

HOW TO GUIDE YOUR TEEN DRIVER



The information contained in this guide is not intended to be a comprehensive document for teaching good driving habits.

As a helpful guide, it contains information that, if used, can help reduce risk. Good judgment should be used to adapt this information to different driving situations and conditions.

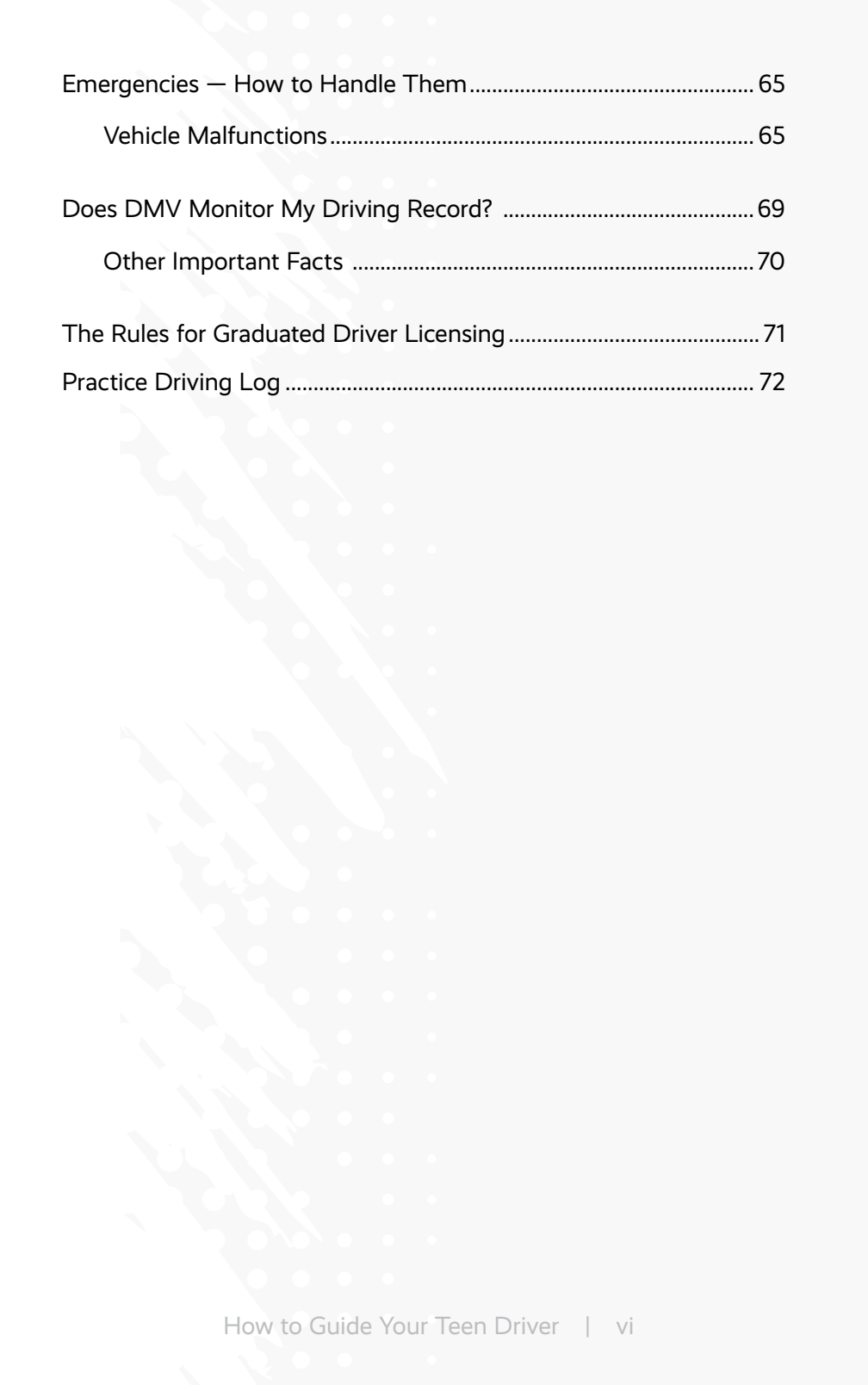


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WELCOME

TO THE WORLD OF TEEN DRIVING

As a parent, you want your teen to be safe, especially when driving. Novice drivers are much more at-risk due to their inexperience behind the wheel.

One of the best ways to improve the likelihood of your teen's safety is to ensure useful instruction and plenty of practice. Every hour of instruction and practice driving improves the likelihood of your teen's safety. This guide is provided to help you and your teen learn the skills necessary to be a safe driver.

What's included in this guide:

- ◆ Requirements for obtaining a learner's permit.
- ◆ Requirements for obtaining a provisional driver license.
- ◆ Driving restrictions associated with graduated driver licensing.
- ◆ Practice driving log.
- ◆ Tips on teaching basic and complex driving skills and maneuvers.
- ◆ And more!

DID YOU KNOW...?

- ◆ Oregon Driver Licensing laws require a teen to have 50 hours of supervised driving practice if they also complete an ODOT-Approved formal driver education course. It will take more than 15 minutes of practice every day for six months to complete 50 hours of practice driving.
- ◆ A teen who completes and passes the ODOT-Approved driver education course does not have to take a drive test at DMV when they apply for their license.

- ◆ A teen who does not take a formal driver education course must complete 100 hours of supervised practice driving – that’s more than 30 minutes of practice every day for six months! And the teen who does not complete a driver education course will still need to take the drive test at DMV.

The tips in this guide, in part, will help you teach your student:

- ◆ How to identify blind spots around the vehicle.
- ◆ How to identify and choose the correct lane position for the driving environment.
- ◆ How to effectively and safely communicate with other road users.
- ◆ How to break down driving maneuvers into easy-to-teach steps.
- ◆ How to handle common emergency situations.

We encourage you to consider formal ODOT-Approved Driver Education. Data continues to show that students who complete a driver education course are much less likely to receive a traffic citation, conviction or be involved in a fatal or serious injury crash.

Find an ODOT-Approved Driver Education provider at https://www.oregon.gov/odot/dmv/pages/driverid/comm_drvr_train_sch.aspx.

PARENTS' ROLE

IN THE WORLD OF TEEN DRIVING

Fulfilling the parent role in teen driving is very important. Your interest and participation in the teen's driving practice will help establish their lifelong driving habits.*

DID YOU KNOW?

Oregon has a Graduated Driver Licensing (GDL) program designed to increase the safety of teen drivers by giving them more time to gain driving experience before becoming fully licensed. The first step is the provisional instruction permit. You can find details on how to get an instructional permit at <https://www.oregon.gov/odot/DMV/TEEN/pages/permit.aspx>.

Once the teen has received an instructional permit, there are restrictions related to how and with whom the teen can drive.

Provisional Instruction Permit Restrictions

- ◆ Your teen may not operate a motor vehicle while using any mobile electronic device, even hands-free.
- ◆ Your teen may not drive unless supervised by a licensed driver at least 21 years old who is seated beside the permit holder.
- ◆ The supervising driver must have had their license for at least three years for the driving practice to count toward the 50 or 100 hour requirement to get a license.

***NOTE:** ODOT recognizes that in the driving task, a teen may be supervised by someone other than a biological or adoptive parent. The supervising adult could be a sibling, grandparent or other relative, or a family friend. For purposes of this document, when referencing "parent," we are referring to any supervising adult that meets qualifications for driving supervision: be at least 21 years of age and have held a valid driver license for at least three years.

DID YOU KNOW?

Teens who complete an ODOT-Approved Driver Education course are less likely to be involved in a traffic crash or receive a traffic citation.

Teen Provisional License Requirements and Restrictions

- ◆ Must be at least 16 years of age.
- ◆ Must hold an instruction permit for at least 6 months before applying.
- ◆ Must complete at least 50 hours of supervised driving and an ODOT-Approved traffic safety education course OR at least 100 hours of supervised driving.
- ◆ Must pass a drive test. DMV may waive the drive test **if a teen has completed the ODOT-Approved driver education course.**
- ◆ **May not operate a motor vehicle while using any mobile electronic device.** This includes texting or talking on a cell phone, even hands-free, an mp3 player, or other portable electronic device.
- ◆ For the first 6 months:
 - ▶ **No passengers under 20 years of age** unless they are a member of the driver's immediate family, AND
 - ▶ **No driving between midnight and 5 a.m.** (See list of exceptions on page 5.)
- ◆ For the second 6 months:
 - ▶ **No more than 3 passengers under 20 years of age** unless they are a member of the driver's immediate family, AND
 - ▶ **No driving between midnight and 5 a.m.** (See list of exceptions on page 5.)
- ◆ The passenger and night driving restrictions end after 1 year or at age 18, whichever comes first.

Exceptions to driving between midnight and 5 a.m. for the first year:

- ◆ Driving between home and work.
- ◆ Driving between home and a school event for which there is no other transportation available.
- ◆ Driving for employment purposes.
- ◆ When accompanied by a licensed driver who is at least 25 years of age.

DID YOU KNOW?

The parent or legal guardian who signed the teen application can [cancel](#)¹ a teen's driving privilege. A parent or legal guardian's signature is required for a teen under the age of 18 to get a provisional driving privilege. The parent or legal guardian who signed the application may request in writing the driving privileges be canceled at any time, until age 18. DMV will cancel the teen's driving privilege until they turn 18, marry, become emancipated, or reapply and submit an application with a parent or legal guardian's signature.

Driving Risks

Driving is a risk and can be potentially dangerous for everyone. It is more dangerous for teen drivers who have less experience behind the wheel. Teen drivers crash more than any other age group for several reasons.

- ◆ **Age/Lack of Maturity:** Teens make more errors in judgment due to their inexperience behind-the-wheel and their young age.
- ◆ **Brain Development:** Numerous studies have shown that the pre-frontal cortex, the part of the brain responsible for controlling decision-making and impulse control, is not fully developed until a person's mid-twenties.

1 <https://www.oregon.gov/odot/Forms/DMV/7340fill.pdf>

- ◆ **Risky Driving Behaviors:** Teens are more likely to engage in risky driving behaviors including speeding, running red and yellow lights and stop signs, tailgating, weaving in and out of traffic and other risky behaviors.
- ◆ **Distractions:** All inexperienced drivers experience distractions, including mobile electronic devices, car infotainment systems, pets, and other passengers. Teens have less experience dealing with these distractions when behind the wheel of a car. And it is illegal for teens under age 18 to use a mobile electronic device while operating a motor vehicle.
- ◆ **Driving Inexperience:** It takes a LOT of practice to learn to drive safely. Teens just don't have the time in yet.

High-Risk Driving Conditions

Driving is a privilege and with it comes responsibility. Talk to your teen about the dangers of driving and the following high-risk driving conditions.

