PARENT'S supervised driving program

Creating Safe Vermont Drivers



A PROGRAM OF THE VERMONT DEPARTMENT OF MOTOR VEHICLES



DEPARTMENT OF MOTOR VEHICLES



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Improving parents' and teen drivers' experience behind the wheel



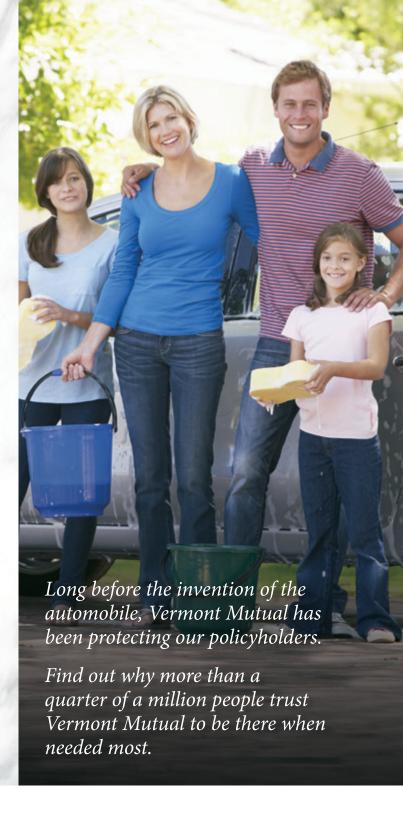


1883

Karl Benz introduces the first gas powered automobile.



Charles and Frank Duryea manufacture the first American automobile.





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A message to parents and guardians



Safe drivers are no accident. As the parent or guardian of a teenager just learning to drive, you play a critical role in helping your teen develop the habits and skills necessary to be a safe and responsible driver. This supervised driving guide can be used to help you make the most of the time you spend driving with your teen.

You don't have to go it alone. Is your teen enrolled or preparing to enroll in driver education at their high school or a commercial driver training school? Partnering with their driver education instructor will help you help your teen reap the benefits of this training. Your involvement is critical in ensuring your teen learns the skills needed to be the best driver possible. Please commit to

spending the time necessary to help them develop life-long skills.

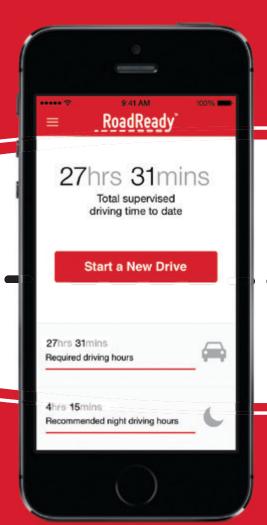
Driving is a privilege, not a right. Remind your teen that obtaining a driver's license is a privilege that is earned by demonstrating they know and will follow the rules of the road and are committed to be a safe, responsible driver. Remind them they share the highway with many others, including their relatives, neighbors and their friends.

Be a Role Model. Teens frequently model the behaviors of their parents. Model the habits you want your teen to develop. They are more likely to do as you do, not as you say. Distracted driving has become an epidemic. Refrain from driving distracted yourself, and impress upon your teen the importance of ALWAYS paying attention to their driving.

Wanda Minoli Commissioner

Graduated driver licensing and your teen

Motor vehicle crashes are the leading cause of death and injury for teenagers. Major factors that place teens at risk include age, lack of driving experience, passengers and other distractions. Graduated Driver Licensing (GDL) requires teens 15 to 18 years old learn to drive in stages. Driving privileges increase gradually as teens successfully pass through each stage of the licensing program.



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A component of

PARENT'S

supervised driving program

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to log your Learner's Permit practice driving.

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Log your drives, including driving conditions (road type and weather), driving notes, state requirements & more.

-- SOCIAL

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-- SYNC

Connect one teen driver's practice drive time across mutiple phones by using the same log-in on each device.

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A Message from Vermont Mutual

Since 1828, Vermont Mutual has been committed to safety and protection. We were there long before the first motorcars began driving our scenic New England roads and highways and we're still here today.

As an insurer of motor vehicles, we understand the risks associated with operating an automobile. Every day in the United States over 200 million people take to our roads, this fact alone underscores the need for safe and proficient drivers.

Learning to operate an automobile represents a significant milestone in a young person's life. For the teenager, it can be an exciting, if sometimes daunting, time that starts one on the road to greater independence. For parents, it is a time to ensure that their children are properly prepared for this next big step in their young lives.

Vermont Mutual is proud to be a sponsor of *The Parent's Supervised Driving Program*. We recognize that few are more committed to the safety of an inexperienced teenage driver than a teen's very own parents. Through conscientious application of the lessons outlined in this program, parents will be better equipped to help their children become attentive and responsible drivers. The program is also an opportunity for both parents and teens to connect through mutual preparation and learning.

On behalf of Vermont Mutual and our local Independent Insurance Agency partners, we wish you and your family many years of safe and happy driving.

Sincerely,

Daniel C. Bridge President & CEO

Vermont Mutual Insurance Group



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ADVENTURE & TRAINING

Do you need more excitement in your life? Find it here in the Vermont Army National Guard



A Message from the Vermont Army National Guard

For your teen, a driver's license represents maturity and their first step towards independence. As parents, we understand it means so much more.

Like your new driver, the National Guard has long cherished freedom and independence. As the oldest branch of the military, we trace our lineage to 1636 when Colonial Citizens organized to protect families and towns from hostile attacks. Since 1760s, when the First Green Mountain Boys, under the leadedership of Ethan Allen were mustered, the Vermont National Guard has served both community and country, responding to domestic emergencies, providing humanitarian aid around the world and supporting oversea combat missions.

As you continue to steer your child and teenager towards greater responsibility and obligations, service in the National Guard can provide an additional support structure for their expanding life. By committing to part-time service, they can earn many benefits only available to fulltime workers. The benefits include, health, dental and life Insurance, tuition assistance, retirement plans, and a monthly drill paycheck.

The Vermont Army National Guard is proud to support you and your teen driver as you begin training the responsibilities and skills of a safe driver. As you work through this booklet, we challenge you to devote your maximum effort and to accomplish each task to the best of your ability. Thank you for doing your part to make Vermont roads safer.



About this program

Developed by Safe Roads Alliance, a nonprofit dedicated to promoting safer driving through education for drivers of all ages, The Parent's Supervised Driving Program is designed to improve teen driver safety by providing parents and guardians with a methodical approach to teaching the requisite driving skills. Each lesson concentrates on a particular sequential skill. Parents are in the best position to help their teens become safe, smart, and skilled drivers.

The Parent's Supervised Driving Program also includes a website, social media pages, and a mobile app, RoadReady®.

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Illustrator: Lou Eisenman

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This program is also available online at:

PSDPonline.com



Welcome parents of teen drivers!

The Parent's Supervised Driving Program is a resource for parents to utilize when teaching their teen to drive.

1. This program is divided into core driving skills.



- Read through each section at home before your teen starts a new skill.
- 2. Log your driving time. This can be done 2 ways:



 Carry this printed guide with you during the drive and use the printed log section – you or your teen can log the supervised driving hours once the drive is finished.



- Download and use the free RoadReady app to track your driving time. RoadReady tracks your teen's driving hours until you reach the state requirements. Download for free on the App StoreSM.
- 3. Turn in your log when applying for your license.

Stay Connected with Us!

Follow The Parent's Supervised Driving Program for expert driving articles, program launch events and additional safety resources.



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Your opinion matters

Take our program survey and tell us about your experience.

www.theparentssuperviseddrivingprogram. com/survey

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About supervising teen drivers

The Parent's Supervised Driving Program gives you a simple, easy-to-follow plan you can use to help your teen be a safe and responsible driver.

Some thoughts as you begin this exciting experience together:

Make an effort to enjoy the learning process: Driving is a big step toward independence, and your teen is entering a new phase of life. You'll both remember this experience for years to come. Make it a good memory!

Practice makes perfect: Studies show that the risk of a crash diminishes with experience. The more time you can spend driving with your teen, the less likely it is they'll crash when they begin driving alone. Driving in a variety of circumstances is equally important. While using this program, you should drive on all types of roads. Make sure your teen gets exposure to a variety of roadways, and in different conditions as well: at night; in rain, fog, and snow; and in heavy and light traffic.

Be a driving role model: It's not enough to say, "Do as I say." Children imitate their parents'/guardians' behavior, so your driving should set a good example for your teen to emulate. Be sure that you:

- · Obey all traffic laws.
- Correct any unsafe driving habits (driving aggressively, rolling through stop signs, accelerating through yellow lights, speeding, etc.).
- Refrain from using your cell phone or texting while driving. To see a Vermont produced distracted driving video please go to: http://www.eregulations.com/driving/vermont/teens-biggest-dangers/

Tips for teaching your teen

- Seat belts must always be worn properly by everyone in the vehicle.
- Before each session, discuss the goals of the day's lesson.
- Before each new lesson, review what was learned during the previous lesson.
- **Keep instructions simple and concise.** Say where to go and what action to take. For example: "At the intersection, turn right."
- The feedback you give should be calm, precise, and immediate. Be patient and alert at all times. Remember to give positive feedback when your teen succeeds!
- When your teen makes a mistake, which will happen often, do not criticize. Remain calm and simply repeat the maneuver until it's done correctly. To minimize their frustration, emphasize to your teen that mistakes are a normal part of learning.
- These lessons should be consistent with what is taught by your teen's driving instructor. If you teach something differently, your teen will be confused and learning will be more difficult. If the lessons in this program are different from the instructor's, contact them to clarify the discrepancy.
- Remember that students learn at different paces. Make sure your teen has mastered each skill before you move on to the next lesson, even if that means repeating a lesson several times. Patience and practice will pay off in the long run.
- Integrate night driving into as many lessons as possible. Drive the route in daylight first, and then repeat the route at night.
- Best practice suggests the length of a driving session for a new driver be 20–30 minutes.
- Route planning is suggested with preparation for challenging situations, intersections, and other users.

Check your Emotions

At the start of each driving lesson with your teen, leave your problems behind — and make an effort to stay focused. Don't bring up touchy subjects such as grades, homework, boyfriends/ girlfriends, or anything else that might distract either of you from the task at hand.

Vehicle control for supervisors

Teaching a new driver can be stressful, but knowing you have some control can help. Always give as much advance notice as possible to a new driver. They may not see what you see, or perceive it as a danger. Professional driver's education instructors are taught emergency responses to potential hazards that can crop up with an inexperienced driver behind the wheel. Here are some skills you can learn to help you maintain control from the passenger seat while teaching:



Emergency shifting: In a quiet, large, level, empty area, practice shifting the transmission from drive to neutral.



Taking the wheel: With an experienced driver in the driver's seat, in a quiet, large, level, empty area, practice steering the car with your left hand from the passenger seat.



Mirrors: Adjust the mirror on the passenger sun visor so you can use it as a rearview mirror. If the right side mirror is properly adjusted, you can use it to monitor traffic to the rear from the passenger seat.



