



## In-Car Driving Lessons

-Lessons and Hints to Work With Your New Teen Driver

**Be Ready, Be Safe, Be Responsible**

**INITIAL LESSONS-A**

**BEST DONE IN OPEN AREA OR EMPTY PARKING LOT**

**OBJECTIVES-PROCEDURE/SKILLS PRACTICE**

**HAVE STUDENT OBSERVE AND IDENTIFY:**

- **POSSIBLE HAZARDS THAT MIGHT AFFECT THE DRIVE-  
WEATHER , VISIBILITY**
- **ACTUAL HAZARDS THAT ARE IN THE IMMEDIATE AREA-  
ACTIVITY**

**MAKE THIS A ROUTINE BY STATING WHAT TO DO.**

**HAVE THE STUDENT FOLLOW THE DIRECTIONS EXACTLY UNTIL ABLE TO PERFORM ACTIONS ON THEIR OWN.**

**A. PRE-ENTRY CHECKS**

**VEHICLE CONDITION**

**-BODY, TIRES, GLASS, LEAKS, DEBRIS, PETS, CHILDREN**

**B. ENTRY/ADJUSTMENTS**

- 1. KEY IN IGNITION, LOCK DOORS**
- 2. ADJUST SEAT/STEERING/HEADREST**  
**2 CLICKS OF IGNITION =POWER**
- 3. ADJUST MIRRORS TO BSGR**

**C. IDENTIFY CONTROLS-/ LOCATE/CHECK**

- BRAKE, GAS, (CLUTCH) PEDALS**
- DASHBOARD /WARNING LIGHTS**
- HEADLIGHTS/HIGH & LOW BEAM**
- TURN SIGNAL & HAZARD LIGHTS (4-WAYS)**
- STEERING WHEEL-CRUISE CONTROL/HORN**
- WIPER/WASHERS**
- VISIBILITY/COMFORT/(HEAT A/C, REAR DEFROST, DEFOG)**
- GEAR SELECTOR, PARKING BRAKE \***

**E. STARTING**

- **FOOT ON BRAKE ( HEEL ON FLOOR)**
- **HAND ON WHEEL**
- **CHECK GEAR/TURN KEY TO START**

### MOVING/STOPPING/FRONT REFERENCE/SECURE/SHUT DOWN

#### MOVING FORWARD-

1. Foot on Brake
2. Gear to D
3. Parking Brake release
4. Release brake pedal/Aim ahead/move forward
5. Control Braking/Smooth stop

#### ACCELERATION & BRAKING CONTROL

1. Foot pivots on heel to gas pedal
2. Accelerate smoothly upward to 20-25 mph in 5-mph increases in a straight line
3. Decelerate slowly downward 5mph decreases
4. Smooth Braking to stopping points

#### STEERING/TURNING/SIGNALS

9 & 3 hand position/ Hand-over/Push-Pull Techs.

All movement left or right forward, rear, sides require direction signals

### REVERSE

#### BACKING STRAIGHT

1. Left Hand @ 12 o'clock on wheel,
2. Look to rear path through rear window/check sides/
3. release P Brake/
4. move to target/smooth stop to rear ref pt./
5. secure pb/ Shift to P
6. Look to direction of back turn /signal/quick refer to front/sides/back to direction

#### BACKING & STEERING

Driving in reverse is the same as driving forward.