- ◆ **Impaired Driving:** Drinking any – yes, any – amount of alcohol produces impairment. It is the same with drugs. Not only is the use of alcohol and illicit drugs illegal, the combination of alcohol and/or drugs (prescription or over-the-counter) and driving can be deadly.
- ◆ **High speeds:** For teen drivers, most severe crashes occur at high speeds. Crash risk, severity, and force all increase as speed increases.
- ◆ **Passengers:** Passengers can be a major distraction. Teen passengers may intentionally or unintentionally encourage friends to speed, show off, or not pay enough attention to driving. For teen drivers, as the number of passengers increases, teen crashes increase. Driving is a “new skill” for teens and they need to pay close attention.

- ◆ **Nighttime driving:** For teen drivers, the most severe crashes occur at night and on weekends. Night driving is challenging for all drivers, but novice teen drivers do not have the experience to anticipate and react to nighttime conditions when visibility is reduced. Make sure your teen gets extensive nighttime practice driving with you in varied types of weather. Be aware that teenagers driving at night usually include a lack of adult supervision, carrying passengers, and driving at high speeds, all of which increase risk exponentially.
- ◆ **Safety belt non-use:** Safety belt non-use is a problem for both drivers and passengers. Safety belts are important because they keep the driver and passengers inside the vehicle where they are the safest.

SUPERVISE

YOUR TEEN DRIVER

Driver education is the beginning of the process of learning to drive, but teens need many, many hours of practice to become safer drivers.

Tips for Supervising Teen Driving

PRACTICE, PRACTICE, PRACTICE!! Practice as much as possible, even after your teen gets their license.

- ◆ **Who:** Practice with only you and your teen in the vehicle. Other people, pets, etc. can distract both of you and increase stress. Remember: remain calm and focused; making mistakes is part of learning, and practice driving is serious, but it should also be interesting and engaging.
- ◆ **What:** Practice the driving skills that your teen is learning also. Begin with basic skills such as turning, parking, and backing up. Then, practice more complex skills such as changing lanes and merging.
- ◆ **When:** In the beginning, practice during daylight hours with good weather. As your teen's skills increase, gradually expose them to different roads, weather conditions, and times of day.
- ◆ **Where:** In the beginning, practice in safe, low-risk driving areas. Start out in empty parking lots or on remote roads. As your teen's skills increase, progress to quiet neighborhood streets and later to busier roads and highways.
- ◆ **Why:** Learning to drive is a complex, ongoing process requiring responsibility and dedication from both parents and teens. New drivers need a lot of practice to handle daily driving hazards and unexpected situations. Teens will show the greatest improvement in the first 1,000 to 5,000 miles of driving.

The leading cause of death among 15-20 year olds in Oregon is motor vehicle crashes

Use a Practice Driving Log

Use a driving log (page 73) to track your teen's driving practice and their progress toward becoming a safe driver!

Get more practice log pages through ODOT's [Transportation Safety Office](#).²

² https://www.oregon.gov/odot/DMV/Teen/Documents/teen_drive_log.pdf

Have Your Teen Do These Steps Each Time When Practicing:

- ◆ **Be in the “practicing mood.”** Practice when both you and your teen are ready, in good moods, have sufficient time, and are well rested.
- ◆ **Adjust mirrors, safety belts, seats, and steering wheel position before starting the vehicle.**
- ◆ **Always wear safety belts and use headlights day and night!**
- ◆ **Come to a complete stop** at stop signs and for right turns at red lights.
- ◆ **Look left, then front (straight ahead), then right** before proceeding from a stop.
- ◆ **Keep eyes moving** and use the mirrors to check around and behind the vehicle every 6-8 seconds.
- ◆ **Keep at least a 2-4 second space** between your vehicle and others in traffic flow. Try to stay centered in the lane of travel.
- ◆ **Avoid the “No-Zone” with trucks or buses.** This is about 15 feet on all sides of the truck. If you cannot see truck drivers in their mirrors, they cannot see you either.
- ◆ **Be aware—Speed increases braking distance.** Doubling your speed will quadruple your braking distance. The faster you’re going the longer it takes to stop.
- ◆ **Be aware—Vehicle weight increases braking distance.** Doubling your vehicle weight will double your braking distance. If you are driving a large vehicle or towing a trailer it takes longer to stop.



SET FAMILY RULES

AND GUIDELINES FOR DRIVING

Oregon law sets requirements for teen driving, but families should discuss other rules and limits for their teen drivers. These family rules should be very clear from the beginning. Talk to your teen about driving every chance you get.

Use a Parent-Teen Driving Agreement

Use of a Parent-Teen Driving Agreement is a great way to determine appropriate rules and guidelines for your teen driver! You can find sample agreements on the internet.

Driving Rules/Guidelines for Your Family

- ◆ **No Impaired Driving.** All teens are too young to legally buy or possess alcohol, but they are still at risk. Nationally in 2019, 3,968 young drivers (15 to 19 years old) were involved in fatal crashes and of those, 735 (19%) had been drinking. Remind your teen that driving under the influence of any impairing substance, including illicit, prescription or over-the-counter drugs, could have deadly consequences.
- ◆ **Buckle Up. Every Trip, Every Time, Everyone—Front Seat and Back.** Wearing a safety belt is one of the simplest ways for teens to stay safe in a vehicle. Yet, too many teens are not buckling up and neither are their passengers. In 2019, there were 3,605 young drivers (15-19 years old) of passenger vehicles involved in fatal crashes, and 46 percent of those who died were NOT buckled up at the time of the fatal crash. Remind your teen that it's important for everyone to buckle up on every trip, every time, no matter what. Safety belts save lives.

- ◆ **Eyes on the Road, Hands on the Wheel. All the Time.** Distractions while driving are more than just risky—they can be deadly. In 2020, 186 teens (15-19 years) were killed in distraction-affected crashes. Remind your teen about the dangers of texting, dialing, or using mobile apps while driving. And here in Oregon, it is illegal for a teen to use a mobile device while operating a motor vehicle. But distracted driving isn't limited to cell phone use. Other passengers, audio and climate controls in the vehicle, and eating or drinking while driving, are all examples of dangerous distractions for teen drivers. Whatever it is, it can wait.
- ◆ **Stop Speeding Before It Stops You.** Speeding is a critical issue for all drivers, especially teens. In 2019, young drivers were speeding at the time of a fatal crash more than almost every other age group. Remind your teen to drive within the speed limit.
- ◆ **No More Than One Passenger at a Time.** Extra passengers in a teen's car can lead to disastrous results. According to data analyzed by NHTSA, teen drivers were two-and-a-half times more likely to engage in one or more potentially risky behaviors when driving with one teenage peer compared to when driving alone. And the likelihood of teen drivers engaging in risky behaviors triples when traveling with multiple passengers.
- ◆ **Limit Unsupervised Night Driving:** According to Oregon's GDL law, with a provisional license, a teen cannot drive between midnight and 5:00 a.m. for the first year unless they are accompanied by a licensed driver 25 or older or driving between home and work or school. Statistics show that teens have a higher crash rate during these hours. Consider setting an additional (earlier) driving curfew — especially on the weekends for the first 6 months your teen drives unsupervised.
- ◆ **Require a Full Report:** Require information about each trip before leaving, including where your teen is going, with whom, and when they will return so that you know where they are.

Provide a Safe, Reliable Vehicle for Your Teen

- ◆ Mid- to full-size sedans and station wagons with smaller engines and airbags are safest for teen drivers.
- ◆ Under certain conditions, small trucks and SUVs may be more prone to roll-overs than other types of vehicles.
- ◆ High-performance cars may encourage teens to drive beyond their experience level.
- ◆ The Insurance [Institute for Highway Safety](http://www.iihs.org)³ provides an annually updated list of safe car choices for teens.

Impose Consequences for Violating Rules/Guidelines

- ◆ Make consequences relate to losing driving privileges: For a day, weekend, week, month, etc., depending on the violation.
- ◆ Consequences not related to losing driving privileges will not be as effective in sending the messages: “You must be a responsible driver” and “I am serious about your following the rules and limits for driving.”
- ◆ Consider requiring your teen to complete additional supervised practice.

Make consequences known: Set consequences for common violations *before they occur* so that your teen knows what to expect.

- ◆ Getting a speeding ticket.
- ◆ Coming home less than 30 minutes after curfew.
- ◆ Coming home more than 30 minutes after curfew.
- ◆ Lying about their whereabouts.
- ◆ Violating passenger restrictions.

3 <http://iihs.org>

BEFORE YOU

EVEN BEGIN

Oregon teens are one of the smallest groups of Oregon drivers. But they are three times as likely to be involved in a fatal or serious injury crash due to their inexperience behind the wheel.

Teen Driver Teaching Orientation

Before you begin teaching, make sure you know common teen driving errors and ways you can help your teen be a better driver.

Top Driving Errors

- ◆ Failure to avoid stopped or parked vehicle ahead.
- ◆ Failure to yield right-of-way.
- ◆ Roadway departure (running off the road).
- ◆ Driving too fast for conditions (not exceeding posted speed).
- ◆ Failure to maintain lane.
- ◆ Following too closely.
- ◆ Inattention (distraction).
- ◆ Failure to decrease speed for slower moving vehicles.
- ◆ Left turn in front of oncoming traffic.
- ◆ Disregarded traffic signal.

Aggressive Driving

Drivers who routinely speed, run red lights and stop signs, tailgate, and otherwise disregard the safety of other motorists are turning streets and highways into high-risk areas. Aggressive driving can easily escalate into road rage. We're all too familiar with stories of motorists who've killed or injured other drivers for seemingly trivial reasons.

When is it Aggressive Driving?

The following attitudes and behaviors indicate that problem driving behaviors are related to aggression rather than inexperience:

- ◆ Constant rushing, lane jumping, and the need to “get ahead.”
- ◆ Ignoring road signs and regulations.
- ◆ Constantly ridiculing and criticizing other drivers.
- ◆ Denying entry into your lane or preventing passing.
- ◆ Speeding past another car, revving engine.
- ◆ Tailgating a driver to go faster or get out of your way.
- ◆ Honking, flashing headlights, yelling or making visible insulting gestures.

When Confronted by Aggressive Drivers:

- ◆ First and foremost, make every attempt to get out of their way.
- ◆ Put your pride in the back seat. Do not challenge them by speeding up or attempting to “hold-your-own” in your travel lane.
- ◆ Wear your safety belt. It will hold you in your seat and behind the wheel in case you need to make an abrupt driving maneuver and it will protect you in a crash.
- ◆ Avoid eye contact.
- ◆ Ignore gestures and refuse to return them.

- ◆ Report aggressive drivers to the appropriate authorities by providing a vehicle description, license plate number, location, and if possible, direction of travel.
- ◆ If it is an emergency and you can do it safely, call 911. Keep in mind that it is against the law to operate a motor vehicle while using a mobile communication device unless you are requesting medical or emergency help and there is no other person in the vehicle that is able to do it.

Parent Tips for Teaching Your Teen Driver

Set a Good Example

You should always model correct, legal driving behavior for your teen driver. Also, make sure you and your teen are familiar with all controls and safety devices in each of the family vehicles.

Expect that Your Teen Will Make Mistakes

Making mistakes is part of learning so be positive and calm. Try to separate physical errors (like turning the wheel too soon) from mental errors (like not detecting a problem) and coach your teen accordingly. Always praise correct driving behaviors.