Awareness: Never assume everything is okay. Always check and re-check traffic and your teen's actions.



Emergency stopping: Practice stopping the car with the parking brake (if your vehicle's parking brake is located between the seats). This can be dangerous, even at low speeds, and should only be used as a last resort. Hold the release button in while pulling gradually up on the parking/emergency brake in order to stop the vehicle without causing wheels to lock up and put the vehicle into a skid.

Driving has changed

Chances are, today's cars are not the same as they were when you learned to drive. To teach your teen effectively, you need to know about a few important recent changes in how cars work, how we drive, and how driving is taught. Check your owner's manual for updates in vehicle technology or the website mycardoeswhat.org

Anti-lock Brake System (ABS): Most newer cars offer ABS as either standard or optional equipment. ABS is a dramatic safety improvement that works by letting the tires rotate, rather than lock up, when the brake is engaged. This allows drivers to steer the car in an emergency stop. ABS should be used with firm, continuous pressure. The brakes may shake and grind when applied, which often concerns users – but this is a normal function of ABS. To find out if your car has ABS, check the instrument panel after you turn on the ignition or read the owner's manual.

Note: When driving a car without ABS, the old rules still apply. Don't "slam" the brakes. Rather, press the brake pedal firmly. The intention is to stop quickly, but also to avoid locking the brakes and skidding. Skidding causes a loss of control and requires more distance to stop. If skidding does occur, because of wheel lock up, let off the brake in order to reestablish steering control and then try braking again.



Hands holding the wheel at 9 and 3 o'clock are not as likely to be hit by the air bag.

Air bags: Air bags are designed to work with safety belts, which must be worn for the air bags to be effective. Since air bags deploy out of the wheel on impact, it's important to keep your hands and arms clear.

Steering wheel hand position: Most of us were taught to position our hands at 10 and 2 o'clock on the steering wheel. It's now suggested that you hold the wheel at 9 and 3 or 8 and 4 o'clock. This gives you better vehicle control and keeps your hands away from the air bag.

Commentary driving

Commentary driving is a great communication tool. Coach your teen to describe their actions, thoughts and observations out loud as they drive, similar to a sports commentator. Having students identify potential hazards through commentary driving lets the supervising driver know if the student is actually seeing the hazards, and how far ahead.

Teens' biggest dangers

Newly licensed teens crash much more often than older, more experienced drivers. These are the circumstances that are the most common trouble areas for young drivers:

Other teens

Research is clear on the fact that risky teen driving behaviors increase in the presence of teen passengers. A teen who is driving with other teens in the car is more likely to crash. And the more kids there are in the car, the stronger the likelihood of a crash. This is the primary reason many states have passed laws that restrict the ability of teens to drive with their peers.

Safety belts

The unfortunate reality is that teens buckle up far less frequently than adults. Recent studies show that belt use amongst teens is the lowest of any age group, just 76 percent compared to a national average of 85 percent. In fact, the majority (58 percent) of young people 16 to 20 years old involved in fatal crashes are unbuckled. Whether sitting in the front or back of a car, buckle up every trip and remind other passengers in the car to buckle up too. It could save their lives, and yours.

Drugs and alcohol

Teens are at far greater risk of death in an alcohol-related crash than the overall population. This is despite the fact they cannot legally purchase or publicly possess alcohol in any state. When alcohol is added to the inexperience of teen drivers, the results can be deadly. Drunk male teenage drivers are 18 times more likely than a sober male teen driver to be killed in a single-vehicle crash. Drunk female teenage drivers are 54 times more likely to be killed than a sober counterpart.

Fatigue

As teens get older their bedtimes get later, but waking times do not tend to change. From age 13 to 19, nightly sleep is reduced by 40–50 minutes. Teen drivers who sleep less than 8 hours a night are 33 percent more likely to crash than teens who get more than 8 hours of sleep. This lack of sleep results in depressive moods, more risk-taking behaviors, and lower grades. It further reduces a person's ability to process information, be attentive, and have good reflexes, which are all crucial to driving skills. Studies have shown that being awake for 18 hours has a similar impact to having a blood alcohol concentration (BAC) level of 0.08.

Distracted driving

A driver's primary responsibility when behind the wheel is to focus on the act of driving. Any behavior that distracts from that activity increases the risk of a collision. In this age of electronic communication, the dangers of distractions have increased significantly. Use of electronic devices for any purpose - to send or receive communications, to surf the web, to view images, video, or anything at all - should absolutely be avoided.

Inexperience

Just as it takes years to perfect any skill – athletic, artistic, or otherwise – it also takes years to be a truly good driver. Until teens are much more experienced, they run a greater risk of crashing, getting hurt, and potentially dying. A driver's license makes them a driver. Experience makes them good drivers.

Night driving

For teens, the most severe crashes occur at night and on weekends. Night driving is challenging for all drivers, but novice drivers do not have the experience to anticipate and react when visibility is reduced. When teens drive at night, it is more often with a lack of adult supervision, with other teen passengers, and at high speeds – all of which increase risk.

GDL systems

Graduated Driver License (GDL) systems are intended to provide teen drivers with practice under the safest conditions, exposing them to more situations only as their skills and experience grow.

Video sources

To view a video showing the importance of buckling up, please go to http://www.eregulations. com/driving/vermont/ teens-biggest-dangers

To see a video produced in Vermont about Distracted Driving, please go to http:// www.eregulations.com/ driving/vermont/teensbiggest-dangers/

YOU DON'T WANT THEM RESPONDING TO YOUR TEXT.



STOP TEXTS STOP WRECKS.ORG





Distracted driving and more

Distracted driving involves any activity, such as cell phone use, that has the potential to distract someone from the task of driving. Distracted driving, alcohol, speeding, and not wearing seat belts can lead to death and injury in crashes. Teens, who are still learning the complex skills of driving, are particularly susceptible to distractions while behind the wheel. Don't let you or your teen become another statistic. Here are the facts:

- Motor vehicle crashes are the leading cause of death for U.S. teens. Mile for mile, teens are involved in 3 times as many fatal crashes as all other drivers. And 1 in 3 teens who text say they have done so while driving.
- In 2015, 3,477 people were killed and an estimated 391,000 people were injured in crashes involving a distracted driver. That's a 10.2 percent increase from the estimated 3,154 killed in 2013.
- A Virginia Tech Transportation Institute study revealed that physically dialing a phone while driving increases the risk of a crash as much as 6 times. Texting is riskier still, increasing collision risk by 23 times.

There are three kinds of distractions:

- Visual doing something that requires the driver to look away from the driving task.
- Manual doing something that requires the driver to take one or both hands off the wheel.
- Cognitive doing something that causes the driver's mind to wander or focus elsewhere.

To combat this growing epidemic, we suggest the following:

- Set a good example: Kids observe and learn from their parents. Put your phone down while driving and only use it when you are safely pulled over. According to the Pew Research Center, 40 percent of teens 12 to 17 say they have been in a car when the driver used a cell phone in a way that put themselves and others in danger. To view a video showing the importance of this, please go to https://www.youtube.com/watch?v=rl7iX1s5D9M
- Talk to your teen: Discuss the risks and responsibilities of driving and the danger of dividing their attention between a text, or a phone call, and the road. Show them the statistics related to distracted driving and urge them to share what they learn with their friends.
- Establish ground rules: Set up family rules about not texting while behind the wheel. Enforce the limits set by the graduated licensing program and state law.
- **Sign a pledge:** Have your teen take action by agreeing to a family contract about wearing safety belts, not speeding, not driving after drinking, and not using a cell phone behind the wheel. Agree on penalties for violating the pledge, including paying for tickets or loss of driving privileges.

Other dangerous distractions: In addition to cell phone use, distracted driving can include eating, grooming, drinking, listening to or adjusting the radio, or iPod, using the GPS, talking to passengers, or watching a video, just to name a few activities. Inexperienced drivers are particularly susceptible to these kinds of distractions.

Take the Distracted Driving Pledge http://www.distraction.gov/take-action/take-the-pledge.html



NHTSA

Eyes on the road

Teens tend to look away from the road and become distracted for longer periods than older drivers. It's important to train them to keep their eyes on the road ahead. Test your teen on how long they look away when doing various tasks inside the vehicle, such as tuning the radio. Coach them repeatedly on the importance of focusing on the road ahead. Enforce adjusting controls before putting the vehicle in motion.

Before you start the engine

Goal: Teach your teen vehicle basics before actual driving begins.

Location: Parked. This is a non-driving lesson.

Lesson one – touring the vehicle

Walk around the outside of the car with your teen. Instruct them to look for leaks and hazards such as broken glass, and to make sure it's clear behind the vehicle as well as in front of the vehicle.

Have your teen practice these basic skills until they don't need help:

- Starting and stopping the engine
- Naming and operating all dashboard controls
- · Checking oil level
- · Checking wiper fluid
- · Checking tire pressure

Lesson two – mirror settings

No matter how the mirrors are adjusted, there are areas that still cannot be seen, requiring drivers to turn their heads to check prior to making a move to the left or right.

- Inside mirror: Have your teen sit up straight in the driver's seat and adjust the inside mirror so that it frames the entire rear window. This is the main mirror for viewing what is behind the vehicle.
- Left and right outside rearview mirrors: Adjust the left and right outside rearview mirrors so they show a slight amount of the sides of the vehicle when the student is sitting in an upright position.

Lesson three – checking blind spots

Additionally, teach your teen how to look over their shoulder to check the "blind spot" on each side of the car that cannot be seen in the mirrors.

Lesson four – seating position

The proper seat position is important to safely control the vehicle. Your teen should sit with their back firmly against the seat. There should be at least 10 inches between the steering wheel and the driver's chest, with the air bag pointing at the chest. The top of the steering wheel should be no higher than the shoulders. Move the seat forward or backward so that the driver's heel touches the floor and can pivot between the brake and accelerator. Proper left foot placement should be off to the left, and out of the way, for an automatic shift vehicle. Left foot braking is not recommended. Shorter drivers may need a seat cushion or pedal extenders to sit safely 10 inches from the air bag. The head restraint should be at the center of the driver's head.



Adjust tilt to have the horizon appear in the center of the mirror. And, adjust the viewing angle to see a slight amount of the vehicle, which is essential to detect other traffic.



The most effective way to deal with blind spots is to briefly turn and look.

Proper mirror setting

In the past, drivers were often taught mirror settings that caused overlap between the rear and side mirrors. which was less safe. This is a great opportunity to update your own driving skills while teaching your teen!

Skill completed

supervisor initials

driver initials





Moving, steering, and stopping – part one

Goal: Teach your teen to consistently start, stop, and turn smoothly with full vehicle control.

Location: A large, level, mostly empty area.

Everyone in the vehicle must be properly buckled up.

