# DRIVING LOG

Teen: What three things went well?
Teen: What one thing could be improved on?
Schedule the next practice session

# Remember–every trip counts!

- Be mentally and physically ready START OF EACH DRIVE:
- Walk around to inspect the car Review the last drive, and future focus areas Buckle up, focus, phones off!

FUTURE FOCUS AREA	. Smoother steering . Looking farther ahead							
STRENGTHS	Keeping back far enough from car ahead							
SKILLS PRACTICED	Turns in city traffic, following distance, smooth steering							
DRIVING	Nighttime							
DRIVING	1.0 hr							
DATE	91/11							

# **COACHING YOUR** NEW DRIVER

### An In-Car Guide for Parents

### DOs

Stock # 351019

Copyright 2019 AAA. All rights reserved. Do not duplicate.

To print additional copies of this driving log, please visit AAA.com/teendrivinglog.

Share your driving wisdom and experience!

Stay cool when your teen says "Don't yell at me!"

Drive in different conditions (weather, lighting, road type)

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

Take breaks—every 25 minutes or so, and discuss progress

### **DON'Ts**

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

Don't view your teen as your chauffer—they need your eyes, attention and coaching

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

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



### **KEYS TO SAFETY**

- Drive the way you want your teen to drive When you are coaching your teen, say —be a good role model.
- Let them sleep! Biologically, teens <u>need</u> about 91/2 hours of sleep daily.
- Adopt a Parent-Teen Driving Agreement.
- aloud the actual and potential (hidden) hazards along the road.
- Visit AAA's Keys2Drive website at TeenDriving.AAA.com.

START SMART... Take the StartSmart Online Parent session, visit: TeenDriving.AAA.com



Part of the AAA How to Drive Program Copyright 2019 AAA. All rights reserved. Do not duplicate.

### **LESSON 1: Your Vehicle**

• Adjust the vehicle to the driver (seat position, steering wheel, head restraints, mirrors, etc.)



- First, start in a large parking lot and drive around the outside edge: 10–15 mph, practicing steering and braking
- Second: a short drive on an uncrowded residential street, focus on being smooth, and looking ahead



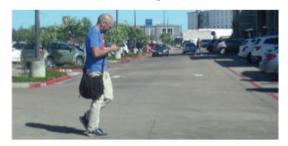
**WATCH OUT FOR:** 



Overconfidence, driving too fast

### **LESSON 4: Looking Ahead for Potential Hazards**

- Goal: see all current hazards
- Practice anticipating what might become a hazard, such as:
- Pedestrian stepping into road
- Car pulling out from parking lot
- Cars hidden behind larger vehicles



■ Maintain a "Visual Control Zone" by looking 12-15 seconds ahead



WATCH OUT FOR:



Not scanning in all directions Not looking far enough ahead

### **LESSON 2: Parking & Braking**

- When braking, be smooth, and check traffic behind
- Practice parking in an empty lot
- Mainly look directly over your shoulder when backing



- Always keep your foot on the brake when backing
- Focus on precision, not speed



WATCH OUT FOR:

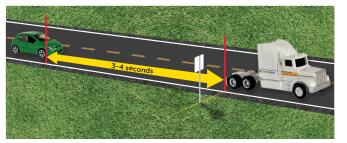


Not looking directly to the space into which you are backing

Over-relying on backup camera, and entering or leaving the space too quickly

### **LESSON 5: Following Skills & Space**

■ Drive 3–4 seconds behind vehicle ahead (+1 second for nighttime, rain, etc.)



- Keep open space to at least one side at all times
- Stop behind car ahead so you can see that car's rear tires plus some pavement



**MATCH OUT FOR:** 



Causing another driver to have to change speed or steer around you

Copyright 2019 AAA. All rights reserved. Do not duplicate.

### **LESSON 3:**

### **Speed Selection**

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



■ Always know the speed limit



### WATCH OUT FOR:



### **LESSON 6:**

**Driving in Different Conditions & on Different Types of Roads** 

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



### WATCH OUT FOR:



Not driving different roads on next practice session

Driving too fast at night/in rain

Note that these lessons should build upon each other

Copyright 2019 AAA. All rights reserved. Do not duplicate.

## **REMEMBER:**

**Take Different Routes** 



### **EXAMPLES OF WISDOM PARENTS HAVE SHARED:**

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

### **START OF EACH DRIVE:**

- Check yourself! Be mentally and physically ready
- Walk around to inspect the car
   Review the last drive, and future focus areas
- Buckle up, focus, phones off!

# **DRIVING LOG**

### Remember-every trip counts!

### **END OF EACH DRIVE:**

- Teen to self-rate their anxiety from 1–10
- Teen: What three things went well?Teen: What one thing could be improved on?
- Schedule the next practice session

DATE	DRIVING TIME	DRIVING CONDITIONS	SKILLS PRACTICED	STRENGTHS	FUTURE FOCUS AREA