stop to have best searching of 90° to the left and right target areas.
- S9.05 While stopped, search to the front and at a 90-degree to the left and right.
- S9.06 Search for a hole or gap in the traffic flow.
- S9.07 Search the intersections left, front, and right zones from best to worst LOS-POT blockage.
- S9.08 Evaluate whether you are in a “Go” or a “Slow” Condition — take appropriate action.
- S9.09 With a red traffic light (a “Slow” condition) avoid continuation of unnecessary acceleration.
- S9.10 Time red traffic lights to become green while still five-seconds away.
- S9.12 Establish control of the 4-second danger zone (B and C Zones) before entering it.
- S9.13 Control 2-second point-of-no-return (PONR) before entering intersection.
- S9.14 Know where the PONR is for a green light changing to yellow.
- S9.15 Learn how to read accumulation of traffic at traffic actuated lights.
- S9.16 When the light turns green it will take one-second per vehicle before the vehicle ahead moves.
- S9.17 When you're the first vehicle at a fresh green light, search 90°-left, front, 90°-right for red-light runners.
- S9.18 Four searches when stopped at green light to make left turn, evaluate: gap, path, light and rear.

A test, based on Strategies 1 to 9, can be taken at this stage to earn the Zone Control Co-Driver License.



Unit Two • Strategies 10



Strategies for driver wellness to develop into habits!

Strategies 10: Guide 22 - H06. Build Zone Control Actions into Habits- Precision Lane Changes

- S10.01 Evaluate benefit for making the lane change.
- S10.02 Search other lane's LOS-POT.
- S10.03 Search outside mirror to find the gap or hole to enter.
- S10.04 Use LP2 then LP3 for making a precision lane change to the left.
- S10.05 Use LP3 then LP2 for making a precision lane change to the right.
- S10.06 Use LP4 or LP5 to control a lane merge.
- S10.07 Use LP5 to prevent a dangerous-overtaking-charger from driving into a bicyclist or jogger.
- S10.08 When last car before the gap is passing you, hold signal lever in lane change position.
- S10.09 Move into LP2 for left lane change, LP3 for right lane change.
- S10.10 Move head 8 inches forward while viewing mirror to check blind area.
(As Co-Driver, ask driver to adjust passenger-side mirror for your use. See more info when head is moved forward.)
- S10.11 Time arrival into new lane with open B and C zones when possible.
- S10.12 Increase speed if necessary.
- S10.13 Move into LP2 or LP3 of new lane.
- S10.14 Release signal lever.
- S10.15 Check rear zone for update.
- S10.16 Decide on best LP for upcoming conditions.

Quizzes and Tests:



Unit Three: **Living in the House of Habits** **Strategies 11**

Strategies for driver wellness to develop into habits!

Strategies 11: Guide 25 - H06. Turn Decisions into ZC Actions - Approaching Curves and Hills

- S11.01 See curve in Target Area (SAM'S Future A Window).
- S11.02 On approach to curve, check rear A zone condition.
- S11.03 Get speed under control while on the straightaway.
- S11.04 See at least 4-seconds of roadway into curve as measurement of speed control.
- S11.05 Before entering a curve with reduced traction road conditions apply brake to test traction.
- S11.06 During reduced traction conditions use "slide-space" on straightaway.
- S11.07 Search into a curve to see condition of new path of travel.
- S11.08 For Hills: use 100% focus to search over hill crest to see condition of new path of travel.
- S11.09 Take Lane Position 2 on approach to right curve with an open B zone.
- S11.10 Take Lane Position 3 on approach to left curve with an open C zone.
- S11.11 Take Lane Position 1 at apex and while exiting left and right curves.
- S11.12 On sharp curves, hold partial brake until at the transition peg.

Quizzes and Tests:



Unit Three • Strategies 12

Strategies for driver wellness to develop into habits!

Strategies 12: Guides 32A, 32B - H01-H10.