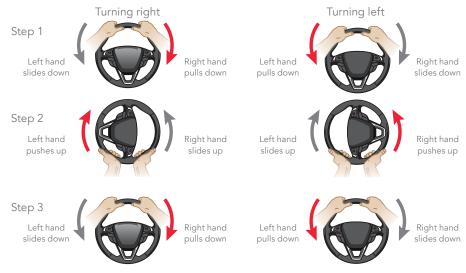
Before starting, coach your teen to always signal and check mirrors and blind spots before changing the speed, position, or direction of the car. Remind them when needed.

Have your teen drive around the perimeter of the lot several times at a slow speed. Have them stop and start frequently, practicing smooth hand-to-hand steering, braking, and accelerating.

Pick several targets in the large, level, empty practice area, and have your teen drive to them at specific speeds. For example, "Drive to the stop sign at 15 mph." Focus on steady speed and smooth starts and stops.

Once your teen is braking smoothly, practice "hard, smooth stops" at slightly higher speeds (approximately 25–30 mph). Hint: Curling toes back just before braking results in smoother stops. It eases the pressure on the brake.

Lesson one – steps toward turning



With hand-to-hand steering your hands do not cross each other, staying clear of the air bag.

Lesson two – turning techniques

- Ease off the accelerator or use the brake to reduce speed before entering a curve; use gentle acceleration to overcome inertia and pull the vehicle out of the curve.
- Use smooth, continuous steering wheel movements when approaching a turn and when returning (sliding) the wheel through the hands until the vehicle is in the proper post-turn position.
- Coach your teen to pick a target well ahead near the center of the intended travel path. This target can be used as a visual aid to aim at while steering through turns.



Reducing speed

New drivers tend to use the brake too much and the accelerator too little to control speed. Coach your teen about easing up on the gas pedal as a way to reduce the car's speed.

Skill completed

supervisor initials

driver initials

Moving, steering, and stopping – part two

Goal: Teach your teen to safely stop and start on a hill without rolling back.

Location: A quiet road or area that has a hill.

When you take your road test, the examiner will have you stop and start on a hill. You will be instructed to drive to the right side of the road, stop, and then set your parking/emergency brake and shift to neutral.

When you've chosen a safe and quiet location for this skill, coach your teen to signal right as you drive up the hill to tell others what you are doing. Drive to the right side of the road, stop, and then set your parking/emergency brake and shift to neutral. The parking/emergency brake must hold the vehicle from rolling back.

Before driving up the hill, put the vehicle in gear. Signal left. Check your mirrors, and left blind spot to be sure that traffic is clear. Accelerate gently until you feel the vehicle want to move and then release the parking brake to prevent any roll back, and look over your left shoulder once again before driving out. You should be able to drive up the hill without rolling back.

Note: You may need to stop on a hill for a stop sign, traffic light, or an emergency such as a dog or person running into the street. To prevent a rollback when starting on a hill, a driver can use any of these following techniques:

- Quickly move your foot from the brake to the gas.
- Set your parking/emergency brake. Move your right foot to the gas. Apply the gas lightly and carefully release the parking/emergency brake to continue up the hill.

Note: When driving downhill, you should not coast with the clutch to the floor or the gearshift in neutral.

Stopping on a hill

When stopping on a hill for a stop sign, traffic light, or an emergency such as an animal, bicycle, or pedestrian coming out into your lane you will have to start from a stop. Use this procedure to prevent rolling back.

Skill completed

supervisor initials

driver initials

#RoadReady

How close are you?

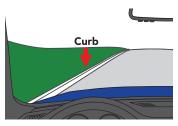
Goal: Teach your teen how to tell where their vehicle is in relation to other vehicles or objects.

Location: A large, level, mostly empty area with clearly painted pavement lines and curbs.

Reference points

Explain to your teen that reference points are visual guides to help them judge the car's distance from curbs, lines, other objects, and vehicles.

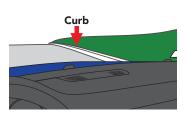
Lesson one - driver's side curb (or line)



View out the front windshield. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

- Choose a pavement curb (or line), and tell your teen that the goal
 is to pull the driver's side of the vehicle 6–12 inches away. Coach
 them to slowly pull up parallel to the line, getting gradually closer,
 and stop when they think they are 6–12 inches away. Have them
 look at where the line intersects in the front window.
- Have your teen put the car in park and get out to check if the driver's side wheels are 6–12 inches from the line. If it's not the right distance, have them do it again, checking the reference points.

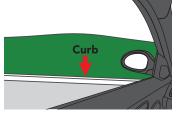
Lesson two – passenger's side curb (or line)



View out the front windshield. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

- Choose another curb (or line) parallel to the passenger's side, again pulling up slowly to within 6–12 inches. Use the same gradual pull-up method, but for this side, coach your teen to stop when the curb appears to intersect the center of the hood or base of windshield, if the hood is not able to be seen, as in some newer vehicles.
- Again, have your teen get out of the vehicle to check whether the
 tires are 6–12 inches from the curb. Keep practicing and making
 adjustments, noticing the reference point, until they can do it
 consistently.

Lesson three – front curb (or line)



View out the driver's side window. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

- Teach your teen to align the front bumper between 6–12 inches from a pavement curb (or line). Have them drive slowly straight toward the curb. Coach them to stop when the curb appears under the passenger's side mirror.
- Have your teen get out of the vehicle to check whether the front bumper is 6–12 inches from the curb. If not, have them adjust the reference point as needed and keep practicing.

Skill completed

Making your teen safer

It takes more than

day for six months to

complete 50 hours of practice driving. For

30 minutes a day for

100 hours, it's more than

six months. Studies show

that the more time you

your teen will be when

driving alone.

drive together, the safer

15 minutes every

supervisor initials

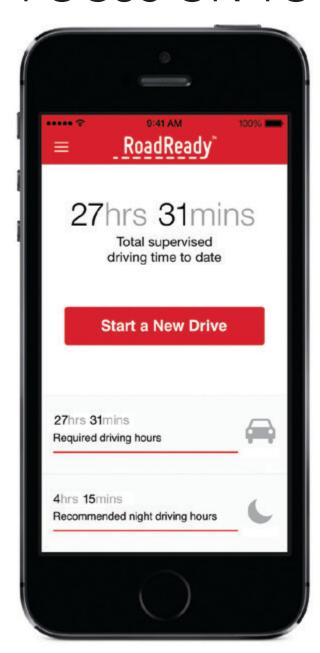
driver initials







LOG YOUR DRIVES. FOCUS ON YOUR TEEN.





Teaching your teen to drive presents enough challenges. With RoadReady, your focus can remain where it needs to be: on your teen and on the road. "Start a New Drive" and RoadReady will log the rest. Download your log to verify you've completed your state requirement.

WITH SUPPORT FROM









Slow and consistent

Emphasize that backing must be done at slow

but consistent speeds. It's harder to maintain

control of the car when

it's in reverse.

Backing

Goal: Teach your teen how to safely drive backwards in a straight line and while turning.

Location: A large, level, mostly empty area.

Lesson one - before moving the vehicle

- Coach your teen that they must turn around and look backwards through the rear window when backing. Using mirrors or backup cameras doesn't give a full view.
- When backing straight, have your teen shift their hips and turn around until they get a good view behind the vehicle. They should drape their right arm over the back of the seat and grasp the top of the steering wheel with their left hand.

Lesson two – backing in a straight line

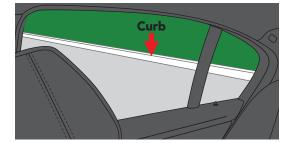
- Check all areas behind the vehicle prior to and while backing.
- Grasp the steering wheel with the left hand and look over the right shoulder through the rear window.
- First release the brake, then use the accelerator gently, and only when necessary, to control speed. Keep it slow.

Lesson three - backing in a turn

- Use two hands on the wheel when maneuvering backward.
- Remind your teen to look to the rear and turn the wheel in the direction they want the back end of their vehicle to go.
- Look in the direction the car is moving through the rear side windows.
- Back into the turn slowly, first releasing the brake, then using the accelerator if needed.

Lesson four - aligning rear bumper to a curb

- Choose a curb (or line) for a target.
- Have your teen back toward the target, coaching them to stop when the curb appears near the middle of the rear right window when looking over their right shoulder.
- Have your teen put the car in park and set the emergency brake.
- Have your teen get out of the car to see whether the rear bumper is close to the target.
- If adjustments are needed, have your teen try again, establishing a new reference point.
 Repeat as often as needed until your teen



The driver's view out of the back passenger window. Reference points will be different for everyone, depending on the vehicle and the height of the driver.

can consistently come within close proximity to the target. Newer vehicles make it very hard to see reference points out rear passenger windows. An alternate reference point may be needed.

Skill completed

supervisor initials

driver initials



Driving on a quiet street – part one

Goal: Teach your teen to move and stop a vehicle safely and with confidence on quiet roads.

Location: Start in a large, level, mostly empty area. Move to a quiet neighborhood street when indicated. Please do not use DMV skills test routes for practice.

Before moving out onto the road, make sure that your teen has reviewed the driver's manual and is familiar with street signs, signals, pavement markings, and yielding and speed laws.

Skill review

Starting in a quiet, large, level, empty area, review the skills learned so far. Have your teen drive several laps around the lot, practicing smooth braking and accelerating, maintaining steady speeds, steering into right and left turns, and using reference points to align the car with curbs (or lines).

Lesson one - commentary driving

Coach your teen to use "commentary driving" (see sidebar on page 2) throughout this lesson, if possible.

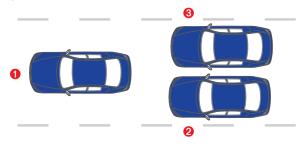
Lesson two - lane position

When you and your teen feel ready, move to a quiet street.

With your teen behind the wheel, first have them practice driving straight in three different lane positions. Do this for several miles, practicing each position at least 10 times:

Center position ①: The most common position, with the vehicle centered within the lane. Coach your teen that they should stay in the center position under most circumstances by looking 12 seconds ahead and in the center of their own lane.

Left position 2: The vehicle positioned to the left side of the lane. This is best used when approaching parked vehicles and potential hazards on the right (if no oncoming traffic). It should be avoided on a hill or a curve.



Most driving is done in lane position number one.

Right position 3: The vehicle positioned to the right side of the lane. This is usually done when making a right turn to allow for a safety margin on the left side of the vehicle.

Lesson three – intersections

Coach your teen on these techniques for safely approaching an intersection:

- Search for vehicles, pedestrians, signs and traffic signals.
- Check the rearview mirror for any potential hazards behind the car.
- If turning, put on the turn signal four seconds before making the turn.
- If a stop is required, stop before the front bumper crosses the stop line. When a stop line is placed back farther than what is normally expected, you should stop behind the line for any large truck to make the turn into your side street, before you creep up for better visibility. If there is no line, stop behind the crosswalk. If there is no crosswalk, stop behind the sidewalk, and if there is no sidewalk, stop before the curb line or edge of the roadway.
- After making a complete legal stop, you may creep up for better visibility.
- Select the best lane for the intended direction of travel.
- Yield the right-of-way to pedestrians and other vehicles.