1. Look along your path of travel.
2. Steer to your target.
  - ⇒ Turn steering wheel left-car goes left
  - ⇒ Turn wheel right, car goes right

Be aware of hazards from the sides and front

RESIDENTIAL ROUTE

Characteristics

- MINIMAL TRAFFIC
- POSTED SPEEDS– UP TO 25 MPH
- MINIMAL SIGNS AND MARKINGS  
STOP, FEW WARNING. CROSS WALKS
- INTERSECTIONS, DRIVEWAYS, ALLEY WAYS  
BLIND & OPEN
- “RESIDENTIAL” ACTIVITIES  
=WALKING, JOGGING, CYCLISTS,  
CHILDREN, PETS

OBJECTIVES-PROCEDURE/SKILLS PRACTICE

- ENTER STREET  
= REAR CHECK >SIGNAL >BLIND SPOT
- IDENTIFY SIGNS
- ADJUSTMENTS TO CONDITIONS  
SPEED & LANE POSITION TO AVOID CONFLICT

- ID HAZARDS-AWARENESS & AVOIDANCE  
= SEARCH TECHNIQUES
- IDENTIFY INTERSECTION TYPES AND SIGNS  
T-INTER, Y, UNCONTROLLED, 1-2-3-4-WAY STOP
- IDENTIFY STOPPING POINTS @ INTERSECTIONS  
BEFORE: CROSSWALK, STOP LINE, SIDEWALK, EDGE OF ROAD
- MIRROR USE
- COMPLETE /SMOOTH STOP, 2ND STOP AS NEEDED
- CROSSING &TURNS  
RIGHT OF WAY  
LEFT & RIGHT-MOVING & STATIONARY  
GAP SELECTION,LANE ENTRY, STEERING TECH  
2ND GLANCE, SCAN THROUGH TURN, MIRROR
- MOVING TO CURB OR SIDE OF STREET  
=SEARCH, SIGNAL, BLIND SPOT
- PARKING &SECURING

LESSON 1/RESIDENTIAL EXTRAS

OBJECTIVES & SKILLS PRACTICE

TURNABOUTS-

- STRESS SIMPLICITY & SAFETY  
= EYES UP-SEARCH FOR TRAFFIC  
3-POINT TURN  
U-TURN  
2 POINT

EMERGENCY EXERCISES

- ENGINE STALL & MOVING RESTART  
PROCEDURE  
BENEFITS OF CONTINUED FORWARD MOTION  
PROBLEMS OF STOPPING
- ACCELERATOR STICK/ UNINTENDED ACCELERATION
- ABS BRAKING /EVASIVE STEERING
- COUNTERSTEER FOR REAR WHEEL TRACTION LOSS

- BRAKE FAILURE (MAY NOT BE ABLE TO DO W/ELECTRONIC  
Emergency brake)

PARKING SKILLS

PERPENDICULAR

DIAGONAL

UP-HILL/DOWN-HILL W/W/O CURB

## OPEN HIGHWAY

### CHARACTERISTICS

- TRAFFIC-MODERATE TO HEAVY
- SPEEDS -VARY  
30-55 MPH
- LANES-MULTIPLE  
TWO-DIRECTION /ONE DIRECTION  
PROTECTED TURNING LANES  
INTERSECTIONS & MULTIPLE LANE INT.
- SIGNS, SIGNALS, MARKINGS  
SIGNS-WARNING-EXACT, 3-5 SECONDS AWAY  
REGULATORY-SPEED, LANE USE  
GUIDE-DIRECTION, DISTANCE, ROAD I.D.  
SIGNALS-TRAFFIC LIGHTS/TURNING LANES  
MARKINGS- CENTER/PASSING/NO PASSING/COLOR  
FOG LINE-WHITE/RIGHT
- SIGHT DISTANCES/VARIABLE SEARCH AREAS  
= CURVES / HILLS
- MAY HAVE RESIDENTIAL OR EXPRESSWAY ASPECTS