Being Passed

- S12.01 Identify tailgater type.
- S12.02 Habitual tailgater will not pass; concentrate on A Front Zone Conditions.
- S12.03 Charger tailgater will make an aggressive passing maneuver.
- S12.04 Evaluate Future and Present SAM Windows for where to be passed.
- S12.05 Select the best location for you to be passed.
- S12.06 Move into an LP that communicates to rear-driver to pass you.
- S12.07 Communicate with signal light if needed.
- S12.08 Reducing your speed will give you less exposure to the critical second

Passing on Secondary Roadways

- S12.09 Evaluate risk versus gain.
- S12.10 Evaluate traffic conditions of your POT to the target area.
- S12.11 Evaluate rear zone conditions to detect a vehicle to the rear that may also be passing.
- S12.12 Evaluate Future and Present SAM Windows.
- S12.13 Search for LOS-POT Blockages that may prevent detection of vehicles entering your POT.
- S12.14 Evaluate and be aware of rear zone conditions.
- S12.15 Keep at least 3 seconds separation while waiting for a passing opportunity.
- S12.16 Continue to evaluate Future and Present Windows of SAM during pass.
- S12.17 Return to lane when one headlight of passed vehicle appears in the inside rearview mirror

Passing on Freeways

- S12.18 Use number 1 lane for passing. When pass is complete move into another lane.
- S12.19 Use timing, lane selection, and lane position to separate from traffic at merge areas
- S12.20 Treat each vehicle passed as a “critical second.”
- S12.21 Evaluate the vehicle’s lane position and how steady its placement has been.
- S12.22 Evaluate what the gain will be by passing.
- S12.23 Avoid passing when there are closed B and C zones.
- S12.24 Avoid passing at merge areas.
- S12.25 When passing large vehicles (LOS Blockages) make 45° search for other passing vehicles.



Unit Three • Strategies 13

Strategies for driver wellness to develop into habits!

Strategies 13: Guide 34 - H01 - H10.

Freeway Driving

- S13.01 Check the Rear A Zone condition.
- S13.02 Keep 4-seconds separation from vehicle ahead.
- S13.03 While on ramp, evaluate length of acceleration lane.
- S13.04 While on ramp, evaluate Rear B or C Zones to find Gap or Hole in traffic flow.
(Co-driver may need to look out back window.)
- S13.05 Travel at legal speed limit in furthest right-side lane.
- S13.06 Middle lane is best to travel at the common-speed of the traffic flow unless it is more than 10 mph over the speed limit.
- S13.07 The middle lane is the fast lane for trucks that are restricted from the left lane. They may tailgate.
- S13.08 Select best legal lane for travel based on traffic flow.
- S13.09 Evaluate LOS-POT condition of B and C Present Zones of SAM (Left and Right Zones).
- S13.10 Use left lanes (lane #1) on freeways only for passing (aggressive drivers will “push” you).

Getting On the Freeway

- S13.11 Note the length of the acceleration lane for best planning.
- S13.12 Know whether a blind area search is needed.
- S13.13 If blind search is needed, move head 8-10 inches forward while checking outside mirror.
- S13.14 Keep awareness of aggressive driver in your Rear B Zone.
- S13.15 With Gap or Hole located, accelerate to blend into traffic at the speed of the traffic flow.
- S13.16 Enter into LP3 for right-side entrances, which provides escape path for aggressive drivers.
- S13.17 Enter into LP2 for left-side entrances, which provides escape path for aggressive drivers.
- S13.18 Check A Rear Zone and A Front Zone for updates.

Exiting Freeway

- S13.19 Plan for exiting information in the A Zone.
- S13.20 Get Rear Zone status, Communicate, Lane Change if necessary.
- S13.21 Test road surface during adverse conditions by applying brake while in decelerate lane.

Quizzes and Tests



Unit Three • Strategies 14

Strategies for driver wellness to develop into habits!

Note: Sections of this Set is spread out from sets 5 to 13 in the e-Coach.

Strategies 14: Guide 36 - H01 - H10. Keep Car in Balance - Skid Prevention and Car Control

- S14.01 Adverse conditions affect visibility or traction or both.
- S14.02 Dirty windshield creates reduced visibility and increases the blindness caused by sun glare.
- S14.03 Headlights with dirty lens reduces nighttime visibility.
- S14.04 Weather conditions created by fog, rain, snow, ice, sand and dust storms.
- S14.05 In all situations with reduced visibility speed reduction provides more time to process information.
- S14.06 Reduced traction results when there is less tire in contact with the road surface.
- S14.07 Wet roadways caused by dew, rain, snow, and ice require reduced speed.
- S14.08 During heavy rain deep tire treads are required to penetrate the water to make road contact.
- S14.09 Worn tires perform well on dry roads, which provides drivers with false feedback.
- S14.10 Worn tires, speed, heavy rain, causes front tires to ride on the water (hydroplaning) reducing steering.
- S14.11 Weight from backseat passengers can cause the front tires to lose contact with the road.