Emergency vehicles

Make sure your teen understands what to do if they encounter emergency vehicles. First, turn down the radio to listen for the direction of the emergency vehicle(s). Stay calm, signal, and pull over to the nearest curb, clear of intersections, and wait for the emergency vehicle(s) to pass.

Skill completed

supervisor initials

driver initials

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Driving on a quiet street – part two

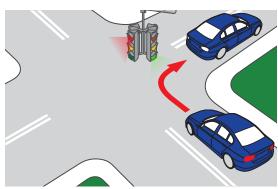
Goal: Teach your teen to turn both right and left safely and with confidence on quiet roads.

Location: A quiet block of single-lane roads, ideally without traffic signals at the intersections.

Lesson one - right turns

When your teen is comfortable with lane positions and intersections, it's time to practice turns. Start with right turns. Have your teen drive clockwise around the block 10–12 times:

- Always check mirrors before turning and signal 4 seconds before the intersection.
- Search the intersection in all directions for vehicles, pedestrians, signs, and signals.
- Position the vehicle 2-3 ft from the edge of the roadway (lane position 1).
- If there is a stop sign, or red light, stop with wheels pointed straight ahead before the front of the vehicle reaches the stop line, crosswalk, or intersection.
- Clear the front reference point in the right front passenger window before starting the right turn.
- Focus on smooth braking into the turn and smooth acceleration out of the turn, as previously practiced in the large, empty area.
- Pick a target at the center of the intended travel path at least 12 seconds ahead while steering through the turn.



Have your teen drive around the block making right turns 10–12 times. When they are proficient, drive around the block 10–12 times making left turns.

Lesson two – left turns

When your teen is proficient at right turns, move on to left turns. Have your teen drive counterclockwise around the block 10–12 times, coaching them on these techniques for safe left turns:

- Always check mirrors before turning and signal 4 seconds before the intersection.
- Search the intersection in all directions for vehicles, pedestrians, signs, and signals.
- Position the vehicle in lane position two (close to the yellow lines).
- If there is a stop sign or red light, stop with wheels pointed straight ahead before the front of the vehicle reaches the stop line, crosswalk or intersection.
- Select a gap in traffic and pull straight forward toward the center of the intersection. Coach your teen to avoid hesitating.
- Use the double solid yellow line on the street being turned onto as the front reference point to clear in the driver's side window. Start turning/pivoting around the yellow lines onto the side street.
- Focus on smooth braking into the turn and smooth acceleration out of the turn, as previously practiced in the large, level, empty area.
- Pick a target at the center of the intended travel path at least 12 seconds ahead while steering through the turn.

Be sure to practice with your teen in a variety of conditions, including at night and in inclement weather, as much as possible.

Skill completed

Focus Ahead

Most drivers have a

tendency to steer in the

direction they look. If

their eyes move to one

side, the car may drift

in that direction, too.

Remind your teen to

lane – and not fixate

on lane lines or other

objects. The rest of the

area should be scanned quickly but frequently.

focus on a line of sight in

the middle of their travel

supervisor initials

driver initials



Looking ahead

Goal: Teach your teen to develop defensive driving techniques and higher-level visual and anticipatory driving skills before moving on to more complex driving situations. In order to avoid last-second reactions and spot potential hazards, have your teen always look 12–15 seconds down the road. When they are looking far enough ahead, they will be able to spot hazards early and be well prepared to react to them.

Location: Start on a quiet neighborhood street. Please do not use DMV skills test routes for practice. Move onto a road with light traffic when your teen is ready.

Lesson one – IPDE system or SEE system

Teach your teen the IPDE system, a simple system to help new drivers recognize, anticipate and avoid risks before they turn into problems. IPDE stands for:

Identify potential risks, like oncoming vehicles, pedestrians, obstacles, or intersections.

Predict when and where there will be a conflict or problem.

Decide on the best course of action.

Execute that action.

SEE stands for:

Search for objects or conditions -other roadway users or conditions.

Evaluate the projected path ahead for alternate paths of travel - check both sides and rear for speed or lane position options.

Execute appropriate adjustment(s) - change speed, position and/or communicate.

Have your teen use commentary driving as they practice the IPDE system or SEE system. As they drive, ask them to verbally describe their thoughts and actions in order to identify potential risks they see, predict problems these risks could cause, decide what to do to avoid a problem, and then execute the maneuver.

Lesson two – stopping-distance rule

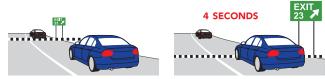
Teach your teen the stopping-distance rule, for the safest distance to stop behind another vehicle. When your vehicle stops, you should be far enough away from the car in front of you that you can see where its tires make contact with the ground. Any closer is too close.

Lesson three - four-second rule

Teach your teen the four-second rule for the appropriate following distance when driving behind other vehicles. The four-second rule is an important safety measure designed to give drivers enough time to safely steer or brake to avoid problems that occur in front of them on the road.

- Start counting when the rear bumper of the vehicle in front of you passes a fixed object like a sign or telephone pole.
- Count "one thousand ONE, one thousand TWO, one thousand THREE, one thousand FOUR."
- Your front bumper should not pass that fixed object before you've reached "four."

Have your teen practice the four-second rule at least 10-12 times, counting out loud to check whether their following distance is appropriate.



Your front bumper should not pass before you've reached "four."

Minimize risks

Rear-end collisions are the most common form of a car crash. Emphasize to your teen that increasing following distance behind other vehicles is the single best thing they can do to minimize the risk of a crash.

Skill completed

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driver initials

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Turning around

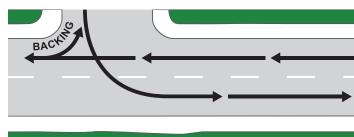
Goal: Teach your teen the best ways to turn a vehicle around in various circumstances.

Location: Start on a quiet neighborhood street with accessible side streets. Please be respectful of neighbors and private property.

Lesson one - turning around safely

Turning around involves backing into a side street to reverse direction. Your teen will need to demonstrate turning around when they take their DMV skills test. On a quiet street, have your teen identify an available side street on the same side of the street as your car, at a point where they can see oncoming traffic for at least 200 feet.

 As you approach a side street on your right, reduce speed and check for traffic in all directions.
 Turn on your directional light when you are in front of the side street you will be backing in to. This will eliminate having a vehicle pull out of the side street in front of you thinking you are turning into the side street. Drive just past the street and stop about 18 inches from



Turning around will be required when you take your DMV road test.

the curb or the edge of the road. Shift into reverse. Check for traffic in all directions before backing. Be sure to check your blind spots.

- When the side street is clear, back slowly into it. Be careful to keep on your own side of the street. Look
 mostly through the rear window while backing. Stop backing when your vehicle is all the way into the
 side street beyond any crosswalks or stop lines.
- · Before you turn back out onto the street, signal left and shift to drive.
- When there are no vehicles coming, make a proper left turn to complete the turn around.

Always look behind you, with occasional checks to the front and blind spot area, and back the vehicle slowly. Never back across an intersection. Remember when you are backing your vehicle, you are responsible for traffic in all directions!

Skill completed

supervisor initials

Always look

Remind your teen

to always look in the

direction they are backing

and to back slowly. When

backing a vehicle they

in all directions. Make

need to remember they

are responsible for traffic

sure they understand they

do not have the right of

way and must take care

traffic.

not to interfere with other

driver initials



Parking – part one

Goal: Teach your teen to master angle and perpendicular parking.

Location: Start in large, level, mostly empty areas. You will need angled and perpendicular spaces.

Before your teen starts parking practice, review "Skill Three: How Close Are You?" and "Skill Four: Backing" on page 9.

Lesson one – angle parking

Hint: Choosing a parking spot on the left side of the car can provide more room to maneuver and a better view of traffic when backing out. Positioning your vehicle further away from the spaces before starting to turn into the spaces will allow for a better final position in both angle and perpendicular parking.

- Signal to indicate intent to turn into a parking space.
- Move forward until the steering wheel is aligned with the first pavement line marking the space.
- Look at the middle of the parking space and turn the wheel sharply at a slow, controlled speed.
- Steer toward the center of the space, straightening the wheel upon entry.
- Stop when the front bumper is six inches from the curb or from the end of the space.
- After you've parked, put the gear shift lever in park for automatic transmissions (for manual transmissions, put the car either in first or reverse) and set the parking brake. Shut off the ignition and remove the key. Check for traffic prior to getting out. Lock the doors.

Lesson two – perpendicular parking

The steps are the same as for angle parking, but the sharper turn needed for perpendicular spaces may require more practice.

Lesson three – exiting parking spaces

- With a foot on the brake, shift into reverse, which will signal that you will be backing.
- Turn around and look in all directions for possible vehicles and pedestrians.
- For angled spaces, back straight until the driver's seat is even with the bumper of the next vehicle on the turning side. For perpendicular spaces, back straight until the windshield is aligned with the bumper of the next vehicle.



Turn when your outside mirror reaches the edge of the space. Always finish with your wheels straight and your car centered in the space.

Turn when the front of your vehicle reaches

the edge of the space. Stay alert for cars

backing out to leave their space.

- Quickly turn the wheel in the direction that the rear of the car needs to go.
- Glance forward to make sure the front bumper is clear of the car on the other side.
- When the front bumper clears the other vehicle, stop, shift into drive, check the blind spots for vehicles, and pull forward to complete the exit.

Practice makes perfect

Plan to spend a good amount of time on parking practice with your teen — it's a difficult skill to learn. Many crashes happen in parking lots, and mastering parking skills is an important way to help avoid collisions. Have your teen practice angle and perpendicular parking 15–20 times each.

Skill completed

supervisor initials

driver initials

#RoadReady



Parking – part two

Goal: Teach your teen to master parallel parking.

Location: A street with marked parallel parking spaces at a time of day when traffic is light.

Lesson one – parallel parking

Teens will be required to parallel park on the Vermont skills test. **This skill is sometimes best taught by a professional driving instructor.** Assess your own parallel parking skills and your teen's abilities before beginning. There are several methods to accomplish this; all require steering fully right to fully left and looking through the rear window while backing slowly. Finish up by slowly pulling forward to center the vehicle in the space.

- When approaching the parking space on the right, check your rearview mirror and signal right.
- Stop alongside the front vehicle, two to three feet away with back bumpers even, shift to reverse, and turn wheel all the way to the right.
- Check for traffic and pedestrians in all directions.
- Look over your left shoulder to check the blind spot area and let any traffic clear.
- Let vehicle roll slowly until the driver can first see across the back end of the parked vehicle. Your vehicle should be at a 45 degree angle at this point. Stop and straighten the wheel. Check for traffic.
- Proceed to let the vehicle roll slowly backward, with wheels straight, until the front bumper clears the
 rear bumper of the car ahead. The taillight of the vehicle you are parking behind should be visible in
 the right lower windshield area of your vehicle.
- Stop and turn the wheel all the way to the left, look to rear over right shoulder, and let vehicle roll slowly into a straight vehicle position.
- Pull ahead to adjust vehicle's position to be centered in the space.
- The vehicle's wheels should be within 12" of the curb or edge of the street.