### OBJECTIVES/SKILLS PRACTICE

- VEHICLE CONTROL /LANE POSITIONS @ HIGHER SPEEDS  
I.D. & ADJUST TO CONDITIONS & CHANGES  
SPEED -CONDITIONS, HAZARDS, SIGNS  
NEGOTIATING CURVES & INTERSECTIONS  
-CURVES-SET UP, SPEED -SLOW & BRAKE STRAIGHT  
-INTERSECTIONS-R OF WAY, GAP, SCAN THROUGH SIDES
- ORDERLY SEARCH PATTERN/ ACT ON, NOT REACT TO.  
I.D. , READ, Act ON WARNING SIGNS
- REGULAR & ROUTINE MIRROR USE  
PASSING/NO PASSING ZONES  
SLOWING, OUT OF CURVES, TRAFFIC SIGNALS, STOPS
- LANE CHANGES  
PROCEDURE-SEARCH, SIGNAL, BLIND SPOT, CHANGE, MIRROR  
INTO TURNING LANE  
MERGE  
PASSING /BEING PASSED

EXPRESSWAY/INTERCHANGES

CHARACTERISTICS

- TRAFFIC-LIGHT TO HEAVY
- SPEEDS-POSTED 65-70 MPH
- LANES -MULTIPLE TRAVEL LANES  
2 OR MORE, ONE DIRECTION

LIMITED ACCESS & EXIT– BY INTERCHANGES

SPECIFIC EXITS & ENTRANCES

MERGES & EXITS– FROM RIGHT AND LEFT  
WEAVE LANE (SHARED EXIT /ENTRANCE)

NO INTERSECTIONS, PHYSICAL BARRIER SEPARATES LANE DIRECTION

- SIGNS / SIGNALS  
GREEN GUIDE FOR EXITS / DISTANCES & LOCATION  
YELLOW WARNING-MERGES, CURVES, RAMP SPEEDS  
SPEED LIMITS  
LANE USE SIGNALS  
ENTRY METERING  
ELECTRONIC MESSAGE SIGNS

OBJECTIVES /SKILLS PRACTICE

- MAINTAIN CONSTANT SPEED WITH CONDITIONS  
@ POSTED SPEED OR 5 MPH BELOW
- EXIT & MERGING  
PROCEDURE  
SPEED  
GAP SELECTION  
BLIND SPOT CHECKS  
YIELD
- IDENTIFY & AVOID CONFLICT -  
COURTESY LANE CHANGES-  
NECESSITY/ABILTY TO PERFORM  
MERGE LANE AWARENESS –MIRRORS AS PASSING BY
- LANE CHANGES
- PASSING /BEING PASSED
- INCREASED AWARENESS AROUND CAR
- USE CRUISE CONTROL CORRECTLY \* (WEATHER)
- MIRROR USE ROUTINE & REGULAR

## MODERATE SUBURBAN/SHOPPING

### CHARACTERISTICS

- MAXIMUM POSTED SPEEDS 35-45 MPH
- INCREASED NUMBER OF USERS
  - ACTIVITY FROM ALL DIRECTIONS
  - EXITING /ENTERING BUSINESS LOTS
- LIMITED SPACE AND VISIBILITY
  - CURBS TO RIGHT
  - POSSIBLE LANES TO LEFT
- MULTIPLE LANE AND COMPLEX INTERSECTIONS
  - DEDICATED DIRECTIONAL LANES
  - SHARED DIRECTIONAL LANES
- GREATER NUMBER OF TRAFFIC CONTROLS
  - LANE USE, WARNING, SPEED SIGNS
  - VARIOUS SIGNAL LIGHTS
    - PROTECTED TURNS
    - UNPROTECTED TURNS
    - COMBINED

### OBJECTIVES/SKILLS

- NEGOTIATE A VARIETY OF INTERSECTIONS WITH A VARIETY OF LANES AND CONTROLS
- INTERACT WITH USERS /ACTIVITIES
- IDENTIFY AND RESPOND TO REAL AND/OR POTENTIAL HAZARDS
- ADJUST SPEED & POSITION WHEN APPLICABLE
- NAVIGATE PARKING LOTS
  - PEDESTRIAN, PARKING
- TURNS
  - SCAN THROUGH ALL TURNS
  - GAP SELECTION
  - SET-UP FOR LEFT TURNS @ INTERSECTIONS
  - SHARED LEFT TURN ONLY USE
  - RIGHT TURN ON RED
- ANTICIPATE CHANGING TRAFFIC SIGNALS
- REGULAR & ROUTINE MIRROR USE



