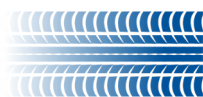




# DRIVER TRAINING SCHOOL



## AAA PARENT GUIDE



### COACHING YOUR NEW DRIVER AN IN-CAR GUIDE FOR PARENTS



#### DO's

**Do share your driving wisdom and experience!**

**Do stay cool** when your teen says, "Don't yell at me!"

**Do drive in different conditions** (*weather, lighting, road type*).

**Do aim for smoothness** — pretend there's a cup of water on the dash and you don't want to spill a drop.

**Do take breaks** — every 25 minutes or so, and discuss progress.

#### DON'Ts

**Don't take the same route twice;** use a slightly different route each time.

**Don't view your teen as your chauffeur** — they need your eyes, attention and coaching.

**Don't focus too much on basic maneuvers** (*turning, etc.*) — your teen will pick those up quickly.

**Don't say too much,** but offer immediate feedback when appropriate; debrief fully after the session.

#### KEYS TO SAFETY

- Drive the way you want your teen to drive — be a good role model.
- Let them sleep! Biologically, teens need about 9<sup>1/2</sup> hours of sleep daily.
- Adopt a Parent-Teen Driving Agreement.
- When you are coaching your teen, say aloud the actual and potential (hidden) hazards along the road.



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### LESSON 1: YOUR VEHICLE

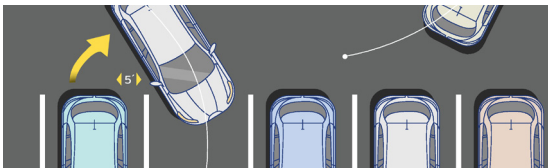


- Adjust the vehicle to the driver (seat position, steering wheel, head restraints, mirrors, etc.).
- First, start in a large parking lot and drive around the outside edge: 10–15 mph, practicing steering and braking.
- Second: Take a short drive on an uncrowded residential street, focus on being smooth, and looking ahead.



**WATCH OUT FOR:** Overconfidence, driving too fast.

### LESSON 2: PARKING & BRAKING



- When braking, be smooth and check traffic behind you.
- Practice parking in an empty lot.
- Mainly look directly over your shoulder when backing.
- Always keep your foot on the brake when backing up.
- Focus on precision, not speed.



**WATCH OUT FOR:** Not looking directly at the space into which you are backing. Over-relying on backup camera, and entering or leaving the space too quickly.

### LESSON 3: SPEED SELECTION



- Practice adjusting speed based on the three main factors:
  1. Visibility (day, night, fog, etc.)
  2. Amount of nearby traffic
  3. Road conditions (dry, wet, etc.)
- Always know the speed limit



**WATCH OUT FOR:** Feeling pressure from other drivers to drive faster.

### LESSON 4: LOOKING AHEAD FOR POTENTIAL HAZARDS



Goal: See all current hazards

- Practice anticipating what might become a hazard, such as:
  1. Pedestrian stepping into road
  2. Car pulling out from parking lot
  3. Cars hidden behind larger vehicles
- Maintain a "Visual Control Zone" by looking 12–15 seconds ahead



**WATCH OUT FOR:** Not scanning in all directions. Not looking far enough ahead.



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### LESSON 5: FOLLOWING SKILLS & SPACE



- Drive 3–4 seconds behind vehicle ahead (+1 second for nighttime, rain, etc.)
- Keep open space to at least one side at all times
- When stopped, leave enough room between you and the car ahead so you can see their rear tires and some pavement



**WATCH OUT FOR:** Causing another driver to have to change speed or steer around you.

### LESSON 6: DRIVING IN DIFFERENT CONDITIONS & ON DIFFERENT TYPES OF ROADS



- Goal: Identify current hazards
  - Darkness
  - Rain
  - Snow, etc.
- Variety is key — practice on:
  - City streets
  - Country roads
  - Interstates
  - Suburban roadways, etc.



**WATCH OUT FOR:** Driving too fast at night/in rain.  
Not driving on different roads during your next practice session.



### EXAMPLES OF WISDOM PARENTS HAVE SHARED:

- "I find it useful to look through the car ahead — to see how traffic is moving (or not)."
- "When turning, I try to turn my head first, and then turn the wheel — that way, I'm looking where I want to go, instead of where I am now."
- "I expect every driver to take the action that puts me at the most risk."
- "I find it's best to assume other drivers have no idea I'm there — they don't see me at all."
- "To get more space around me, I just adjust my speed a bit."