Lesson two - exiting a parallel parking space

- With right foot on the brake, shift to reverse, look to the rear, and back (with wheels straight) to a spot where re-entry into traffic can be made in one motion.
- Shift to drive and turn wheels all the way to the left and signal left.
- · Check for traffic, pedestrians and bicyclists in all directions, including the blind spot over the left shoulder.
- Ease out of the space while checking for clearance of the vehicle ahead.

Lesson three – parallel parking on a hill

Make sure the vehicle is in park and the parking brake is properly engaged. To prevent the vehicle from rolling into traffic, instruct your teen to turn the front wheels as follows:

- Toward the curb when parking downhill
- · Away from the curb when parking uphill

If there is no curb, have your teen point the wheel so that the car would roll away from traffic if it moved.

Skill completed

Parallel parking

Parallel parking

seems to produce

unnecessary anxiety in

Hopefully by the use of

the vehicle slowly, and

checking for potential

eliminate this issue.

hazards we can help to

reference points, moving

both the student and the supervising driver.

supervisor initials

driver initials







Organ and Tissue Donation SAVES LIVES

When your teen applies for a driver's license, they will have the opportunity to become a registered organ and tissue donor.

Know the Facts!

Fact: Saying "Yes" can save a life.

A single organ and tissue donor can save and heal up to 100 lives.

Fact: The first priority of any medical professional is to save lives when sick or injured people come to the hospital. Organ and tissue donation does not become an option until death has been declared.

Fact: Anyone can register to be an organ and tissue donor.

People of all ages and medical histories should consider themselves potential donors. Advances in medicine continue to allow more people to donate and potential donors are carefully screened prior to transplant.

There is no cost to the donor or the donor's family for donation.

Fact: All major religions in the United States support organ and tissue donation and view it as a final act of love and generosity.

Fact: Over 4,900 people in New England are waiting for a lifesaving organ transplant.

For more information please visit: www.DonateLifeVT.org

Supervised driving log

Parents or Guardians are responsible for making certain that their teen has completed no less than 40 hours of supervised driving, with 10 of those hours being completed at night. The Supervised Driving Log on the following page should be used to keep track of practice driving time. You can also use the Log to assure your teen is practicing in a variety of driving environments and weather conditions. This Log will need to be turned into the DMV when your teen goes to take their junior operator license road test. An online version of this Log can also be found by visiting: http://dmv.vermont.gov

When using the "RoadReady App" a print out of the driving log needs to be brought to DMV in order to take a skills test.

WITH SUPPORT FROM





Vermont learner's permit restrictions

- With a valid Vermont Learner's Permit you may drive anywhere, anytime in Vermont
 if there is a licensed and unimpaired parent or guardian, or a licensed or certified
 unimpaired driver education instructor or a licensed and unimpaired individual 25 years
 of age or older riding in the front seat.
- Before driving in any other state, you must contact that state's Motor Vehicle Department or law enforcement agency to see if it is legal to drive in that state with a Vermont Learner's Permit.
- The law requires you to always have your permit with you when you drive.
- All drivers are prohibited from using any handheld electronic device while driving.
 Examples include cell phones, PDA's, laptops, tablets, iPods, MP3 players and game players.



Log your practice driving and export your driving history.

Easy, accurate, educational.



#RoadReady















Department of Motor Vehicles 120 State Street Montpelier, Vermont 05603 802.828.2000

DRIVING PRACTICE LOG SHEET

Nam	Name: Last First Middle						
Maili	ing Address (Street, Road or PO Box):		City:	State:		
		Date of Birth:	L	earner's Permit N	umber:		
	₩ ТО	BE COMPLETED BY THE F	PARENT (OR GUARDIAN	•		
	On what d	late did your son/daughter acq	uire his/he	r Learner's Peri	mit?		
1.			XX	*****	********		
	To the be	st of your knowledge, has you	r son/dau	ghter ever been	convicted of		
	any motor	vehicle/driving offenses?					
2.	☐ Yes	If 'Yes', please indicate what of	ffense(s):				
	□ No						
		rtify that your son/daughter ha					
		practice behind the wheel, w					
3.		(Nighttime driving is defined		ig during the	period of 30		
	matter surset, to be minuted before surrisely						
	If 'No', the applicant is not eligible for a Junior Operator's License until s/he has completed the required driving practice.						
C.					2 1 2202		
31		d warrants herein are certified un					
Printed Name of Parent/Guardian Parent/Guardian License #							
	Signa	ture of Parent/Guardian		Date Sign	ned		

This form must be submitted to the Department of Motor Vehicles at the time of application for a Junior Operator's License. It is very important that you do not lose this Log Sheet. As driving practice takes place, the authorized individual who provided the driving practice must fill in the fields (columns 1, 2 and 3) with the appropriate information and initial the form. The **grand total** of the practice time **must be logged on Page 4** of this form. You may attach additional sheets if necessary.

To schedule an exam in any area, call 802.828.2085. For general information, call 802-828-2000 or visit our website at dmv.vermont.gov





SAMPLE LOG SHEET ENTRY:							
07/04/12	10:00 a.m.	Hill Starts	City - Daytime	30 min.	J.F.K		
♥ Column 1 ♥							
Date	Time of Day	Skills Practiced	Driving Environment	Practice Duration	Initials of Provider		
Total Pr	Total Practice Time of Column 1:						

RoadReady®

Column 2

v Column 2 v							
Date	Time		Skills Practiced	Driving Environment	Practice Duration	Initials of Provider	
	Da	y		Environment	Duration	Provider	
		Ī					
You may additional	attach	Tot	al Practice Time of Colu	mn 2:			
if necess		Tot	al Practice Time of Colu	mn 1·			
Total Proceed Time of Column 1,							
Combin	ed Pra	ctice	Time of Columns 1 & 2:				



Ψ	Column	3	١

Date	Time of Day	Skills Practiced	Driving Environment	Practice Duration	Initials of Provider
Total Pr	actice Tim			I	
Combin	Combined Practice Time of Columns 1 & 2:				
Total Practice Time of Any Additional Sheets:					
GR	GRAND TOTAL OF PRACTICE TIME (Columns 1, 2 and 3)				

Download the FREE RoadReady mobile app to track your driving experience together and to keep safety tips top of mind. The latest addition to *The Parent's Supervised Driving Program* offers parents and teens an easy, educational and convenient way to log the required supervised driving time with the click of a button.

- Track your time
- Learn safe driving practices
- Track driving conditions
- View driving summaries
- Download your driving log
- Know your goals
- Receive parental pointers
- Reach your goals
- Identify areas of improvement
- Track your teen's progress





If using the RoadReady App it is not necessary to log your time on this form.

Be sure to print out the RoadReady log sheet to bring to the road test appointment for verification of driving hours.

Download at http://bit.ly/N210_Manual or use the QR code above

The more the merrier? The more the scarier.





Risk of Fatal Crash

The risk of a fatal crash goes up in direct relation to the number of teens in the car.

A safety message from:





Graduated Driver License Program

Individuals who obtain a Learner's Permit or Junior Driver's License are subject to our Graduated Driver License law. The key provisions of this law are indicated below:

- An individual fifteen (15) years of age or older may operate a motor vehicle if they hold a valid Learner's Permit and are accompanied by one (1) of the following people in the vehicle, who is riding beside the driver:
 - · A licensed and unimpaired parent or guardian,
 - · A licensed or certified and unimpaired driver education instructor, and/or
 - A licensed and unimpaired person at least twenty-five (25) years of age.
- 2. To apply for a Learner's Permit, an individual must have maintained a clean driving record in the previous two (2) years
- An individual must possess a Learner's Permit for at least one (1) year prior to obtaining a Junior Driver's License.
- 4. Prior to obtaining a Junior Driver's License, an individual must complete an additional forty (40) hours of practice behind the wheel, with at least ten (10) hours being nighttime driving, while accompanied by one of the individuals indicated above who is riding beside the driver. The forty (40) hours of practice is in addition to the six hours of behind the wheel instruction time required for successful completion of a driver-training course. Proof of this additional practice must be submitted to DMV at the time of application for a Junior Driver's License on form VN-210 ~ Driving Practice Log Sheet, and certified by one of the individuals indicated above. This form is available in the center of this Driver's Manual, from DMV offices and from the DMV website (dmv.vermont.gov). NOTE: 'Nighttime driving' is defined as driving during the period of thirty (30) minutes after sunset, to thirty (30) minutes before sunrise.
- 5. An individual must have maintained a 'clean' driving record without any Learner's Permit recalls, suspensions or revocations for a six (6) month period prior to obtaining a Junior Driver's License.
- 6. While holding a Junior Driver's License, the individual may not operate a vehicle in the course of their employment for one (1) year following the issuance of the Junior Driver's License. For example, an individual cannot act as a pizza delivery driver until having had a Junior Driver's License for one (1) year, or until reaching the age of eighteen (18), whichever comes first.
- 7. While holding a Junior Driver's License, an individual may not carry passengers for hire.
- 8. During the first three (3) months of operation under a Junior Driver's License, the individual is restricted to driving alone. Passengers are permitted only if there is a licensed and unimpaired parent or guardian, or a licensed or certified unimpaired driver education instructor or a licensed and unimpaired individual 25 years of age or older riding in the front seat. If one (1) of those individuals is in the vehicle, there are no restrictions on the number of passengers. However, the driver is not allowed to transport more passengers than there are safety belts.
- 9. During the second three (3) months of operation under a Junior Driver's License, the individual may begin transporting immediate family members; siblings and parents only.
- 10. After holding a Junior Driver's License for six (6) months, there is no restriction on the number of passengers they can transport in the vehicle. However, the driver is not allowed to transport more passengers than there are safety belts.

- 11. An individual who holds a Vermont Junior Driver's License must be eighteen (18) years of age and must not have any recalls, suspensions or revocations during the previous six (6) month period, to be eligible to obtain a Driver's License. This six (6) month period commences on the date of their reinstatement. Any Junior Driver's License may be renewed. Notwithstanding the provisions of any other law, a renewed Junior Driver's License shall be issued without a photograph or imaged likeness. Any person to whom a renewed Junior Driver's License has been issued shall, while operating a motor vehicle, carry upon his or her person the last license issued to him or her as well as the renewed license certificate.
- 12. When an individual who has a Junior Driver's License from another state applies for a Vermont Junior Driver's License, he or she will be required to provide proof they have successfully completed a state approved driver education course which meets or exceeds Vermont requirements. They will also be required to pass an eye, written and road test. They will also be subject to the Graduated License Law unless they have held the other state's license for a period of at least six months.
- 13. A Learner's Permit or Junior Driver's License is considered to be a 'provisional license', which is recallable. Any of the following actions will result in the recall of an individual's Learner's Permit or Junior Driver's License (for more detail, see 23 VSA § 607a, § 614a):
 - Carrying Passengers For Hire, Junior Operator Violation (CPH) = 90 day recall
 - Driving For Employer/Employment, Junior Operator Violation (DFE) = 90 day recall
 - Recommendation From A Diversion/Reparative Board Recall (DRB) = 30 day recall
 - Junior Operator Points Accumulation Recall (JRP) = 90 day recall (for a single 3 pt. Speeding violation or a 6 pt. Total)
 - Junior Operator texting (JRT) = 30 day recall (includes fines of at least \$100 and at least two
 points on your driving record)
 - While a recall is in effect, an individual is **ineligible** for a Junior Operator's
 - License or a Driver's License.
 - When a recall is issued, the individual has the right to a hearing.
 - When a Learner's Permit or Junior Driver's License is recalled, it shall be restored upon the expiration of a specific term, and, if required, when the individual has passed a re-examination.
 - No reinstatement fee shall be due when a Learner's Permit/Junior Driver's License recall is restored.