Give Directions Clearly, Calmly, and Well in Advance

Explain why and how to do things in a soft, steady voice.

DO NOT assume your teenager knows what you want them to do. Give time for them to clarify your directions, if needed.

Stay Focused and Ready

Remember, you are the responsible driver of the car so constantly scan the driving scene and be ready to react to any driving situation.

- ◆ Make sure that you verbally guide your teen through situations well in advance of trouble.
- ◆ If necessary, be ready to react to any driving situation and assist with verbal or physical steering guidance.

Vehicle Safety Features

It is important that you and your teen understand the safety features in each of your vehicles. Together, read your vehicle manuals for information on, and proper usage of, vehicle safety features.

Safety Belts

In 2020, 311 people in passenger vehicles were killed in traffic crashes in Oregon. Even with Oregon's amazing compliance (top 5 in the nation for 17 years now) 32% were still unrestrained.

Oregon law requires that all motor vehicle occupants "properly" use safety restraints. For adults and children over age eight or taller than 4'9", this means using a safety belt or safety harness system.

Child Safety Seat Law

Child passengers must be restrained in child safety seats until they weigh at least forty pounds or reach the upper weight limit for the car seat in use. Infants must ride rear-facing until they reach two years of age.

Booster Seat Law

Children who weigh over forty pounds must use a booster seat until the adult belt fits them correctly AND they are at least eight years old OR they are 4'9" tall.

Rear Seating for Children

There is no Oregon law specifically prohibiting children from riding in the front seat of passenger vehicles. However, a rear-facing infant seat cannot be placed in a front seating position that is equipped with an airbag because this would violate Oregon's requirement for "proper use" of a child safety seat. There is a national "best practice recommendation" calling for rear seating for ages 12 and under.

Each of the following can significantly reduce injuries in the event of a crash. Practice each of these with your teen:

- ◆ Read the manufacturer's instructions for the proper use of safety belts and car seats.
- ◆ Wear safety belts.
- ◆ Have children age 13 and under sit in the back seat.
- ◆ Place children correctly in appropriate child restraints.

Air Bags

Air bags and safety belts are designed to be used together. Air bags and safety belts keep you in the safest positions during a crash. Depending on your vehicle, you may have front and/or side air bags.

Air bags can deploy at speeds of up to 200 mph and temperatures of almost 500 degrees. The deployment and deflation happens faster than the eye can see. Front and side impacts will activate appropriate air bags.

Proper Procedures for Use

- ◆ Read your vehicle manual to learn where air bags are located and when and how they deploy.
- ◆ Sit 10-12 inches from the steering wheel. Any less than 10 inches and you dramatically increase the impact force of an airbag that is deploying. More than 12 inches and the bag begins to deflate as you're moving forward into it, decreasing its efficiency.

Does Your Vehicle have Antilock Brake Systems (ABS)?

Most vehicles manufactured after 2011 have antilock brake systems. ABS is designed to help a driver maintain control during emergency braking situations by keeping the tires from locking up and avoiding uncontrolled skidding. However, it does not make a vehicle stop more quickly. In fact, the rolling traction may produce longer stopping distances on some dry or limited traction surfaces such as loose gravel or fresh snow.

Some vehicles are equipped with ABS on all 4 wheels. Others, such as light pickup trucks only have ABS on the rear wheels. Check your vehicle manuals to determine if you have ABS and on which wheels.

How Do You Use ABS?

Vehicles with ABS require the foot to remain firmly on the brake pedal when braking hard. This allows the system to automatically pump the brakes faster than you can. The system usually activates at speeds above 10 mph.

- ◆ **With ABS on all 4 wheels**, do not pump the brakes. Maintain firm pressure on the brake, and if needed, steer away from the hazard using a minimum amount of steering.
- ◆ **With ABS on the rear wheels only**, the front wheels can lock up. Pump the brakes to avoid lock-up.

Vehicle Functioning

In addition to safety features, you and your teen need to be familiar with all vehicle controls and other indications that the vehicle is functional.

Vehicle Controls

In each of your vehicles, have your teen practice and then demonstrate the ability to operate each of the following without looking at the controls:

- ◆ Gear selector
- ◆ Turn signals
- ◆ Headlights, low and high beams
- ◆ Climate controls
- ◆ Defrost, front and back
- ◆ Door locks
- ◆ Window controls
- ◆ Parking brake, set and release levers
- ◆ Brake and gas pedals

Vehicle Readiness

In each of your vehicles, have your teen practice and then demonstrate the ability to determine the readiness of each of the following:

- ◆ Windows and headlights clear
- ◆ Tires properly inflated
- ◆ Mechanical condition checked regularly
- ◆ Loose objects secured in trunk
- ◆ Parking brake works
- ◆ Signal lights and brake lights work

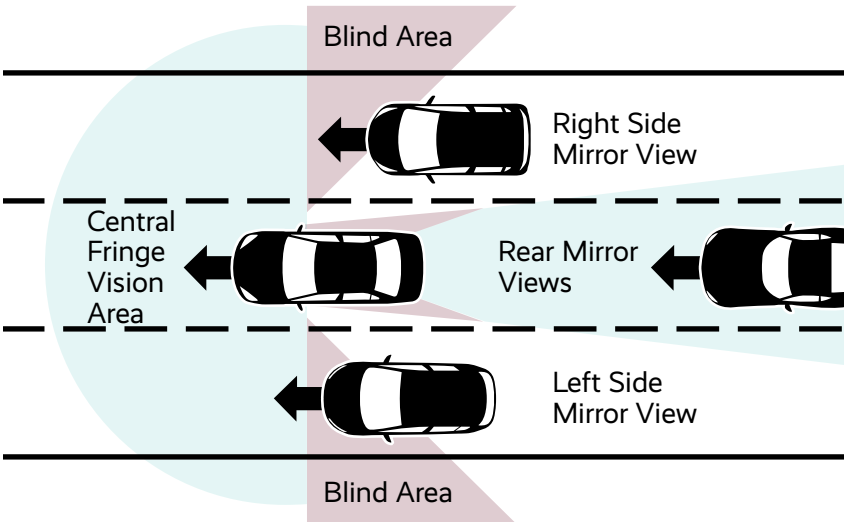
Blind Spots

Coach your teen to regularly monitor and be aware of blind spots. They should:

1. Check to the rear with the inside rearview mirror.
2. Check to the sides with the side view mirrors.
3. Make a blind spot check in the area slightly beyond the driver's peripheral field of vision. Sit upright in the seat and only turn their head (not torso) "chin to shoulder" to do checks.
4. Look out of the rear side windows, not the back window, when checking the mirror blind spot areas. (See the red areas beside and to the rear of the car in the Figure 1.)

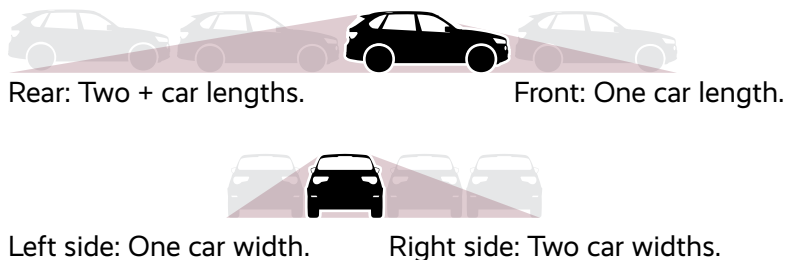
New drivers have a tendency to move the steering wheel in the direction they move their head. Watch for this movement and correct if necessary.

Figure 1. Mirror Blind Spots



Become Familiar with Blind Spots

Figure 2. Areas Drivers Can't See



This exercise illustrates the area around the car the driver cannot see.

1. While your teen is sitting in the driver's seat with the engine off, get out of the car and stand close to the front bumper facing the driver.
2. Begin taking steps backward and have your teen tap the horn when he or she can see your feet.
3. Place a cone or cup in that spot. This is the pavement area in front of the vehicle that cannot be seen when looking out of the windshield.
4. Ask the driver to use the inside mirror and/or to look over the right shoulder, and repeat this process to the rear of the vehicle.
5. Walk backwards from the passenger doors on the left and right sides of the vehicle and place cups or cones to mark the side areas visible to the driver.
6. Have your teen measure these distances and record them.

BASIC

DRIVING SKILLS

The basic driving skills in this section are the cornerstones to safe and responsible driving. Make sure your teen learns, practices, and can demonstrate these basic driving skills.

Automatic or Manual Transmission

A new driver should first learn the basic controls in a car with automatic transmission and then transfer to a standard shift vehicle.

Steering Control and Hand Position

Modern vehicles require very little steering to turn. Use hand positions that reduce the possibility of turning the wheel too sharply.

To reduce forearm and hand injuries, hands should be placed on the lower half of the steering wheel, with knuckles on the outside and thumbs stretched along the rim of the steering wheel. Never wrap your fingers or thumb on the inside of the wheel.

Make sure your teen learns, practices, and can demonstrate the following steering techniques:

Hand Position for Steering

Look at the steering wheel as a clock face. Keep your hands in either the 9 and 3 o'clock positions or the 8 and 4 o'clock positions. Keep your hands and thumbs on the outside of the wheel. Never place your fingers or thumbs on the inside of the wheel.

Hand-Over-Hand Steering

Use hand-over-hand steering when steering movements are critical, such as when (a) parking, (b) performing sharp right turns, and (c) for skid correction. Use quick movements on entry to the maneuver, and then use slow, smooth movements when straightening the wheel.

One-Hand Steering

Use one-hand steering for backing maneuvers so that you can turn your body to look out of the rear window, in addition to looking all around while you back.

Speed Control

Speed control techniques are used to make smooth starts, stops, and turns. These techniques increase comfort in the vehicle as well as fuel efficiency. They also keep the vehicle balanced, which increases your control of the vehicle and decreases risk to yourself and others. *Cruise control is not recommended for the beginning driver.*

Make sure your teen learns, practices, and can demonstrate the following acceleration and braking techniques:

Light Acceleration

Light acceleration is light pressure on the gas pedal. It is used to (a) make smooth starts and (b) begin turns that require a stop.

Progressive Acceleration

Progressive acceleration is a steady increase in pressure on the gas pedal. It is used to get your speed up to the speed limit. Continue to apply the gas until you have reached your desired speed, then use steady even pressure to maintain your speed.

Cover Brake

Cover brake is when the ball of your right foot is “hovering” over the brake. It is used in anticipation and/or preparation for a braking application.

Controlled Brake

Controlled brake is firm, steady, even pressure on the brake pedal. It is used in non-emergency situations. Apply the brake to the point of resistance, then use steady even pressure.

Trail Brake

Trail brake is a slight decrease of pressure on the brake pedal. It is used (a) during the last two seconds of a stop in order to avoid any jerky sensations, (b) to back up, (c) to inch forward, (d) to “creep” or move at a walking pace, and (e) to begin a moving turn.

Threshold Brake

Threshold brake is applying maximum force to the brake pedal without locking the wheels. It is used in emergency situations.