Three Stages of Skids

- S14.12 There are three stages: Prevention, Detection, Correction.
- S14.13 To best control a skid is to Prevent loss of tire grip to the road.
- S14.14 Control of the tire grip is dependent upon four tire patches, each about the size of your hand.
- S14.15 When tire grip is lost to the front tires, steering is lost and the car will slide straight ahead.
- S14.16 When tire grip is lost to the rear tires, the back end creates an Off-Target condition.
- S14.17 The loss of tire grip is most likely to happen by excessive speed, by braking, and steering.
- S14.18 Prevention is easier than correction. Reduce speed before entering corners.
- S14.19 Avoid harsh braking and steering actions.
- S14.20 Detection of the loss of traction to rear tires, is made by practicing on-off target awareness.
- S14.21 Correction of all skids requires foot off the brake and steer to get the car back on target.
- S14.22 Secondary Skids occur when the yaw rotation is stopped and the car goes into an off-target slide.
- S14.23 During the slide, the car is pointing away from the target area; the tires fully turned toward target area.
- S14.24 When speed of slide is reduced, traction is regained, a very rapid movement toward the target occurs.
- S14.25 Three actions must take place for correction: head to target area, detect car's movement, steer rapidly.

Quizzes and Tests:



Unit Three • Strategies 15

Strategies for driver wellness to develop into habits!

Strategies 15: Guides 11A, 16, 23, 30 - H01 - H10. Backing - Parking

S15.01 Backing requires use of all three mirrors. With back-up camera equipped vehicle, use both outside mirrors and the back up camera.

S15.02 Most essential to backing is speed should be at a creeping pace. When close to other objects, speed is at an inching pace.

S15.03 To aim the vehicle, select a targeting point and turn the steering wheel from the top down in the direction you want to go.

S15.04 Check front swing of vehicle when there is a steering action.

S15.05 Discover the “pivot point” for precision turning while backing.

S15.06 For Forward and Angle Parking view the In-car Guides for the Chip Cars that are available for step-by-step mental guidance.

S15.07 It is safer and more efficient to back into a Perpendicular Parking space than to back out..

S15.08 For Perpendicular Parking view the In-car Guides for the Chip Cars that are available for step-by-step mental guidance.

S15.09 For Parallel Parking view the In-car Guides for the Chip Cars that are available for step-by-step mental guidance.

S15.10 With practice using the Chip Cars for mental preparation you will have 100 percent success the first attempts when actual backing.

S15.11 Backing into space takes less time to park and “unpark.” Can get into and out of tighter spaces. Reduced liability if a crash occurs.

S15.12 Use inside and outside mirrors in combination with backup camera when backing and parking.

Quizzes and Tests:

Unit Three • Strategies 16

Strategies for driver wellness to develop into habits!

Strategies 16: Guide 31 - H01 - H10. Nighttime Driving

S16.01 Clean lights, windows, mirrors.

S16.02 Keep instrument panel lights low.

S16.03 Avoid looking at glaring oncoming lights with central vision, monitor vehicle with your fringe vision.

S16.04 Evaluate your depth perception accuracy by estimating the distance of oncoming vehicles, then count off the seconds.

S16.05 Be aware of the moon's cycle. The difference between illumination from a "full moon" as compared to a "new moon" is significant.

S16.06 Rural roadways without street lights require more concentration to search the A Zone beyond the range of your headlights.

S16.07 On rural roadways use high beams whenever there are no vehicle ahead of you, and there are no oncoming vehicles; with an oncoming car, dim high beams immediately.

S16.08 In urban areas avoid distractions created by an overload of environmental lights.

S16.09 Look for locations where pedestrians and bicyclist may be entering your POT.

S16.09 Look for cars without headlights on; most often they may come out of an illuminated parking lot.

S16.10 Communicate to oncoming vehicle with no headlights or with high beams on by one flash of your headlights from a distance.

S16.11 See curves and intersections early.

S16.12 When driving along side other vehicles, especially trucks, do not use or flash high beams.



230 Strategies can be cultivated into habit for Zero Crashes!