## URBAN BUSINESS DISTRICT

### CHARACTERISTICS

- **LARGE VOLUME OF TRAFFIC & ACTIVITY**  
**TIME OF DAY**  
(MOTOR VEHICLES, BICYCLISTS, PEDESTRIANS  
BUSES, TAXI, DELIVERY)
- **SPECIAL LANES FOR SELECTIVE USE**
- **PROTECTED AND UNPROTECTED TURNS**
- **COMPLEX INTERSECTIONS**
- **RESTRICTED SPACE**  
**PARKING**  
**BLOCKED LANES**
- **CROSSWALKS**  
**MID-BLOCK**  
**@INTERSECTIONS**

## OBJECTIVES/ SKILLS

- **MAKING LEFT AND RIGHT TURNS FROM MULTIPLE LANES ONTO MULTIPLE-LANE STREETS**
- **MAKING LANE CHANGES**  
**PROCEDURE**  
**BLIND SPOTS CHECKS**
- **INTERACT WITH OTHER USERS**
- **YIELD TO PEDESTRIANS**
- **ENTER AND EXIT ALLEYWAYS**
- **NEGOTIATE AN OFF-SET INTERSECTION**  
**PROPER POSITION FOR LEFT TURN**
- **SCAN THROUGH TURNS**
- **ENTER CORRECT LANE FROM TURN**
- **SELECTIVE & ROUTINE MIRROR USE**
- **PREDICT CHANGING TRAFFIC SIGNALS**
- **NAVIGATE ONE-WAY STREETS**
- **REGULAR & ROUTINE MIRROR USE**

## RURAL ENVIRONMENT (Back Roads)

### CHARACTERISTICS

- POSTED SPEEDS MAY VARY UP TO 45 MPH
- MINIMAL TRAFFIC, USERS VARY  
= LOCAL, RECREATIONAL, FARMING
- LANES VARIOUS WIDTHS  
USUALLY UNMARKED  
= LIMITED SPACE TO RIGHT  
SOLID IMPACT=TREES, POLES, ROCKS  
EMBANKEMENTS=DITCHES,CULVERTS, NARROW BRIDGES
- TRAFFIC SIGNS  
WARNING SIGNS & SPEED LIMITS
- VARIOUS MATERIALS & MAINTENANCE  
DIRT, GRAVEL, PAVED, MUD  
POTHoles ,CRUMBLING EDGES, DEBRIS  
DRAINAGE, SNOW DRIFTS, ICE,WIND  
= LIMITED TRACTION
- SIGHTLINES (CHANGE WITH SEASON)
- CURVES /BLIND CURVES

### • HILLS

= ALL LIMIT VISIBILITY

### • WILDLIFE & FARM ANIMALS

BROAD, AGGRESSIVE SCANNING– BE AWARE OF MOVMENT

DO NOT SWERVE !!!

### PERCEPTUAL OBJECTIVES/SKILLS

- READ AND ACT ON SIGNS
- IDENTIFY AND RESPOND TO LIMITED HIGHWAY CONDITIONS
- IDENTIFY LOCATIONS OF HIDDEN SIDE ROADS, LANES AND DRIVEWAYS
- RESPOND TO RIGHT WHEEL DROP-OFF ONTO SHOULDER
- IDENTIFY AREAS OF LIMITED SPACE, VISIBILITY OR TRACTION
- SAFE SPEED THROUGH CURVES (SLOWDOWN, BRAKE WHILE STRAIGHT)
- SLOW WHEN RESPONDING TO RIGHT WHEEL DROP-OFF
- DROP-OFF RECOVERY
- MIRROR USE  
REGULAR & ROUTINE