Lane Positions

Lane positions refer to where your vehicle is in the lane (it does not refer to changing lanes). Lane positions are the “body language” of your vehicle and are used to (a) communicate your intentions to other drivers, and (b) best position your vehicle for a driving maneuver.

Make sure your teen learns, practices, and can demonstrate the three lane positions in Figure 3.

DEFINITIONS:

Line of Sight: what you can see in any area you are looking. If you are going forward it is the area you can see in the front of the car. If you are backing it is the area you see behind the car.

Lane Position 1 (LP1)

Lane Position 1 is in the center of the lane. This position allows for the best separation and distance from obstacles (such as cars, curbs, etc.) to the right and to the left.

Use Lane Position 1 for normal driving conditions if you have no plan to change driving maneuvers.

Lane Position 2 (LP2)

Lane Position 2 is the left side of the lane. This position allows for the best separation from obstacles on the right and helps to improve your **line of sight**.

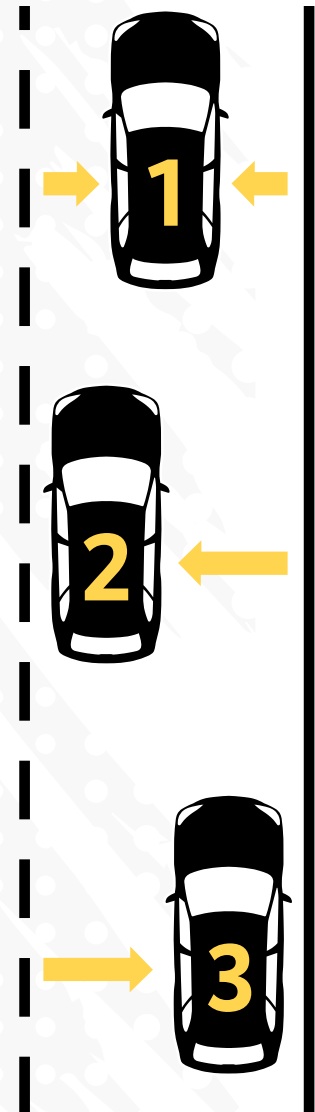
Use Lane Position 2 for left turns and parking on the left.

Lane Position 3 (LP3)

Lane Position 3 is the right side of the lane. This position allows for the best separation from obstacles on the left and helps to improve your **line of sight**. Use Lane Position 3 for parking on the right.

Both LP2 and LP3 look like your vehicle is over the line from the passenger seat. Take time to learn what this looks like before you take the vehicle out on a drive with your teen.

Figure 3. Lane Positions



Following Time

Following time is important for many reasons. You need adequate distance between vehicles so you can (a) see beyond the vehicle in front of you, and (b) have enough time to make adjustments to changing driving conditions ahead of you.

Make sure your teenager learns, practices, and can demonstrate the ability to judge speed and distance by using the proper following time.

Determine Following Time

To determine following time, watch as the car in front of you passes a stationary object, such as a road sign. Then, start counting “one-one-thousand, two-one-thousand, three-one-thousand, etc.,” until you reach the same object. “One-one-thousand” is approximately one second.

Maintain 4 Seconds of Following Time

Follow at 4 or more seconds at all times and especially when traveling under the following conditions:

- ◆ In congested traffic.
- ◆ In adverse weather conditions.
- ◆ When behind a motorcycle, truck, or bus.

Make Speed and Space Adjustments

- ◆ Anytime the driver in front of you reduces speed, adjust your following time so you can see at least 15-20 seconds ahead.
- ◆ When traffic or environmental conditions warrant, increase following time.
- ◆ Change position within the lane to increase **line of sight**.

DEFINITIONS:

Path of Travel: the area you want the car to go.

Blind Spot: the area that is not visible to the driver without turning their head and looking.

Searching Skills

A common cause of poor driving and crashes is not seeing the problem. Make sure your teen learns, practices, and can demonstrate searching skills including: searching intersections – ($\frac{1}{3}$ of all crashes happen at intersections); reading signs, signals, and markings; reading the dash (speedometer).

See a Clear Path

BEFORE you step on the gas, always (a) determine what your **path of travel** will be, and (b) that your path of travel is clear before moving the vehicle in that direction.

Turn Your Head

BEFORE turning the steering wheel, turn your head in the direction you intend to travel. When you look to see what is in your path of travel before you move the car in that direction, there will be no surprises or quick, unplanned maneuvers such as slamming on your brakes or sudden lane changes.

Check Your Blind Spot

Do a chin-to-shoulder-turn of your head in the direction you plan to move before you (a) pull into traffic, (b) make lane changes, or any other lateral movement.

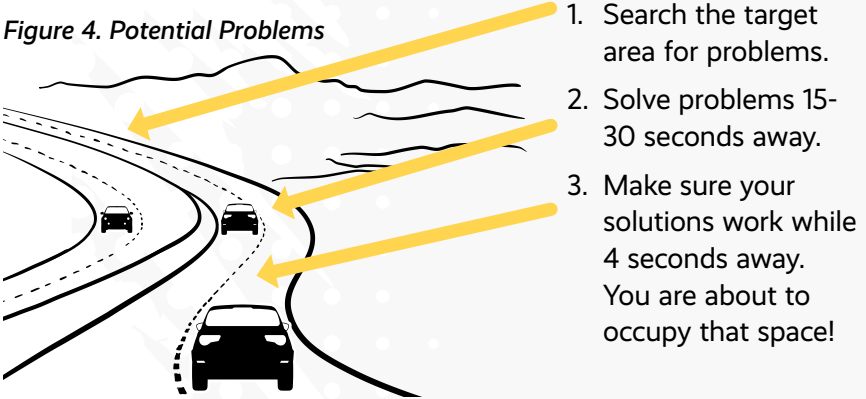
Do a 360 Degree Search

Physically turn your head and body to look all the way around your car before you (a) back the vehicle or (b) parallel park.

Search Area for Potential Problems

Look for any changes or obstacles. Search 20-30 seconds ahead of the vehicle to gather information about your **path of travel**. Search 12-15 seconds ahead of the vehicle to plan your **path of travel** and keep 2-4 seconds of following time.

Figure 4. Potential Problems



1. Search the target area for problems.
2. Solve problems 15-30 seconds away.
3. Make sure your solutions work while 4 seconds away. You are about to occupy that space!

Check the Rearview Mirror

Check the rearview mirror (a) after seeing a change to conditions ahead of you, (b) before and after braking action, (c) while stopped in traffic, (d) before and after making turns, and (e) before and after making a lane change.

Communication with Other Drivers

Always communicate your intentions to other drivers. Make sure your teen knows the communication options and when to use them.

- ◆ **Turn Signals:** Use turn signals to communicate in which direction you plan to travel.
- ◆ **Lane Positions:** Use lane positions to communicate your plans to change driving maneuvers.
- ◆ **Headlights:** Use headlights to be more visible to other drivers DAY and NIGHT.
- ◆ **Horn:** Use the horn to alert others to you or to emergency situations. Do not use it in anger.

Use of Headlights

A good practice is to ALWAYS use your low-beam headlights during the DAY so that you are more visible to other drivers. The decision to use low or high beam headlights at other times depends on the circumstances. Make sure your teen understands when to use low beam and high beam headlights. Oregon law requires headlights to be on from sunset to sunrise or any time conditions make it difficult to see 1,000 feet ahead.

Low Beam Headlights

Use low beam headlights when traveling:

- ◆ During the day, especially at dawn or dusk
- ◆ On heavily traveled roads with traffic going in both directions
- ◆ At night in well-lit areas
- ◆ In fog, rainy, snowy or misty conditions

High Beam Headlights

Use high beam headlights when traveling at night in dimly lit areas.

Switch From High to Low Beams

Switch from high to low beams when a vehicle approaches you in the opposite direction at night. Oregon law requires you to dim or lower your high beams when an oncoming vehicle is within 500 feet. You must also turn off any auxiliary lights such as fog lights.

Switch from high to low beams when you are following another vehicle. Oregon law requires you to dim or lower your high beams when you are following another vehicle within 350 feet.

If the other driver fails to switch to low beams, you need to (a) slow down, (b) use Lane Position 3 (shown in Figure 3), and (c) move your eyes to the right edge of the road until the vehicle passes. DO NOT look into oncoming headlights or flash high beam lights at others. Headlight glare can temporarily blind you.

STEP-BY-STEP

MANEUVERS

The step-by-step maneuvers in this section are similar to those taught in formal driver education courses in Oregon.

First Things First

It is important to start at the beginning with proper procedures for entering the vehicle, making adjustments, starting the car, and securing the car. Make sure your teen learns, practices, and can demonstrate these driver behaviors before you start practice driving.

Entering the Vehicle

Be Well Rested and Alert

NEVER drive a vehicle when you are tired or sleepy, emotionally upset, or under the influence of alcohol or drugs (including prescription, over-the-counter medicines, and marijuana).

Have Key In Hand

When you know you are going to your car, have your key out in your hand. For your personal safety, **NEVER** search for your keys through your clothes or purse at your car. The goal is to have your keys in a location where you can retrieve them quickly and spend as little time as possible trying to open your car.

Approach with Awareness

As you approach your car, check around and inside the vehicle. Look inside to ensure no one has entered your car and is waiting for you. You should park in well-lit areas away from places where someone could be hiding (bushes, vans, etc.). Your personal safety could be at risk!

Lock All Doors

Immediately after entering the vehicle, lock all doors before you insert the key into the ignition. Someone can easily jump into an unlocked car.

Making Adjustments

Adjust Seat Position

1. Move the seat forward/backward to where your feet rest on the firewall just underneath the brake pedal without bending your knees or extending your legs. Then adjust the seat back so your torso is 10-12 inches from the steering wheel. If your steering wheel adjusts, angle it down as far as you can and still see the shape of the dash/display between the upper half of the steering wheel. This is to position it for emergency air bag deployment.
2. Put the ball of your right foot on the brake pedal. From your foot position, make sure you (a) have full range of motion in your ankle, (b) can fully depress the brake without your heel coming off the floor and (c) can pivot on your heel to put the ball of your foot on the gas pedal.
3. Make adjustments for best vehicle control and personal comfort.

Adjust Safety Belts

- ◆ Sit up straight with your hips and back against the seat back.
 - ◆ Adjust the lap portion of the safety belt low across your hips and pelvis — NEVER across your stomach.
 - ◆ Adjust the shoulder portion across your chest and collarbone — NEVER across the front of your neck or face, behind your back, or under your arm.
 - ◆ Make sure the lap and shoulder belts are snug.
- * Hint: It is better to have all HVAC and radio devices tuned up and tuned in before you belt yourself into place.

Adjust Head Restraint

To correctly adjust a head restraint, the top of the head restraint should reach at least as high as the top of your ear and be set back no more than 3 inches from your head. Close head restraints can be twice as effective in preventing injuries as those which are set back too far.

Adjust the Mirrors

This technique reduces the size of typical blind spots and is also great for reducing headlight glare from behind. Make the following adjustments while you are sitting up straight with your hips and back against the seat back!