Multi-lane roads – part one

Goal: Teach your teen to drive safely and with confidence on busier, more complex, multi-lane roads.

Location: A busier, multi-lane road. Choose a time with limited traffic, such as a weekend morning.

Skill review

By now, your teen should be comfortable driving on quiet roads. Before starting multi-lane road practice, it's important to review some key information from previous lessons. The following skills are crucial to safe driving on busier, more complicated roads.

Lesson one - mirror positioning, monitoring and blind spots

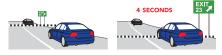
Refer to Skills one and two. Clearly seeing the adjacent traffic is especially important on multi-lane roads. Remind your teen to check the mirror positions when entering the car, and to constantly monitor the traffic around them.

Lesson two - stopping distance

Refer to Skill six on page 12. Remind your teen that when stopping their vehicle behind another one, they should be far enough back to see where the other car's tires meet the road.

Lesson three - following distance

Refer to Skill six. Review the four-second rule with your teen, emphasizing that increasing following distance is the single best way to reduce crash risk. This gives the driver visibility, time, and space to avoid crashes. If another driver enters the four second space, have your student driver readjust to four seconds once again.

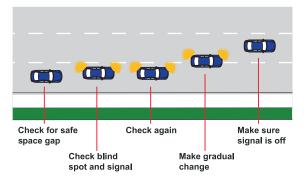


Your front bumper should not pass before you've reached "four."

Lesson four - safe lane changing

First, coach your teen not to change lanes unnecessarily. Studies show that while it may not look like it, most travel lanes flow at around the same rate. Changing lanes in an effort to save time doesn't actually save time, but it does increase crash risk.

Ask your teen to list valid reasons to change lanes. Good answers include: to make a turn, to avoid an obstacle, to exit the road, to park, or to pass another vehicle. The law says you must proceed with caution and make a lane change away from a vehicle in the breakdown lane as soon as it is safe to do so.



When changing lanes, always recheck traffic with a glance over the shoulder at the blind spot in the direction you will be moving.

Have your teen practice these lane change steps 15–20 times:

- Check traffic to the rear and the sides for an appropriate gap.
- Signal to indicate intention to change lanes.
- Recheck traffic, including a glance over the shoulder at the mirror blind spot area.
- Maintain speed or accelerate slightly before and during the lane change.
- · Gradually move into the new lane.
- · Adjust following distance, using the four-second rule.



supervisor initials

Reasonable

Motorcycles, bicyclists,

and pedestrians are more

difficult to see than cars

because they are smaller
– and drivers tend to

focus on looking only for

cars. Traffic, weather, and road conditions require

cyclists to react differently

than car drivers. It can be

difficult for young drivers

to judge and predict their

actions. Always give them

a wide berth.

distance

driver initials



Multi-lane roads – part two

Goal: Teach your teen to drive safely and with confidence on busier, more complex, multi-lane roads.

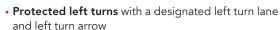
Location: A busier, multi-lane road. Choose a time with limited traffic, such as a weekend morning.

Lesson one - right turns

Start with right turns, which are fairly simple. Right turns are always made from the right lane of the current road to the first, open lane of the new road. Look for signs and signals that indicate whether "right on red" is allowed. Practice right turns 10–12 times before moving on to left turns.

Lesson two - left turns

Left turns should almost always begin and end in the closest lane to the right of the yellow line. Choose a steering path in the middle of the closest lane to the right of the yellow line. There are three types of left turns:





Don't turn the wheel until you're ready to make the turn and have cleared the reference point.

- Semi-protected left turns made from a center or shared turn lane
- Unprotected left turns made from an active travel lane

Protected left turns should be made from the designated lane when the left turn signal displays a green arrow.

For semi-protected and unprotected left turns, coach your teen on these steps:

- Make sure the vehicle is in the correct lane to make a left turn.
- Signal the turn and begin slowing down at least 100 feet from the intersection.
- Move carefully into the intersection. Don't turn the wheel until you're ready to make the turn and have cleared the reference point.
- Yield to any vehicles, cyclists, or pedestrians.
- When there is sufficient space with no oncoming traffic, move ahead into the turn.
- Choose a steering path line in the middle of the closest lane to the right of the yellow line and look ahead 12 seconds in the center of anticipated lane.

Lesson three - safe passing procedures

Discourage your teen from passing other cars unnecessarily. If passing is necessary, the following steps should be observed:

- Position your vehicle more than four seconds behind the vehicle to be passed.
- Check mirrors and blind spots for traffic in all directions.
- Check the passing lane ahead to make sure there's plenty of space before you try to pass.
- Signal intent to pass and accelerate quickly to match the speed of traffic flow.
- While passing, monitor the space in front of and behind your vehicle and check the rearview mirror for the front of the car being passed.
- When you see the front of the passed car in the rearview mirror and your vehicle is well clear, signal intent, check the blind spots for vehicles, and gradually move back to the original lane, cancel the signal, and maintain speed.

Making left turns

Left turns are one of the hardest maneuvers for teens to master. Be patient. New drivers often have difficulty judging the speed and distances of multiple lanes of oncoming traffic. Practice judging oncoming vehicles' distance from your vehicle by counting out loud the time it takes for them to reach your car from a designated point.

Skill completed

supervisor initials

driver initials



City driving – part one

Goal: Teach your teen to drive safely and confidently in the complex environment of city driving. Note: City driving takes hundreds of hours, if not several years, to master.

Location: Busy, urban streets. Start at times when traffic is light, moving on to heavier traffic times as your teen gains skill in this situation.

Skill review

Since the busy, crowded environment of city driving is challenging for new drivers, this is a good time to review key driving skills. The most important skill for drivers is the ability to make good decisions. City driving forces drivers to make lots of decisions quickly. The three things they need to drive safely in the city are:

- Visibility: To see potential problems in all directions
- Space: To maneuver around obstacles and avoid hazards
- **Time:** To anticipate risks and make adjustments to speed or position



Looking ahead, identifying and anticipating potential problems is crucial for safe driving.

Lesson one - maximizing visibility and space

As you practice, have your teen focus on making decisions that will maximize visibility and space around the vehicle, increasing the available reaction time.

- Looking ahead (refer to Skill six on page 12): Congested city driving leaves very little room for error. Identifying and anticipating potential problems is crucial.
- Covering the brake: Coach your teen that when they spot a hazard, they should "cover" the brake by taking their foot off the accelerator and holding it over the brake. This will prepare them to slow down or stop suddenly. Make sure they don't "ride" the brake. Riding the brake confuses other drivers and puts unnecessary wear on the brakes.

Lesson two – identifying hazards

As you begin city driving practice, have your teen drive through several blocks to identify and name common hazards on busy, congested streets. Ask them to describe how they will safely deal with each hazard they identify.

Such hazards may include:

- Parked cars, cars entering or exiting parking spaces, and car doors opening
- Delivery trucks stopping suddenly, with drivers racing to and from the trucks
- Buses making frequent stops, loading and unloading passengers
- Blind alleys, with cars or cyclists darting out
- Pedestrians and cyclists moving unpredictably, crossing streets illegally, etc.
- · Limited visibility and intersections spaced at shorter intervals
- Aggressive drivers competing for lane space and parking spots
- Stop-and-go traffic flow



supervisor initials

Scan first

Keep reminding your

awareness and looking

teen that constant

ahead are the keys

to learning to drive

safely on city streets.

a green light means,

first, then go."

"Scan the intersection

Emphasize the idea that

driver initials

#RoadReadv



City driving – part two

Goal: Teach your teen to drive safely and confidently in the complex environment of city driving. Note: This is not a goal that will be achieved in a single session. Spend as much time as possible with your teen practicing safe city driving skills.

Location: Busy urban streets. Start at times when traffic is light, moving on to heavier traffic times as your teen gains skill.

Lesson one - avoiding obstacles

Focus on lane position to avoid obstacles: City driving involves many circumstances in which travel lanes are shared, congested, and partially or fully blocked. During practice sessions on busy city roads, have your teen identify these steps to safely avoid obstacles:

- Identify right-lane obstacles, such as stopped buses, parked cars, delivery trucks, and cyclists.
- Identify left-lane obstacles, such as vehicles waiting to make a left turn, or cars traveling in the opposite direction drifting over the center line.
- Identify the least-congested travel lane. Hint: On a three-lane road, this is usually the center lane.
- Position the vehicle in the lane at the greatest distance possible from any obstacles.

It can be tempting to pass vehicles on congested streets, when obstacles or traffic volume slow traffic. However, this can be dangerous, due to closely spaced intersections, irregular traffic flow, cars entering and exiting parking spots, etc. Coach your teen to avoid passing on busy city streets.

Lesson two – deadly distractions

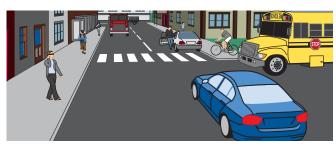
What happens inside the car can be just as dangerous as what happens outside. Engaging in distracting activities while driving can be deadly, especially for young drivers. Ask your teen to list dangerous driving distractions. Their answers should include:

- Use of any portable electronic device while driving
- · Talking or texting
- Changing radio stations, or shuffling/streaming music – or dialing a phone
- · Passengers, pets, or objects moving in the car
- · Eating, drinking, or smoking
- · Searching for an item
- Intense or emotional conversations
- · Putting on makeup or looking in the mirror

Coach your teen to avoid distracting activities whenever possible, but especially in busy, congested environments. Remind them to focus on keeping as much space as possible around the vehicle at all times.

More is better

City driving skills take a long time to acquire. Spend as much time and drive in as many circumstances with your teen (night, inclement weather) as you are able. Plan trips to less-familiar places where you might not normally travel.



Remind your teen to stay alert, scan their surroundings, and not fixate on any one thing.

Skill completed

supervisor initials

driver initials

Highway driving – part one

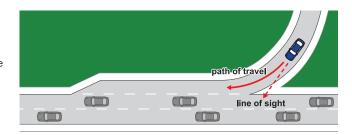
Goal: Teach your teen highway basics and how to safely enter and exit a highway.

