

We went over a great deal of things today. Keep them in mind when practicing:

STAY SMOOTH AND KEEP THAT SPACE CUSHION

1. Expect the unexpected
2. Stale green lights-Decision point/ point of no return
3. Parked cars/parking lots-What to look for, exhaust steering wheels, lights, etc. 5mph stop at the end centered in lane
4. **Clear all intersections-regardless if you have the green light or not
3000 LBS OF METAL COMING TOGETHER WILL HURT!**
5. Bill-boarding- Adjust your speed to avoid this
6. Space cushion all 4 sides 6 – 8 seconds behind the car in front!
Check mirrors every 5-8 seconds
7. At start up when light turns green-count 1, 2, 3; check left right left
8. Eye lead time aiming high-how far are you looking down the road?
9. Escape route- always have an out for the car
10. Make sure they see you
 - Lights, horn, signals, EYE TO EYE CONTACT
 - If they are following to close tap your breaks
 - Kids playing- tap your horn
11. Stop behind the line on stop signs
12. Smooth breaking
13. Square off turns
14. Blind humps and blind curves in the road- be prepared to stop
15. Residential speed 20mph or under, hug center of the road and watch for children

Don't back unless you have to.

Full stops at stop signs and double stops

Downhill speed gravity

Stay out of others blind spots

Senior drivers- Buicks Lincoln Town Cars, big Cadillacs

When you see brake lights put yours on!

Drifting stay centered in the lane

Lane changes- signal, check mirrors, look over shoulder

Know your signs and read all of them on the road

Shuffle wheel don't get twisted when turning

SPACE AND VISIBILITY

RULE 1: AIM HIGH STEERING

<u>How do you do it?</u>	Imaginary target- baseball/dart board
<u>What does it do for you?</u>	Centers car in traffic lane: safe path on turns
<u>Key Phrase—REMEMBER</u>	"FIND A SAFE PATH WELL AHEAD"

RULE 2: GET THE BIG PICTURE

<u>How do you do it?</u>	How wide and deep? What's in it? Objects and ground
<u>What does it do for you?</u>	Keeps you away from billboards/ Smooth stops and turns buys time
<u>Key Phrase—REMEMBER</u>	"STAY BACK AND SEE IT ALL."

RULE 3: KEEP YOUR EYES MOVING

<u>How do you do it?</u>	Move eyes: Front- 2 seconds Rear 5 to 8 seconds
<u>What does it do for you?</u>	Keeps you alive at intersections/ Keeps eyes ahead of car
<u>Key Phrase—REMEMBER</u>	"SCAN----DON'T STARE."

RULE 4: LEAVE YOURSELF AN OUT

<u>How do you do it?</u>	Have escape route. Take path of least resistance.
<u>What does it do for you?</u>	Space on all four sides, but always in front
<u>Key Phrase—REMEMBER</u>	"BE PREPARED. EXPECT THE UNEXPECTED."

RULE 5: MAKE SURE THEY SEE YOU

<u>How do you do it?</u>	Communication in traffic---horn, lights, signals
<u>What does it do for you?</u>	Establishes eye-to-eye contact
<u>Key Phrase—REMEMBER</u>	"DON'T GAMBLE. USE HORN, LIGHTS AND SIGNALS."

Try quizzing each other on this info while driving

Recommendation: after a few days, switch and let one of your parents drive and you be the trainer. Have them communicate to you and you correct them (tactfully) watch and see what happens. Your parents may learn something as well! **HAVE FUN AND MAKE IT HAPPEN!**