- ◆ **All 3 mirrors**, tilt the mirror up or down so the horizon is visible across the center of each mirror.
- ◆ **Driver side mirror**, lean your head slightly to the left and adjust the mirror in or out until you can see down the left side of your vehicle.
- ◆ **Passenger side mirror**, lean your head slightly to the right and adjust the mirror in or out until you can see down the right side of the vehicle.
- ◆ **Rearview mirror**, adjust the mirror so you get the widest view out the back window.

NOTE: *Mirrors do not completely eliminate blind spots. Always do a chin-to-shoulder turn of your head to check blind spots before ever making a lateral movement.*

Starting the Car

1. Make sure the transmission is in “PARK” and the parking brake is applied.
2. Place your right foot on the brake and hold it down.
3. Turn the key halfway to the “ON” position and allow the onboard computer to boot up. (You may have a newer vehicle with a fob. Secure the fob before pushing the “start” button.)
4. Check gauges and warning lights.
5. Then turn the key the rest of the way to the “START” position and release immediately.
6. Turn your headlights on. Remember you can be seen up to $\frac{9}{10}$ of a mile away with headlights on, even in the daytime.
7. Turn on other necessary accessories if you have not already done so – climate control, wipers, etc.
8. Before entering traffic, release parking brake and signal. Check mirrors, look over the shoulder to check blind spot, and go when clear.

Secure the Car After Driving

1. Place your right foot on the brake and hold it down.
2. Set the parking brake.
3. Shift the transmission to “PARK.”
4. Turn off all accessories – lights, wipers, climate control, etc.
5. Turn off the vehicle and remove your key from the ignition. If you have a fob, be sure to put it in your pocket or purse before leaving the vehicle.

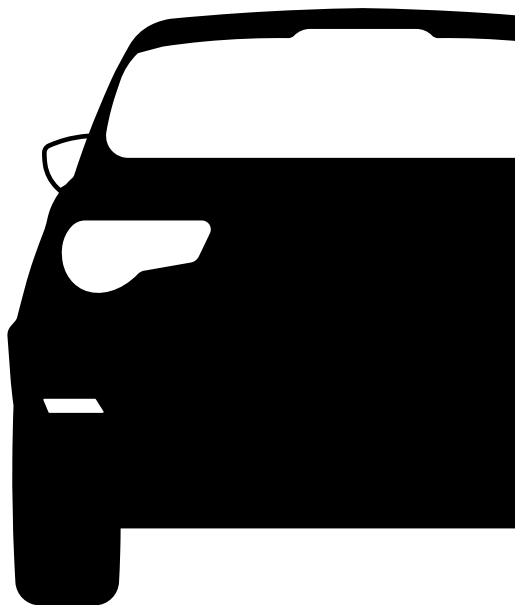
Backing

Backing increases the risk for crash because it is much more difficult to see obstacles behind us. In addition, backing up requires more space to maneuver because your back tires do not turn. Plan ahead and position the car so you can pull forward whenever parking.

Make sure your teen learns, practices, and can demonstrate proper backing procedures.

Common Errors

- ◆ Improper body position.
- ◆ Speed is too fast.
- ◆ Failure to determine that path of travel is clear.
- ◆ Failure to look back during the whole maneuver until the vehicle is **completely stopped**.
- ◆ Incorrect steering.



Backing Straight

1. Put your right foot firmly on the brake pedal.
2. Shift to “REVERSE” and release the parking brake.
3. Do a 360 degree search to make sure the area is ALL CLEAR!
4. Yield to ALL pedestrians, people riding bicycles, and vehicles.
5. Hold the steering wheel at the 12 o'clock position with your left hand.
6. Twist your body, place your right arm on the seatback and look over your right shoulder continuously while backing with occasional side to front glances.
7. Trail brake (do not accelerate using the gas pedal) at a walking pace or even slower when you are near obstacles, cars, people riding bicycles, and pedestrians.

NOTE: *You should never back up long distances on common roadways (forward movement is the law!).*

Backing Turns

1. Put one hand at the 12 o'clock position and turn your head in the direction you intend the rear of the vehicle to travel.
 - ▶ **When turning the rear of the car to the right**, look back over your right shoulder.
 - ▶ **When turning the rear of the car to the left**, look back over your left shoulder.
2. Continue to look over your shoulder and trail brake (do not accelerate using the gas pedal) while moving at a walking pace.
3. Begin the turn when the center of the rear tire is aligned with the curb or edge of the road.

Backing Into a Driveway

1. Signal once you've identified a location to pull over.
2. Check your rearview mirror and blind spots for traffic and pedestrians.
3. Leave the traffic lane and stop within 18 inches of the curb.
4. Shift to "REVERSE" and complete a 360 degree search to make sure the area is ALL CLEAR.
5. Look over your shoulder and trail brake (do not accelerate using the gas pedal). Move at a walking pace.
6. Begin the turn when the center of the rear tire is aligned with the curb.

Backing Out of a Driveway

1. With your right foot on the brake pedal, shift to "REVERSE."
2. Do a 360 degree search to make sure the area is ALL CLEAR.
3. Look over your shoulder and trail brake (do not accelerate using the gas pedal) at a walking pace.
4. Stop short of your intended path of travel (for example, before a sidewalk or the roadway). Stop before entering the roadway and make sure you yield to all traffic, people riding bicycles, and pedestrians.
5. Do another 360 degree search and when clear, continue to look over your shoulder and trail brake.
6. Begin the turn when the center of the rear tire is aligned with the curb or edge of the road.
7. Complete the turn in the smallest amount of space.
8. Step on the brake and shift to "DRIVE."

Parking

Make sure your teen learns, practices, and can demonstrate parking in different situations.

NOTE: *Parking is ALWAYS prohibited:*

- ◆ In front of driveways.
- ◆ Within 10 feet of fire hydrants.
- ◆ In or near intersections.
- ◆ Close to crosswalks or stop signs.



Entering Angle Parking

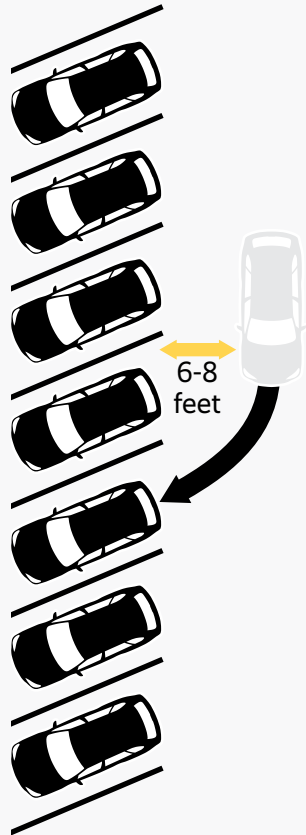
Common Errors

- ◆ Failure to signal.
- ◆ The vehicle is too close to parking space on the side.
- ◆ Failure to see traffic in the rear.
- ◆ Speed is too fast.
- ◆ Failure to target to the center of space.

Proper Procedures for Entering Angle Parking

1. Signal.
2. Slow or stop the vehicle at least 6-8 feet from the parking space.
3. Check your blind spot on the side of the parking space for traffic and pedestrians.
4. Begin turning when you can see the center of the parking space without your line of sight (or view) cutting across the parking line.
5. Creep (move very slowly) and turn the wheel sharply toward the center of the space.
6. Once you enter the space, straighten the wheels and center the vehicle in the space.
7. Stop even with the curb or parking line.
8. Secure your vehicle.

Figure 5. Enter Angle Parking



Exiting Angle Parking

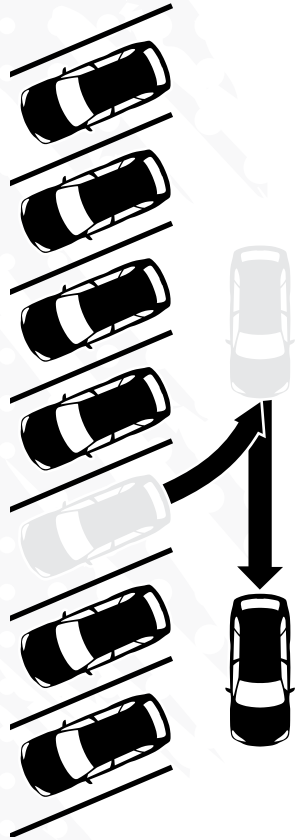
Common Errors

- ◆ Failure to signal.
- ◆ Failure to check rear.
- ◆ Speed is too fast.
- ◆ Failure to look back while backing.
- ◆ Starts turning before bumper is cleared.

Proper Procedures for Exiting Angle Parking

1. Signal in the direction the car will be backing.
2. Check to the rear for a clear path.
3. With your foot on the brake, shift to “REVERSE.”
4. Do a 360 degree search and yield to all traffic and pedestrians.
5. Look over your shoulder and trail brake (do not accelerate using the gas pedal) at a walking pace.
6. Check the front of your car for clearance.
7. Begin turning when your front bumper is even with the rear bumper of the parked car to your left or the dash of your car appears to clear the car to the side.
8. Continue to look to the rear while backing into the nearest lane.
9. Stop smoothly and shift to “DRIVE.”

Figure 6. Exit Angle Parking



Pulling Forward into Perpendicular Parking Space

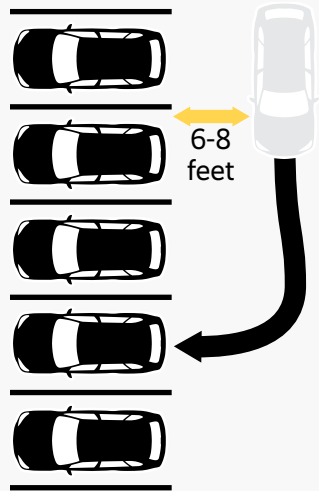
Common Errors

- ◆ Failure to approach and align to space correctly.
- ◆ Failure to search for, communicate with, or yield to other traffic.
- ◆ Speed is too fast.
- ◆ Failure to straighten wheels and align in middle of space.

Proper Procedures for Pulling into Perpendicular Parking (on the right)

1. Signal and position the vehicle 6-8 feet from the parked cars or as far to the left of the lane as possible.
2. Check traffic behind you.
3. Creep and turn the wheel sharp to the right of the space.
4. Check your right rear fender for clearance.
5. Straighten the wheel when you are centered in the space.
6. If necessary, shift to “REVERSE”, complete a 360 degree search to make sure the area is all clear, and creep back slightly turning the wheel to the left.
7. Use a forward reference point to avoid hitting a curb.

Figure 7. Perpendicular Parking



Consider Backing into the Space

- ◆ It's safer to drive out of a space in a forward motion.
- ◆ Requires less time and space.
- ◆ Better view when leaving the space.
- ◆ Avoids backing out into traffic.
- ◆ Others are more likely to let you out.