Location: Start on a multi-lane highway with easily accessible exits, at a time when traffic is light, such as a weekend morning. Move on to practice at heavier traffic times when your teen is ready.

Lesson one – observation

Before your teen gets behind the wheel on the highway, have your teen spend some time on highways with you as the driver and your teen as the passenger. Emphasize the importance of looking ahead to anticipate potential problems, and explain key highway features, such as:

- The different kinds of interchanges
- The meanings of highway signs and signals
- The meanings of different lane lines and markings



There is plenty of time to merge. If a gap doesn't present itself immediately, adjust your speed in order to find one.

Teach your teen three rules to remember when driving on a highway:

- Maintain proper speed.
- · Create space.
- Always use your signal.

Lesson two – on-ramp segments

Explain the three segments of on-ramps, and how they're used:

- Entrance area: This allows for the driver to have time to search the highway and evaluate how much space they have to enter and what speed is needed.
- · Acceleration area: The driver brings the vehicle up to the speed of highway traffic flow.
- Merge area: The driver uses this space to merge into the traffic flow.

Lesson three – merging

Teach the steps for merging onto a highway:

- Check for on-ramp speed signs.
- · At the entrance area, make quick glances at the highway, scanning for vehicles and entry gaps.
- In the acceleration area, signal to show intent to enter the highway and adjust speed to match the traffic flow.
- In the merge area, enter the flow of traffic, checking mirrors and blind spots.
- Turn off the turn signal and begin looking ahead to anticipate problems or upcoming lane changes.
- Do not completely stop in the entrance area unless absolutely necessary.

Lesson four - exiting

Teach the steps for exiting a highway:

- Identify the exit well ahead of time.
- Scan traffic for problems when approaching the exit, but don't slow down on the highway.
- Start to signal four to six seconds before reaching the ramp.
- Upon entering the ramp, tap the brakes and begin rapidly reducing speed.
- · Adjust to the ramp speed by the time you reach the speed limit sign.



supervisor initials

Worthy of

repetition

Practice merging and

each, or more if needed

coaching your teen that

and looking ahead are

the keys to learning to

exiting 10-12 times

for your teen to feel

comfortable. Keep

constant awareness

drive safely.

driver initials



Highway driving – part two

Goal: Teach your teen to maneuver safely in complex highway driving environments at higher speeds.

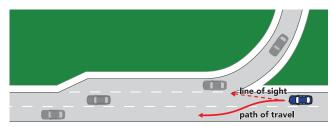
Location: Start on a multi-lane highway with easily-accessible exits, at a time when traffic is light, such as a weekend morning. Move on to practice at heavier traffic times when your teen is ready.

Lesson one – steering technique

Once on the highway, coach your teen on steering technique. At fast highway speeds, excessive steering can be dangerous and lead to loss of control. Remind your teen to steer gradually, or drift, on the highways.

Lesson two - lane changing

In the high-speed, complex highway environment, lane-changing skills are very important. Have your teen spend several miles practicing the lane-changing and passing skills previously learned in "Skill nine: multi-lane roads", until they are comfortable performing them at highway speeds. Remind your teen to:



For the first several lane changes you may need to talk your teen through the decision-making process. Double-check all mirrors to make sure that the lane is clear and check the blind spot before changing lanes.

- performing them at highway speeds.

 Remind your teen to:

 After checking the blind spot, watch for merging vehicles and move one lane left to make space for
- Change lanes one at a time only.

them when needed.

• Watch mirrors for tailgaters and move to another lane to let them pass.

Lesson three – four-second rule

Review the four-second rule for following distance, learned in "Skill six: looking ahead". Additionally, coach your teen to use a four-second rule for these highway driving circumstances under ideal conditions. When the conditions are not ideal more following distance is necessary. (Examples: high speeds, rain, wind, ice, snow, darkness, and any other poor surface conditions or road construction)

- Merging onto a highway
- Changing lanes
- Exiting a highway

Lesson four – challenging road conditions

Coach your teen to adjust travel speed, vehicle position, and following distance based on weather and road conditions. Once your teen is comfortable with and proficient at highway driving in good conditions, spend some practice time on highways under more challenging conditions, such as rain. Coach them to always use appropriate caution, as conditions can change quickly.

Lesson five – road trips

Consider planning some short day trips with your teen to a destination two to three hours away. Have them drive there and back. Find an event or place that you will both enjoy and have fun.

Higher Order

Early in the training process, parental instruction tends to focus on vehicle handling. As your teen's skills improve, try to focus on "higher order" instruction, such as scanning ahead, hazard detection, and anticipating the other driver's behavior.

Skill completed

supervisor initials

driver initials



Roundabouts

Roundabouts are becoming more common in the U.S. because they provide safer and more efficient traffic flow than standard intersections. Statistics for roundabouts have found reductions in injury crashes of 72–80 percent and reductions in all crashes of 35–47 percent when compared to other types of intersections.

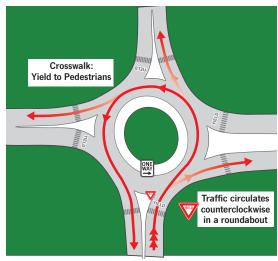
When driving a roundabout, the same general rules apply as for maneuvering through any other type of intersection.

Lesson one - driving a roundabout

- · Slow down. Obey traffic signs.
- Yield to pedestrians and bicyclists.
- Yield to traffic in all lanes on your left already in the roundabout.
- Enter the roundabout when there is a safe gap in traffic.
- Keep your speed low within the roundabout.
- As you approach your exit, turn on your right turn signal.
- Yield to pedestrians and bicycles as you exit.

Lesson two – emergency vehicles in the roundabout

- · Always yield to emergency vehicles.
- If you have not entered the roundabout, pull over and allow emergency vehicles to pass.
- If you have entered the roundabout, then pull over when you can safely do so and allow emergency vehicles to pass.



Yield to all traffic before entering roundabout

This example shows the traffic movement patterns through a one-lane roundabout. The one-lane roundabout is known as one of the safest and most efficient types of intersections.

Lesson three - driving a roundabout with two or more lanes

• Choose the proper lane before entering: As you get closer to the roundabout entrance, it is very important to observe the signs and arrows to determine which lane to use before entering a roundabout. Black and white signs on the side of the road and white arrows on the road will show the correct lane to use. In general, if you want to make a left turn, you should be in the left lane or other lanes that are signed and marked as left turn lanes. If you want to make a right turn, you should be in the right lane or other lanes that are signed and marked as right turn lanes. If you want to go straight, observe the signs and arrows to see what lane is correct.

Skill completed

supervisor initials

Yield the

right-of-way

As a rule of thumb, when

roundabout, always yield to traffic on your left.

entering or driving a

driver initials

#RoadReadv



Driving on rural roads

Goal: Teach your teen to drive safely and with confidence on two-lane rural roads.

Location: A two-lane rural road.

Lesson one - gravel roads

Gravel roads present their own special road safety challenge. The issue is traction. Driving on loose gravel is harder than driving on pavement because your tires don't have the traction needed to give you stable control. Slow down, avoid sudden turning, accelerate and brake slowly, and increase your following distance to six seconds. Be particularly aware of gravel "windrows," piles of gravel near the road edge, used for highway maintenance. Potholes, ruts, and washboard bumps are all common hazards on dirt roads. Reduce speed and take avoidance measures to avoid damaging your vehicle, and to maintain a safe lane position on the roadway.

Lesson two - driving hazards

Large/slow vehicles: Slower trucks, farm vehicles, and road maintenance equipment are likely to make wide turns at unmarked entrances. When meeting such vehicles adjust lane position and reduce speed in order to help accommodate them. Use caution and make sure the driver can see your vehicle before passing.

Sharp drop-offs and gravel shoulders: One of the most common driving hazards is running off the road. The urge to overcorrect is strong and often results in a serious crash. If you run off the road, follow these steps to ease your vehicle back onto the road:

- Do not turn the wheel; continue driving straight.
- Take your foot off the accelerator.
- Find a safe place to reenter the road.
- Turn on your turn signal and reenter the road when it is clear.
- Do not apply brakes until regaining control of the vehicle.

Restricted visibility: Trees, cornfields, buildings, and hills can block a driver's view of oncoming traffic, or traffic entering from the side. Identify blind spots and reduce speed to better anticipate and be prepared for potential dangers.

Uncontrolled intersections: They are not controlled by yield or stop signs. Use caution, slow down, and be prepared to stop for traffic coming from any direction. The vehicle on the left should yield.

Animals: If unable to stop for an animal crossing the road, do NOT swerve – swerving makes it hard to keep control. The most serious crashes happen when drivers swerve into oncoming traffic or roll into a ditch.

If you see an animal, slow down and be prepared to stop. Always be on the lookout, especially at sunrise and sunset. October and November are peak months for deer crashes. Deer travel in groups; if you see one, look for more.

Hills and curves: These are often steeper and sharper on rural roads than on interstate highways. Before reaching the crest of a hill, or entering a curve, slow down, move to the right side, and watch for traffic.

Railroad crossings: Always slow down, look both ways, and be prepared to stop. On rural roads, many railroad crossings are marked only with a round yellow 'railroad crossing ahead' warning sign and a white X-shaped railroad crossbuck sign. There may not be flashing lights, warning bells, crossing gates, or pavement markings.

Gravel slide

Be ready for skids.
A vehicle can become difficult to handle in heavy gravel. If the vehicle starts to skid, release the accelerator or brakes. As you release them, look where you want to go, and steer in this direction.

Skill completed

Supervisor initials

Driver initials



Continuing education

Learning doesn't stop when your teen has received their license. It's important to continue teaching and building upon the skills they have learned. As you continue the supervision process, think about these three areas of focus:

- Spend as much time as possible driving with your teen.
- Drive in a wide variety of conditions (weather, time of day, different traffic volumes, etc.).
- Focus on "higher level" learning: scanning ahead, recognizing hazards, and learning to anticipate the behavior of other drivers.

Now that your teen has become proficient in the basic operational skills of driving, it is essential that you ensure they be exposed to a wide variety of driving circumstances and conditions. Make a point of finding circumstances to drive with them that they have not yet experienced, and do it for all types of roads – quiet neighborhood streets, multi-lane roads, and highways. Drive with them at different times of the day, in poor weather, and with varying levels of traffic. It's much better that they experience these conditions with you, rather than alone or with other teens.

Much of what has been discussed to this point has related specifically to the basic skills your teen will need to be a safe driver. Now, your goal is to ensure your teen is thinking intelligently and making the right decisions as a driver. Sometimes after teens become proficient with the basic skills, parents/guardians will often "step back," becoming less involved in their teen's supervision. But there's still a lot to learn; their teen's education is not complete.

Be clear with your teen that the training process is ongoing and that you will continue to provide input into their development so that you both stay in the learning/teaching mode.

