In-Car Instruction: Lesson 1

Pre-Drive Packet

(60 minutes of behind-the-wheel instruction, 60 minutes of supervised practice)

Parents, you must read through the entire pre-drive packet and drive packet before beginning this lesson with your student. Remember to take a break after every 30 minutes of driving.

Student Goals

- **Pre-Driving Tasks**
  - Check area around exterior of vehicle
  - Check under the hood
  - Security checks
  - Seating position and restraints
  - Mirror settings (BGE)
- **Starting Procedure**
- **Identify Symbols and Warning Lights**
- **Identify and Practice Using Operating Control Devices**
- **Basic Driving Tasks**
  - Selecting proper gears
  - Pulling to and from the curb line
  - Driving forward at slow speeds (10 mph)
  - Braking and stopping smoothly
  - Making right and left turns
  - Using proper signals
  - Taking curves at appropriate speeds
  - Driving in reverse at slow speeds (straight, left, right)
  - Proper braking before curves
  - Checking mirrors while driving
  - Hand-to-hand steering
  - Hand-over-hand steering
- **Reference Points**
  - Lane position #1
  - Lane position #2
  - Lane position #3
  - Lane position #4
  - Lane position #5
- **Targeting**
- **Stopping and Securing the Vehicle**

Copyright © Jumby Bay Studios 2008

Parental Knowledge Database

Below you will find procedures, definitions, and tips for helping your student during their in-car session. Make sure that you have a good understanding of all of the procedures listed. While it is OK to take this information with you during the in-car lesson, you should not be reading the information while trying to observe and advise your student.

For the safety of you and your student, perform all driving tasks in this lesson in a traffic and obstacle-free environment, such as an empty parking lot. Allowing an inexperienced driver to practice these tasks on a roadway is extremely dangerous and is not recommended.

Pre-Driving Tasks

Check area around exterior of the vehicle for:

- Broken glass (windows, lights).
- Body damage.
- Condition of tires, including pressure of all four tires.
- Fluid leaks.
- Direction front tires are turned.
- Any debris that could interfere with movement.
- Small children or pets.

Check under the hood and identify:

- Battery.
- Oil dipstick.
- Radiator.
- Windshield washer fluid refill cap.
- Oil level.
- Radiator level.

Security Checks

Have your student enter the driver's side of the car and make the following security checks:

- Entry - Are all passengers safely inside the car?
- Lock - Lock all doors once every passenger is inside.

Seating Position and Restraints

- Adjust seating position so that your feet can easily reach the pedals, your arms and hands are in a proper and comfortable position, and you have maximum visibility when using your mirrors.
- Make sure that the lap and shoulder belts are being worn properly.

Copyright © Jumby Bay Studios 2008

- Position the headrest in the proper place and adjust side rests, if applicable.

Mirror Settings

To achieve the Blind Spot and Glare Elimination, or BGE, setting:

- Place your head against the driver's side window and adjust the driver's side mirror so you can barely see the driver's side of your car.
- Move your head as close to the center of the car as possible and adjust the passenger's side mirror so you can barely see the passenger's side of your car.
- To check your BGE settings, watch as a car passes you in an adjacent lane. It should enter your outside mirror before it leaves the rearview (inside) mirror. Also, the car should appear in your peripheral vision before it leaves the outside mirror.
- Remember, your inside rearview mirror is your primary mirror and it will take time to get accustomed to no longer seeing the sides of your car in the side mirrors.

Starting Tasks

- Check the parking brake.
- Place your foot on the brake.
- Place the key in the ignition.
- Make sure that the car is in 'park'.
- Turn key to the on position.
- Check dashboard or control panel for alert lights and check gauges.
- Turn key to start engine.
- Adjust heating and air conditioning, if necessary.
- Check for warning lights and look at all gauges.
- Set accessories. Use of headlights or daylight running lights is recommended.

Symbols and Warning Lights

While in your vehicle, review symbols and warning lights with your student. Consult your owner's manual for information specific to your car. Your student must be aware of what each symbol means. Some of the most common symbols and warning lights include the:

- Battery warning light.
- Brake warning light.
- Low oil pressure warning light.
- Temperature indicator.
- Seat belt reminder.

Copyright © Jumby Bay Studios 2008

- Fuel indicator.
- Emergency flashers.
- Headlights.
- Hood release.
- Trunk release.
- Turn signal indicators.
- Front and rear windshield defrosters.

Operating Control Devices

Have your student identify and discuss the control devices listed below. Allow your student to practice using these control devices if it is safe to do so.