Backing into Perpendicular Parking Space

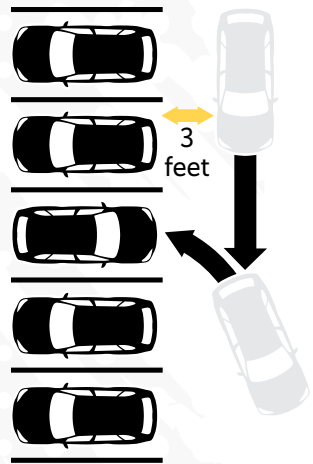
Common Errors

- ◆ Failure to approach and align to space correctly.
- ◆ Failure to search for, communicate with or yield to other traffic.
- ◆ Speed is too fast when turning to 45 degree angle or backing.
- ◆ Forgets to shift to "REVERSE".
- ◆ Failure to straighten wheels and align in middle of space.

Proper Procedures for Backing into Perpendicular Parking (on the right)

1. Signal in the direction of parking space.
2. Slow the vehicle and approach the space 3 feet away from the parking space.
3. Stop when the driver's body appears to be aligned in the center of the parking space.
4. Check for traffic and pedestrians.
5. Turn the wheel all the way to the left and slowly move to a 45-degree angle to the space. An easy way to do this is look over driver side mirror. Whatever appears over the top of the mirror before you turn is 45-degrees.
6. Stop. Shift to reverse. Turn the wheel all the way to the right.
7. Do a 360 degree visual check.
8. Creep backward until your car is perpendicular to the space you picked.
9. Stop moving. Straighten the wheels and back the vehicle into the space.
10. Stop even with the curb or parking line.

Figure 8. Backing into Perpendicular Parking

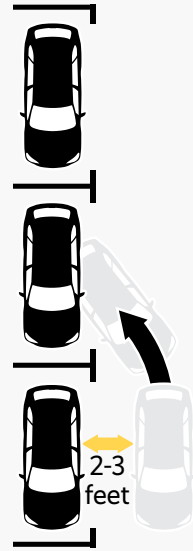


Parallel Parking

Entering a Parallel Parking Space (on the right)

1. Check the rearview mirror and signal.
2. Stop 2-3 feet beside the front vehicle and line up rear bumpers.
3. Shift to "REVERSE." Turn the wheel all the way to the right.
4. Do a 360 degree search. Look over your shoulder and inch backwards.
5. Looking out the driver's side mirror, stop moving when you see the inside corner of the vehicle (curbside) to the rear.
6. Straighten the wheels and back in a straight line until your right front wheel aligns with the back corner of the car in front.
7. Check the front of your car to make sure it clears.
8. Turn wheels all the way to the left and continue to inch back until the car is parallel to the curb.
9. When parallel to the curb, straighten wheels and center your vehicle in the space.

Figure 9.
Parallel Parking



Exiting a Parallel Parking Space

1. Reverse and inch back until you can see the front car's rear tires. Stop and turn the wheels all the way toward your intended path of travel.
2. Check your blind spot for people riding bicycles, pedestrians, and traffic.
3. Signal and yield to other traffic.
4. Search your intended path of travel and enter the nearest travel lane when clear.
5. Cancel signal and check rearview mirror.

Common Errors

- ◆ Approaches too close or too fast.
- ◆ Failure to shift to REVERSE.
- ◆ Failure to look back while moving back.
- ◆ Begins turning too early.
- ◆ Failure to check the front of the car for clearance.

Parking on Hills

Common Errors

- ◆ Failure to search for, communicate with, or yield to other traffic, people riding bicycles, and pedestrians when entering or exiting the roadway.
- ◆ Excessive speed on approach.
- ◆ Failure to set parking brake when securing the vehicle.

Good Habits/Proper Procedures for Parking on Hills

1. Choose a legal space and signal.
2. Check your rearview mirror and blind spots.
3. Apply the brake and approach parallel to and 6 inches from the curb.
4. Make a smooth stop and shift into “NEUTRAL.”
5. Turn the wheels in the proper direction.

- ▶ **If facing uphill with curb**, turn wheels left, toward the roadway.



Turn wheels left.

- ▶ **If facing downhill with curb**, turn wheel right, away from the roadway.



Turn wheels right.

- ▶ **If there is no curb**, turn wheels right, away from the roadway.

6. If there is a curb, while in neutral, slowly release the brake until the vehicle's tire stops at the curb.
7. With your right foot on the brake, secure vehicle by setting your parking brake, then shifting to “PARK”.

Turns

Make sure your teen practices and can demonstrate precision right and left turns. As you practice, remind your teen:

- ◆ Stop at intersections at the legal stop line. If there is no line, then stop at the crosswalk/sidewalk. If there is no crosswalk/sidewalk, then stop before the imaginary line extending from the curb line or edge of roadway.
- ◆ ALWAYS look to the left, to the front, to the right, and then to the left again before entering any intersection. Look twice for pedestrians, people riding bicycles, and motorcycles.
- ◆ Make ALL turns from the nearest legal lane into the nearest legal lane!

Right Turns With a Required Stop

Common Errors

- ◆ Failure to check for people riding bicycles or pedestrians before starting forward motion.
- ◆ Stops over legal stop area.
- ◆ Failure to turn head before turning wheel.
- ◆ Turns wheel before starting forward motion.
- ◆ Turns into wrong lane.
- ◆ Travels in or cuts across the bike lane marked with a solid white line.
- ◆ Travels in on-street parking spaces.

DEFINITIONS:

Blind Spot: The area that is not visible to the driver without turning their head and looking.

Controlled Brake: Firm, steady, even pressure on the brake pedal.

Light Acceleration: Light pressure on the gas pedal.

Proper Procedures for Right Turns **With** a Required Stop

1. Signal, check mirrors and **blind spot**. Check the right blind spot to move right and the left blind spot to move left.
2. Use **controlled braking** and allow sufficient space on the right to avoid hitting the curb when turning, approximately 3 feet from the right edge of the roadway. Be careful not to drive in parking spaces or bike lanes.
3. Stop at the legal stop area and search the intersection for vehicles, pedestrians, people riding bicycles, and potential hazards. Be careful not to stop in a bike lane or parking space.
4. BEFORE turning the wheel, turn your head in the direction you intend to travel.
5. Use **light acceleration** and begin to turn when the dashboard is aligned with the curb.
6. Straighten and use progressive acceleration to reach your targeted speed.
7. Check rearview mirror.

Right Turns **Without** a Required Stop

Common Errors

- ◆ Late or no signal.
- ◆ Confusion on right-of-way, fails to yield.
- ◆ Failure to search intersection in all directions.
- ◆ Failure to search before turning wheel.
- ◆ Turns into wrong lane.
- ◆ Accelerates prematurely.
- ◆ Failure to yield to people riding bicycles going straight.

DEFINITIONS:

Controlled Braking: Firm, steady, even pressure on the brake pedal.

Lane Position 2: The left side of the lane.

Light Acceleration: Light pressure on the gas pedal.

Progressive Acceleration: A steady increase in pressure on the gas pedal.

Blind Spot: The area that is not visible to the driver without turning their head and looking.

Trail Brake: A slight decrease of pressure on the brake pedal.

Proper Procedures for Right Turn Without a Required Stop

1. Signal, check mirrors and **blind spots**. Check the right blind spot to move right.
2. Use **controlled braking** in a position approximately 3 feet from curb, parked car, parking space or bike lane.
3. Search intersection in all directions for vehicles, pedestrians, people riding bicycles, and potential hazards.
4. BEFORE turning the wheel, turn your head to the right. Yield to pedestrians and people riding bicycles.
5. Begin the turn when the dashboard is aligned with the curb line.
6. **Trail brake** until halfway through the turn.
7. Straighten and use **progressive acceleration** to reach your targeted speed.
8. Check rearview mirror.

Left Turns *With a Required Stop*

Common Errors

- ◆ Failure to make a complete stop.
- ◆ Stops over the legal stop point.
- ◆ Stops too close to vehicle ahead.
- ◆ Failure to yield to pedestrians and people riding bicycles.
- ◆ Cuts across the center yellow line when beginning or negotiating a left turn.

Proper Procedures for Left Turns *With a Required Stop*

1. Signal left.
2. Use **controlled braking** and approach in **Lane Position 2**.
3. Stop at the legal stop area, which is the stop line, pedestrian cross walk, or imaginary line extending from stop sign.
4. Search the intersection for vehicles, pedestrians, people riding bicycles, and potential hazards.
5. Before turning the steering wheel, turn your head in the direction of the turn.
6. Begin turn when your line of sight (or view) to the center of your intended lane does not cut across the curb line.
7. Use **light acceleration** and turn the steering wheel simultaneously.
8. Straighten and use **progressive acceleration** to reach your targeted speed.
9. Check rearview mirror.

Left Turns *Without a Required Stop*

Common Errors

- ◆ Confusion on right of way.
- ◆ Late or no signal.
- ◆ Failure to check blind areas.
- ◆ Forgets to search intersection for traffic, people riding bicycles, and pedestrians.
- ◆ Too much steering.
- ◆ Late steering recovery.
- ◆ Turns into incorrect lane.
- ◆ Brakes too hard.
- ◆ Accelerates too soon or too much.

Proper Procedures for Left Turns *Without a Required Stop*

1. Signal, check mirrors and blind spot.
2. Use **controlled braking** and use Lane Position 2.
3. Search the intersection for vehicles, pedestrians, people riding bicycles, and potential hazards.
4. BEFORE turning the wheel, turn your head in the direction you intend to travel.
5. Begin turning when the front bumper is even with the curb line.
6. Turn into the nearest legal lane of travel.
7. **Trail brake** until halfway through the turn.
8. Straighten and use **progressive acceleration** to reach your targeted speed.
9. Check rearview mirror.

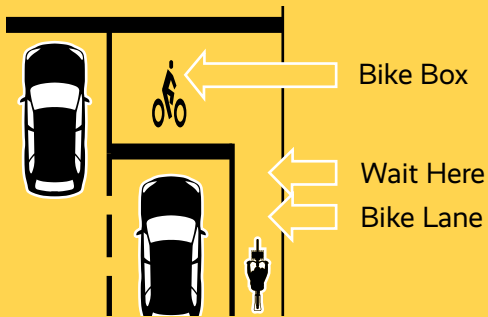
Bicycles on the Roadway

- ◆ Obey speed limits. Excessive speed is a factor in a high number of crashes involving people riding bicycles.
- ◆ Be aware of how wide your car is and pass people riding bicycles carefully. If you pass a person riding a bicycle who is traveling in your lane of traffic and you are going over 35 mph, Oregon law requires that you pass at a distance that is sufficient to prevent contact if the person were to fall.
- ◆ Do not move your car into a bike lane to make a right turn. Check for people riding bicycles before making a turn across a bike lane.
- ◆ People riding bicycles can travel at high speeds, often as fast as other traffic. Don't assume there is more time to turn in front of a person riding a bicycle than in front of a car.