Even the best new drivers are likely to make mistakes. These mistakes are great teachable moments for "higher order" instructions. So instead of saying, "Stop sooner," advise your teen to try to focus on looking ahead and anticipating events, with an emphasis on good judgment, good decision making, and hazard perception. The shift from a basic comment to a more advanced focus is perhaps the most essential element of educating your teen at this point in the learning process.

As your teen drives, talk to them about specific hazard areas, possible areas of conflict, and blind spots where trouble may hide. Teens tend not to be as good at anticipating these trouble areas as experienced drivers. A good exercise is to have your teen describe the blind spots and possible areas of conflicts they see. It will let you know that they are thinking, anticipating, and driving intelligently.

For a Parent/Teen Driving Contract, please visit: http://vsp.vermont.gov/sites/vsp/files/Documents/VSPteendriveragreement.pdf

Inspire

Even after your teen is licensed, use your time driving with them to instill habits of good judgment, accurate hazard anticipation, and smart decision-making.

Practice in other conditions

For new drivers, it can be challenging to drive in new and unfamiliar conditions such as inclement weather, at different times of day and with varying traffic volume. It's best that you provide guidance before they experience these conditions on their own.

Night driving

A driver's reaction depends on their vision, which is limited at night, making it difficult to make judgments and see pedestrians, bicyclists, and other obstacles. Some tips to keep in mind:

- Glare from headlights makes it difficult to see. Looking toward the right side of the road and flipping the rearview mirror can help to reduce glare.
- Headlights should be turned on before the sun goes down to make the car more visible.
- High beams should not be used when following or meeting other vehicles.
- To compensate for reduced visibility, drive more slowly and at a greater following distance.

Wet/slippery roads

Coach your teen to practice the following:

- Turn on the wipers as soon as the windshield becomes wet.
- Turn on the low-beam headlights; this helps others see you.
- Drive 5 to 10 mph slower than normal and increase your following distance to five or six seconds.
- Be more cautious, and slow down on curves and when approaching intersections.
- Turn the defroster on to keep windows from fogging over.

Hydroplaning

Hydroplaning occurs as a result of water on the road that is deeper than the tire tread. This reduces friction and can result in the loss of control. If you can see deep water, reflections on the pavement, or the car ahead leaves no tracks on the water, these are indications your car could hydroplane. Slow down.

Fog

Use low-beam lights or fog lights if your vehicle has them. Don't use high beams – they reflect off the fog causing reduced visibility. Slow down until your speed matches your ability to see, even if it means slowing to a crawl.

Snow

Make sure your vehicle is clear of snow and ice before driving. Driving can cause snow/ice to slide and block your view, or fly off and strike other vehicles.

- When starting to drive in snow, keep the wheels straight ahead and accelerate gradually to avoid spinning the tires.
- Decrease your speed to make up for a loss of traction. Accelerate and decelerate gradually, and be cautious when braking.
- Stopping distances can be 10 times greater in ice and snow. Begin the slowing-down process long before a stop. Brake only when traveling in a straight line.
- Look ahead for danger spots, such as shaded areas and bridge surfaces that may be icy when the rest of the road is clear.
- Stay far behind the vehicle ahead so you will not need to come to a sudden stop, which can cause skidding.

Staying Alert

Staying alert means focusing on the road and not driving when fatigued. Review signs of Drowsy Driving, such as difficulty focusing, frequent blinking, frequent yawning or drifting from lane. Remind your teen to take a break after driving for 2 hours, or after 100 miles. Teens should avoid driving at times they would normally be sleeping and always keep four seconds of following distance

Sharing the road – part one

Trucks: When driving on the highway, you are at a serious disadvantage if involved in a crash with a larger vehicle. In crashes involving large trucks, the occupants of a car - usually the driver - sustain 78 percent of fatalities.

In order to keep you and your teen safe on the road, you should be extra cautious when driving around large trucks and buses. Sharing the road with larger vehicles can be dangerous if you are not aware of their limitations. Here are a few tips to help you drive safer to prevent a crash and minimize injuries and fatalities if one does occur.

Cutting in front can cut your life short: If you cut in front of another vehicle, you may create an emergency-braking situation for the vehicles around you, especially in heavy traffic. Trucks and buses take much longer to stop in comparison to cars. When passing, look for the front of the truck in your rearview mirror before pulling in front, and avoid braking situations.

Watch your blind spots – the "No-Zones": Large trucks have blind spots, or No-Zones, around the front, back, and sides of the vehicle. These No-Zones make it difficult for the truck driver to see vehicles around him/her. If you can't see the truck driver in the truck's mirrors, the truck driver can't see you. Avoid being caught in a truck's No-Zones.

Avoid squeeze play: Be careful of trucks making wide right turns. If you try to get in between the truck and the curb, you'll be caught in a "squeeze" crash. Truck drivers sometimes need to swing wide to the left in order to safely negotiate a right turn. They can't see cars directly behind or beside them. Cutting in between the truck and the curb increases the possibility of a crash. So pay attention to truck signals, and give them lots of room to maneuver.

Work zones: Work zones can be very dangerous, especially when traveling on the highway. It's important to be alert and prepared to slow down or stop in a work zone. Slowing down and allowing others to merge will ensure a safe passage through work zones. Here are a few tips on work zone safety: Stay Alert: Work zones are busy places where construction vehicles and workers are always moving. Be alert, and stay on the safe path that is designated throughout the work zone.

Take your cues from trucks: Work zones often pop up suddenly. If you are not paying attention to the signs, you could find yourself in a serious crash. Since trucks have a height advantage and can see ahead of traffic, their brake light activity can provide a good signal of a slow-down or work zone ahead. Truck drivers know the stopping limitations of their trucks and pay close attention to traffic.

Merge gently: Aggressive drivers can be extremely dangerous while driving in work zones. Driving in work zones requires extra time and courtesy. For a smooth passage through work zones, allow others to merge in front of you. Be especially considerate to trucks. They require more space to merge and are the least maneuverable vehicles on the road.

Speed is Everything

When driving in high traffic areas, like urban and town centers, as well as arterial roads, your speed can be a matter of life and death for you, fellow motorists, cyclists, and pedestrians. Follow speed limits and respect all road users.

Sharing the road – part two

School Buses: Always be cautious around school buses. It is against the law to pass a school bus which has stopped and has its red warning lights on. Never pass from any direction when the red lights are on. There are few exceptions where a stop is not necessary. You do not have to stop on a divided highway if the school bus is traveling in the opposite direction. A concrete barrier may be used to separate traffic from the bus, and you are not required to stop.

Bikes: Bicycles are considered vehicles and should be given the appropriate right-of-way, as with other vehicles. Reduce your speed when encountering and don't tailgate, especially in bad weather. Leave plenty of room, as much space as possible and pass with care. Always look for cyclists when you open your door and when making a right turn. Vermont requires a driver to leave a four foot distance between your vehicle and the bicyclist when passing them on the roadway.

Children on bicycles can be unpredictable, so slow down and use extra caution. Don't expect children to obey traffic laws. Because of their size they can be harder to see.

Motorcycles: Always treat motorcycle operators with courtesy. Leave plenty of extra space between your vehicle and a motorcycle. Motorcycles can usually stop in shorter distances and may suddenly swerve to avoid obstacles. Before changing lanes, check to see if a motorcycle is in your blind spot or in the space where you plan to move. After you pass, look again before you move back.

At intersections, motorcycles' smaller size makes it difficult to judge their distance and speed. An oncoming motorcycle is probably much closer and coming much faster than it appears. Scan intersections thoroughly for motorcycles. They are easily hidden by parked cars.

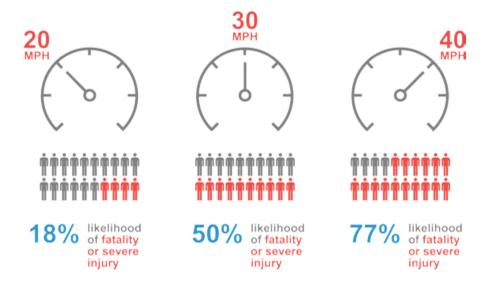
Pedestrians: Stop for pedestrians at crosswalks and intersections – it's the law. Crosswalks exist at all intersections, even when unmarked. Always look for pedestrians especially before turning at a light. Stay alert and slow down.

Source: U.S. Department of Transportation, Federal Motor Carrier Safety Administration

Respect for all road users

Put yourself in the shoes of a person walking or biking. We are all trying to safely get to our destination.

Respect and kindness towards other road users can go a long way.



Source: Impact Speed and a Pedestrian's Risk of Severe Injury or Death. Brian Tefft, AAA Foundation for Traffic Safety, 2011

Adapting to new landscapes

Mountain driving

Some hazards you should be aware of are steep hills, changing weather, wildlife, and rocks in the roadway. If your vehicle experiences difficulty traveling up steep roadways, pull off the road at the first place you may do so safely, or stay in the right lane to allow other vehicles to pass. Here are some added tips:

- Pay special attention to speed limit signs and warning signs, such as those warning of curves, steep hills, or other hazards.
- Watch for bicyclists near the right edge of the road.
- Use lower gear to control speeds while going up or down long, steep hills.
- You must yield to vehicles going uphill if you are traveling downhill on a narrow road.
- Do not coast downhill by shifting into neutral or engaging the clutch.
- Shifting down, with occasional use of the brakes, is recommended for going down steep hills. Constant braking can cause brake failure.

The higher the altitude, the less oxygen there is in the air. Some people may react to the decrease in oxygen. They may develop mild symptoms, such as headache, nausea, and fatigue. Remember, insufficient hydration can lead to the onset of symptoms of altitude sickness. Even if they are mild, they can affect your alertness as a driver.

Rural driving

When driving in rural or country areas, there are a number of special situations that require attention. Watch for driveways, farm equipment, railroad crossings that might not be marked, and bridges that are narrow and poorly surfaced. Some intersections may be hidden by trees, brush, and crops. Animals often are found wandering along the roadway. Extra care and slower speeds should be used when driving on gravel roads because of the reduced traction due to the road surface. The road surface can be affected by loose gravel, slippery conditions after rain or snow, ruts in the driving lanes, and washboard conditions. When approaching oncoming vehicles, watch for soft shoulders or the absence of shoulders.

Safety around snowplows

When you see lights from a snow plow, slow down and use caution.

- Give snowplows room to work: The plows are wide and can cross the center line or shoulder.
- Do not tailgate and avoid passing, especially on the right: If you must pass, be extremely cautious and beware of the snow cloud.
- Keep your distance and watch for sudden stops and turns: A snowplow operator's field of vision is restricted. You may see them, but they don't always see you.

Note: Four-wheel drive (4WD) vehicles do not stop faster on ice and snow than two-wheel drive (2WD) vehicles. The heavier the vehicle, the longer it takes to stop.

Course of action

After becoming proficient in basic driving skills, teens can become overconfident and begin to drive faster, follow other cars more closely, brake abruptly, etc.
Gently and continuously remind your teen to stay four seconds back from other vehicles and always drive with caution.







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