- ***Steering wheel.*** The steering wheel should always be turned toward the direction you want the vehicle to move, whether moving forward or backward. Determining how far to turn the wheel will depend on the speed at which you're traveling.
- ***Gearshift***. The gearshift is located either on the steering column or in the console between the driver's seat and passenger's seat.
- ***Parking brake.*** Sometimes mistakenly referred to as the emergency brake, the parking brake is used to hold a car in place when it is parked and to protect the transaxle, constant velocity joints, and transmission. You should set the parking brake before putting the car in park. Students should identify whether their parking brake is controlled by a foot pedal or a hand-operated lever. They should also practice setting the parking brake.
- ***Cruise/speed control.*** This device allows you to maintain your specified speed of travel without having to use the accelerator or brake. Controls usually include: on/off, set/accelerate, and coast and resume. Cruise control can be cancelled at any time by pressing on the brake or pressing the off switch.
- ***Ignition switch.*** It is located on the right side of the steering column, near the dashboard or in the dashboard. This switch locks the steering wheel and shifting lever, and allows you to start the engine, turn off the engine, or use the accessories.
- ***Turn signal lever.*** Move it upward to turn on the right signal. Move it downward to turn on the left signal. The signals should turn off on their own. However, with slight turns, you may have to turn them off manually.
- ***Vehicle lights.*** Students should practice turning lights on and off, switching between high and low beams, and adjusting interior lights.
- ***Hazard flashers.*** Students should locate them and practice turning them on and off. Note the warning light that appears on the dash when they come on.
- ***Trunk and hood releases.*** Students should locate and execute each of these releases.

Copyright © Jumby Bay Studios 2008

Basic Driving Tasks

These tasks should be performed at slow speeds (10 mph) in a traffic and obstacle-free environment, such as an empty parking lot. It's important that your student becomes comfortable with these basic driving tasks before they enter the roadway in future lessons. The tasks you should discuss and practice include:

- Selecting proper gears.
- Pulling to and from the curb line.
- Driving forward at speeds not exceeding 10 miles per hour.
- Braking and stopping smoothly.
- Making right and left turns.
- Using proper signals. Your student should know how to properly activate right and left turn signals, as well as emergency flashers.
- Taking curves at appropriate speeds. Be sure that your student understands appropriate braking in order to slow down before taking curves.
- Driving in reverse at slow speeds. Using their mirrors, your student should be able to back up in a straight line, to the left, and to the right.
- Checking mirrors while driving.
- Hand-to-hand steering. This type of steering permits the driver to make steering changes ranging from very minor, one to two degrees, to gross adjustments requiring up to a half turn of the wheel.
- Hand-over-hand steering. To execute this method, one hand grasps the wheel and pushes the wheel up, over, and down. At the same time, the other hand releases the wheel and passes across the forearm to grip the wheel on the far side. This hand then pulls the side of the wheel up, over and down.

TIP: Inform your student that hand-over-hand steering raises the risk of driving off the road and exposes them to additional risk of injury in the event of airbag inflation. Hand-to-hand steering is the recommended method.

Reference Points

Students should practice positioning their car in each of the following positions:

- ***Lane Position 1 (LP1).*** Your car is in the center of the lane and is three feet away from the left and right lines. This position will be used for the majority of driving situations.
- ***Lane Position 2 (LP2).*** Your car is in the left side of your lane, approximately zero to six inches away from the left line. Use LP2 when

Copyright © Jumby Bay Studios 2008

there is something blocking your path of travel in the right side of your lane.

- ***Lane Position 3 (LP3).*** Your car is in the right side of your lane, approximately zero to six inches from the edge or edge line on the right. Use LP3 when there is an object blocking your path of travel in the left side of your lane.
- ***Lane Position 4 (LP4).*** Your car is straddling the left lane line. You will be in LP4 when changing lanes to the left.
- ***Lane Position 5 (LP5).*** Your car is straddling the right lane line. You will use LP5 when changing lanes to the right.

Targeting

Have your student discuss targets, target areas and target area searching. A target is a fixed object that appears 20-30 seconds ahead in your path of travel. The target area is the driving environment to the left and right of the target. Your student should:

- Select a target in a traffic and obstacle-free environment. This can be any fixed object that appears at the end, and in the center of, the path of their intended travel.
- Ask your student to identify the target area. This will be the driving environment to the left and right of where the target is located.
- Ask your student to identify other targets based on their intended path of travel. Remember, the target should continuously change as they drive and should always remain 20-30 seconds ahead in their path of travel.

Proper Stopping and Securing Procedure

- Stop within a legal, secure parking space.
- Make sure that you are parked a safe distance from fire hydrants, intersections, railroad crossings, etc.
- Keep your foot on the brake.
- Set the parking brake. This is recommended because it protects your car's transaxle and constant velocity joints.
- Set gearshift to 'park'.
- Turn off any accessories.
- Turn ignition switch to 'off'.
- Lock ignition switch and remove key.
- Remove seat belts.
- Check traffic for oncoming cars before opening the door and exiting the vehicle.
- Exit vehicle and secure doors and windows.

Copyright © Jumby Bay Studios 2008

More Tips for Parents

- Remember that students will be nervous getting behind the wheel for the first time. It's important to keep them calm and relaxed. Do not raise your voice; you'll only make them more nervous.

- Take breaks! If you or your student needs to take more breaks than recommended, that's fine. It's OK if it takes you longer than specified.

- You can change the order in which you complete the 'Drive Packet' to any order that makes the most sense for you and your student. Just be sure that your student completes all tasks. Repeat each task as necessary. Your student needs to be able to complete these basic tasks safely and comfortably before moving on.

Copyright © Jumby Bay Studios 2008