The Bike Box

- ◆ Stop for the traffic signal behind the bike box.
- ◆ Don't stop on top of the bike box.
- ◆ No right turns on red at these intersections.
- ◆ If turning right on a green light, signal and check for and yield to people riding bicycles to the right.
- ◆ *(The color of the bike box may vary.)*

Figure 10: Bike Box

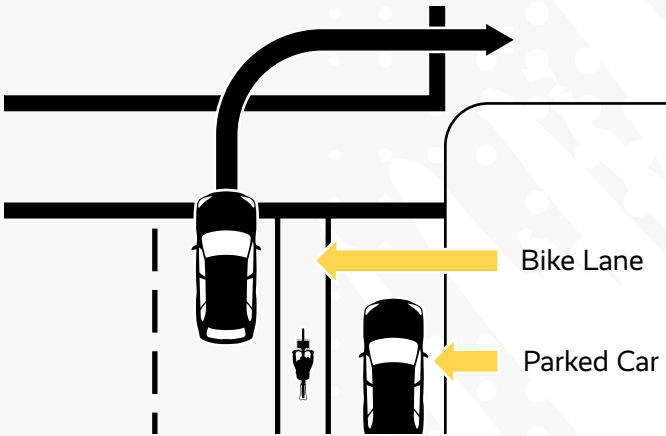


Right Turns Across a Bike Lane

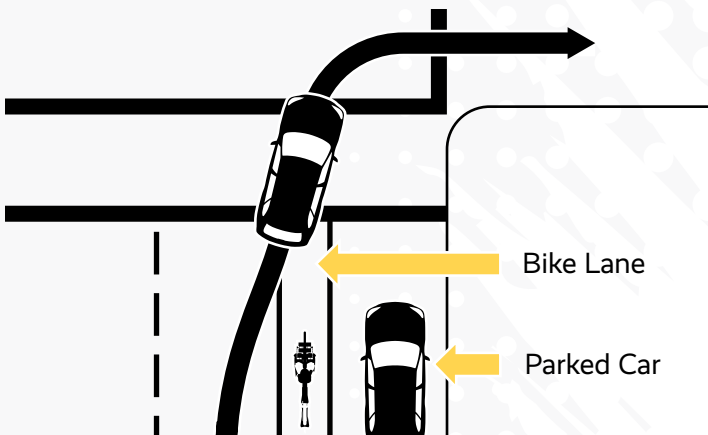
Get as close as is practical to the right curb or edge of the road without interfering with pedestrians or people riding bicycles. A bicycle lane is considered the edge of the roadway. Do not move into a bicycle lane in preparation for a right turn. Always check for bicycles going straight in a bike lane and yield to them before making a right turn.

Figure 11: Right turns

CORRECT:



INCORRECT:



COMPLEX

DRIVING SKILLS

AFTER your teen masters starting and stopping the vehicle, backing, parking, and turns, THEN practice more complex driving skills. Make sure your teen learns, practices, and can demonstrate advanced driving skills to your satisfaction.

Changing Lanes

Common Errors

- ◆ Failure to check front, rear, and sides for a stable gap.
- ◆ Insufficient space or time to move into the new lane.
- ◆ Failure to signal.
- ◆ Steers too quickly, too much or not smooth and gradual into the new lane.
- ◆ Unnecessary slowing.
- ◆ Failure to cancel signal.
- ◆ Exceeds speed limit.
- ◆ Crosses multiple lanes at one time.
- ◆ Drifts while checking blind spot.

Proper Procedures for Changing Lanes

1. Check (a) mirrors, (b) to the front, (c) to the back, (d) to the side, and (e) blind spot for a stable gap in traffic.
2. Signal and use the proper lane position.
3. Check your blind spot again.
4. Maintain your speed or increase speed if necessary — NEVER slow unnecessarily.
5. Move to the new lane purposefully and gradually at a slight angle.
6. Adjust speed to surrounding traffic.
7. Cancel turn signal.
8. Check rearview mirror.
9. Create separation or “open space” to the front, rear, and sides of your vehicle.

Passing

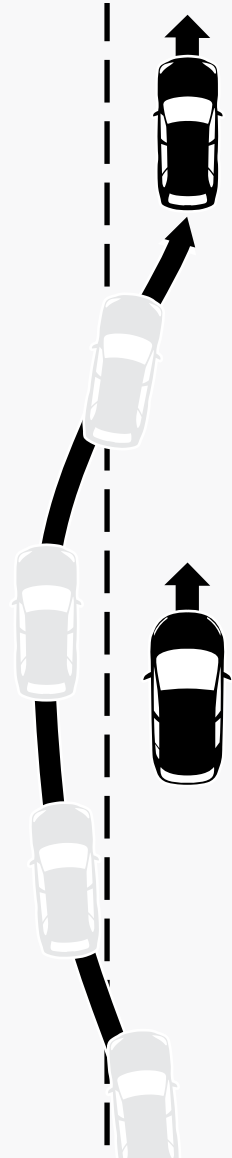
Common Errors

- ◆ Not looking ahead for a clear path.
- ◆ Failure to signal.
- ◆ Accelerates too soon.
- ◆ Tailgates vehicle to be passed.
- ◆ Speed is too slow while passing.
- ◆ Steers too quickly or too much into the passing lane.
- ◆ Returns to lane too soon.
- ◆ Failure to cancel signal.
- ◆ Exceeds speed limit.
- ◆ Passes unnecessarily.
- ◆ Passes in a no passing zone.

Proper Procedures for Passing

1. FIRST, ask yourself if passing at the time is necessary, legal, and safe.
2. Search your intended path of travel far ahead to determine any obstacles.
3. Check mirrors and blind spot.
4. Signal in the direction of the pass.
5. Increase speed to at least 10 mph faster than the car you are passing, but stay within the legal speed limit.
6. Move smoothly into the passing lane.
7. Change signal to the opposite direction.
8. Check the blind spot.
9. Return to the lane when you can see the headlights of the vehicle you passed in your rearview mirror.
10. Cancel signal and resume safe and legal speed.
11. Check rearview mirror.

Figure 12. Passing



Entering the Freeway

Common Errors

- ◆ Speed is too slow.
- ◆ Failure to signal.
- ◆ Failure to yield to other vehicles already on freeway.
- ◆ Failure to check traffic to front and rear.
- ◆ Drifts while checking traffic.
- ◆ Poor gap judgment.
- ◆ Turns steering wheel too sharply.
- ◆ Failure to cancel signal.

Proper Procedures for Acceleration Lane

1. Check ALL mirrors.
2. Keep 4+ seconds of space to the front of you.
3. Accelerate smoothly and briskly to match the flow of traffic.

Proper Procedures for Merging

1. Communicate your intentions with signal and lane position.
2. Check front, rear, and blind spot for a stable gap in traffic in your intended path of travel.
3. Merge smoothly into the gap in traffic.
4. Adjust speed to surrounding traffic.
5. Cancel turn signal.
6. Check rearview mirror.
7. Create separation or “open space” to the front, rear, and sides of your vehicle.

Exiting the Freeway

Common Errors

- ◆ Failure to see exit ramp in advance.
- ◆ Reduces speed before exit ramp.
- ◆ Failure to signal.
- ◆ Failure to check rearview mirror.
- ◆ Failure to reduce speed on exit ramp.
- ◆ Failure to cancel signal.
- ◆ Cuts over from left lane at the last minute.

Proper Procedures for Exiting the Freeway

1. Plan for the exit – read the signs.
2. Move to the appropriate lane well in advance.
3. Signal and check rearview mirror.
4. Maintain speed until you enter the exit lane.
5. Enter the exit ramp and use controlled braking. Reduce speed to posted speed or less.
6. Beware of **velocitation** and adjust your speed and lane position in preparation for stopping and/or turning.
7. Check rearview mirror.

DEFINITIONS:

Velocitation: A phenomenon caused by driving for long periods at the same speed. The change in speed makes you think the car is going much faster or slower than it actually is.

NOTE: Adjust procedures for the following:

- ◆ Traffic stopped on the exit ramp.
- ◆ Short deceleration lane.
- ◆ Very slow ramp speed.
- ◆ Other drivers following you at high speed or close distance.

Railroad Grade Crossings

Common Errors

- ◆ Does not take railroad crossing seriously.
- ◆ Failure to LOOK and LISTEN for oncoming trains.
- ◆ Failure to ensure ALL tracks are clear.
- ◆ Stops too close to the tracks.
- ◆ Races to beat crossing arms when lights flash.

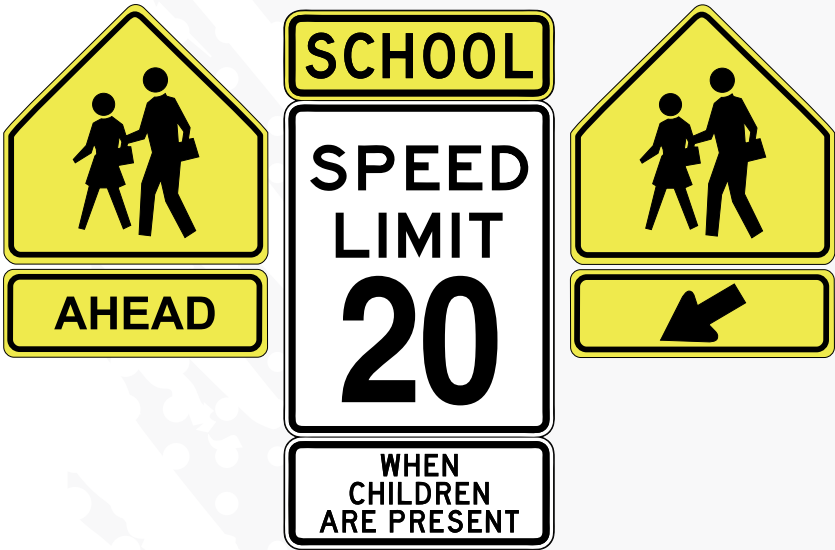
Proper Procedures for Railroad Crossing

1. Slow down, whether the lights are blinking or not, and check the rearview mirror for traffic behind you.
2. LOOK and LISTEN for oncoming trains.
3. Determine the number of tracks and check EACH track in both directions.
4. If a train is approaching or the crossing lights are blinking, STOP at least 15 feet from the tracks or at the stop line. You should be able to see the tracks in front of you when stopped.
5. When the tracks are clear as far as you can see in both directions, cross the tracks.

School Zones

- ◆ **Stop and remain stopped** when a traffic patrol member (school crossing guard) signals you to stop.
- ◆ Be alert at all times for children, people riding bicycles, and pedestrians in a school zone.
- ◆ Follow the signs or flashing lights that warn you that you are approaching a school or school crossing.
- ◆ Obey the slower speed limits.
- ◆ Signs may be posted in school zones notifying drivers that traffic fines are higher in a school zone.

These Signs Mean School Zone or Crossing Ahead:



Crosswalks

Pedestrians are vulnerable users of the roadway and drivers must use responsible driving behavior at all crosswalks. There is a crosswalk at every intersection, even if it is not marked by painted lines (unmarked). Drivers must not stop with any portion of their vehicle overhanging the crosswalk and must not block the crosswalk when stopped at a red light or stop sign.

Never pass another car that is slowing or stopped at a crosswalk. The driver may be waiting for a pedestrian to cross the road. This is a frequent cause of death to pedestrians.

Stop and remain stopped for a pedestrian crossing a crosswalk when the pedestrian is:

- ◆ Crossing where a traffic patrol member (school crossing guard) signals you to stop,
- ◆ In your lane of travel,
- ◆ In a lane next to your lane of travel, or
- ◆ In the lane you are turning into.

AND

- ◆ If you are turning at an intersection that has a traffic signal, the pedestrian must be six feet or more past the lane you are turning into before you begin your turn.
- ◆ If you are turning at an intersection that doesn't have a traffic signal, the pedestrian must be past the lane you are turning into, plus the next lane, before you begin your turn.

A "lane" includes a bicycle lane and the part of the roadway where a vehicle stops, stands or parks that is next to that lane.

Night Driving

Preparation

Give your teen planned and practical night driving experience. Set up a time when you and your teen will be free from other obligations. Night driving should be undertaken in a relaxed atmosphere. Select a local route that your beginning driver has driven before. Have in mind those experiences that need to be covered.

Night Driving and Headlights

Understand the limitations of the high and low beam headlights and how those limitations affect ones ability to gather critical information, make the best speed choices and understand the space and time required to stop the vehicle.

Switch to low beam when approaching another vehicle. If the other driver fails to switch to low beam, slow and move to the right side of the lane. Don't look directly into the headlights and look to the right edge of the road until the vehicle passes.

If you can't see beyond your vehicle's headlights, slow down. You may be "driving blind".

High beam headlights in good condition illuminate approximately 350 feet.

Low beam headlights in good condition illuminate approximately 182 feet.

- ◆ Traveling at 50 mph with low beam headlights a driver is able to see approximately 2½ seconds of illuminated roadway (182 feet) and needs a total of 190 feet to stop the vehicle.
- ◆ At 30 mph a driver is able to see a little more than 4 seconds ahead with low beam headlights and 8 seconds ahead with high beam headlights.
- ◆ Traveling at 60 mph with high beam headlights a driver is able to see only 4 seconds ahead.
- ◆ To gather critical information drivers need to see 12 to 15 seconds ahead. Look well beyond the headlights in illuminated areas. In rural areas choose speeds that afford you the best opportunity to get the information you need to make critical decisions.

Skid Recovery

Skidding can happen at any time, on any surface, during braking, accelerating or steering. If you begin to skid, steer toward the **target area**. This allows you to focus on the front of the vehicle and the path that you want your vehicle to travel.

Proper Procedures for Skid Recovery

1. As you drive, you should always focus on the **target area**.
2. The instant you detect the vehicle skid, turn the steering wheel back toward the **target area** without hesitation.

NOTE: *It is important to get the vehicle back on its path of travel before it gets more than 15° off. That is your point of no return. Once the skid reaches that angle, the vehicle is going to keep going in the direction of the skid.*

Don't give up — stay off the pedals, keep your eyes on the **target area**, and keep working to get the car back under control.

Driving in Bad Weather

- ◆ Drive at reduced speeds.
- ◆ Leave more space between your vehicle and those ahead.
- ◆ Drive with your headlights on.
- ◆ Don't use cruise control.

Check weather conditions on your travel route. Use Oregon's TripCheck at www.tripcheck.com or dial 5-1-1 to check current weather and road conditions.

Be sure to carry chains or have traction tires on your vehicle.

DEFINITION

Target Area: The actual space you intend the vehicle to travel on the roadway.

EMERGENCIES

— HOW TO HANDLE THEM

Vehicle Malfunctions

Hood Flies Up

1. **Look through the space** at the bottom of your windshield to maintain an open line of sight.
2. **Steer to the side of the road.**
3. **Secure the hood.**

Engine Fails

This could happen when the engine quits running completely, becomes flooded, overheats or is simply out of gas. In the event of an engine failure:

1. **Stay off the brake** – you may need the momentum to pull off the road – steer firmly.
2. **Keep eyes on open target area** — where you want the car to go.
3. **Quickly** shift to neutral and attempt to restart – if that fails take an open escape path.
4. **Turn off ignition.**

Accelerator Sticks

This could be caused by a broken spring, or the pedal being stuck in the down position. In either case:

1. Shift to neutral.
2. Search for an escape path.
3. Steer smoothly.
4. Brake gently.
5. Pull off the roadway.
6. Turn off the ignition.

Brakes Fail

A brake failure can be a complete loss of brakes or only the power brakes fail. If the brakes quit working:

1. Keep eyes on target area — where you want the car to go.
2. Control steering.
3. Rapidly pump the brakes.
4. Shift to a lower gear.
5. Use the parking brake to slow or stop.
6. Find a soft crash area if necessary.

Tire Blowout

Blowouts can cause serious damage to vehicles and injury or death to occupants.

1. Aim to the target area — where you want the car to go.
2. Apply a QUICK burst of acceleration to restore direction.
3. Reduce speed gradually:
 - ▶ Maintain balance.
 - ▶ Stay off brake.
4. Control steering.
5. Find a safe place to pull off the road.

Engine Fire

If the car catches on fire,

1. Steer the vehicle out of traffic and away from buildings and people.
2. Have all occupants leave the vehicle immediately and move away.
3. Do not open the hood.

If You Have a Crash

- ◆ **Stop immediately** at the crash scene, or as close as possible, without needlessly blocking or endangering other traffic. If possible, move your vehicle to the shoulder of the roadway. Avoid stopping or leaving your vehicle where it can block traffic unless it's so damaged it can't be moved.
- ◆ **Turn off the ignition** to avoid the possibility of a fire.
- ◆ **Aid the injured.** Remember, injured people should never be moved unless there is danger of fire or another collision.
- ◆ **Prevent further damage** by warning oncoming traffic with flares or reflectors.
- ◆ **If an emergency, call 911.**
- ◆ **Exchange information.** Be sure to get:
 - ▶ Names and addresses.
 - ▶ Driver license numbers.
 - ▶ License plate numbers.
 - ▶ Insurance company name, address, and policy number.
- ◆ **Note the names of passengers and their position in the car.**
- ◆ **Record witnesses' names and addresses.**
- ◆ **File an Oregon Traffic Crash and Insurance Report.** Oregon requires a crash report be filed with DMV **within 72 hours** anytime there is:
 - ▶ Damage to the vehicle you were driving over \$2,500.

- ▶ Damage to any vehicle over \$2,500 and any vehicle is towed from the scene as a result of damages from this crash.
- ▶ Injury or death resulted from this crash.
- ◆ Damages to any one person's property, other than a vehicle involved in this crash, is over \$2,500.

If You're Stopped by Law Enforcement

- ◆ **Turn on dome light if it's dark outside.**
- ◆ **Be prepared to show:**
 - ▶ Instruction permit or driver license.
 - ▶ Vehicle registration.
 - ▶ Proof of insurance.
- ◆ **Wait for the officer** to ask you for these documents before you reach for them.
 - ▶ **Communicate with the officer** where you are retrieving the items: *"My registration is in the glove box, may I get it now?"*

DOES DMV

MONITOR MY DRIVING RECORD?

Yes, DMV monitors your driving record.

Oregon law provides DMV the authority to administer a Driver Improvement Program.

Programs include the Adult Driver Improvement and the Provisional Driver Improvement Program. The following is specific to the Provisional Driver Improvement Program which applies to drivers 14 years of age but not yet 18 years of age.

A driver improvement offense is a traffic offense conviction or preventable crash. Common driver behaviors that may result in a traffic offense include, but are not limited to:

- ◆ Dangerous left turn;
- ◆ Speeding;
- ◆ Failing to stop and remain stopped at a red light; or
- ◆ Violating any of the Graduated Driver Licensing restrictions such as driving with friends, driving late at night when you're not supposed to, or using any mobile electronic device while driving.

When a driver improvement offense is recorded to your driving record, DMV will automatically review the record.

Two driver improvement offenses will cause DMV to impose an additional restriction of driving privileges for 90 days. During the restriction, you are **ONLY** allowed to drive to and from school or work.

Three driver improvement offenses will result in a six month suspension of driving privileges.

The suspension will continue even if you turn 18 during the suspension period.

A conviction for a serious offense, such as reckless driving, failure to perform duties of a driver, driving under the influence of intoxicants, or fleeing or attempting to elude a police officer, will result in a one-year suspension under DMV's Provisional Driver Improvement Program.

Suspensions under the Driver Improvement Program are separate from and in addition to any court suspension.

Other Important Facts

If you are convicted or adjudicated of delivery, manufacture or possession of a controlled substance, including marijuana, or if you are convicted or adjudicated of being in possession or use or abuse of alcohol, the court can order a denial of your driving privileges for one year or more. This includes having consumed the alcohol, holding the alcohol or attempting to purchase alcohol. **The above offenses do not have to involve operation of a motor vehicle.**

Under Oregon's implied consent law, if under 21, any amount of alcohol in the blood while operating a vehicle may result in a suspension of your driving privileges. If you are arrested for Driving Under the Influence of Intoxicants (DUI) and:

- ◆ **You take a breath test and fail it** – Your license will be suspended for 90 days. If you've had any prior alcohol-related offenses, your license will be suspended for one year.
- ◆ **You refuse to take a breath test** – Your license will be suspended for one year. If you've had any prior alcohol-related offenses your license will be suspended for three years.

Outside of DMV or Courts, parents that gave parental consent for a driver license or driver permit can also remove consent. Removal of parental consent results in termination of driving privileges and cancellation of the license or permit.

THE RULES

FOR GRADUATED DRIVER LICENSING

After you get your license, there are restrictions on driving:

- ◆ **It is unlawful to operate a motor vehicle while using a mobile device.** This includes texting or talking on a cell phone, even with a hands-free accessory, using an mp3 player, or operating any other portable device.
- ◆ **For the first 6 months: No passengers** under 20 years of age unless they are a member of your immediate family, **AND no driving between midnight and 5 a.m.** unless for a reason in the list of exceptions below.
- ◆ **For the second 6 months: No more than 3 passengers** under 20 years of age unless they are a member of your immediate family **AND no driving between midnight and 5 a.m.** unless for a reason in the list of exceptions below.

Exceptions to driving between midnight and 5 a.m. for the first year:

- ◆ Driving between home and work.
- ◆ Driving between home and a school event for which there is no other transportation available.
- ◆ Driving for employment purposes.
- ◆ When accompanied by a licensed driver who is at least 25 years of age.

The first 6 months of restrictions will end on _____ (date).

The second 6 months of restrictions will end on _____ (date).

The passenger and night driving restriction end after one year or at age 18, whichever comes first.

If you don't follow these rules you could get a ticket, pay fines, your insurance rates can go up or your license could be suspended. Driving comes with responsibility. Remember, driving is a privilege – not a right.

PRACTICE DRIVING LOG

Print and use the log on the following page to keep track of your teen's behind-the-wheel practice and their progress toward becoming a safe driver!

Keep this log in your vehicle and write down every time you and your teen practice driving. Individuals under 18 need at least 50 hours of supervised driving practice if they have taken an ODOT-approved driver education course. Without the course, 100 hours of supervised driving practice is required.

Get more practice log pages through ODOT's [Transportation Safety Office](#).⁴

4 https://www.oregon.gov/odot/DMV/Teen/Documents/teen_drive_log.pdf



Form 735-7190 (04-24) ©
STK# 300042