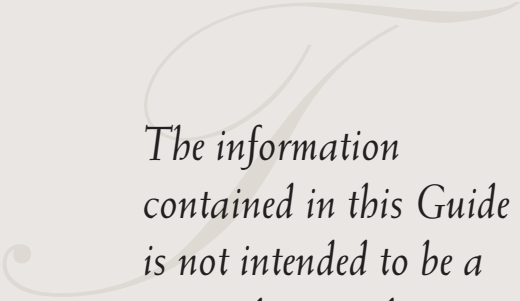


# The Oregon Parent Guide to Teen Driving



OREGON DEPARTMENT OF TRANSPORTATION



A decorative flourish consisting of a large, light-colored, stylized letter 'D' or similar shape, with a smaller circular flourish to its left, positioned behind the text.

*The information contained in this Guide is not intended to be a comprehensive document for teaching good driving habits. As a helpful guide it contains information that, if used, can help reduce risk. Good judgment should be used to adapt this information to different driving situations and conditions.*

# welcome

## to the world of teen driving

As parents, we know you want to keep your children safe. Teens are much more at-risk than the rest of the population due to their inexperience in handling driving situations. The State of Oregon passed Graduated Driver Licensing laws in 2000 to keep teens safe and we know it's working - the number of 16 year old drivers involved in fatal or injury crashes has decreased over 50%.

One of the best ways to ensure your teen is safe is to make sure they have had adequate instruction. Every hour of instruction keeps your child that much more safe on the road, especially as they pass through the later stages of graduated licensing when you're not around.

Research indicates that parents report more driving practice time than their teen. We know that parents mean well, but unless you are keeping track of practice time, your teen may not be completing all the hours they should. It might be tempting to not keep a log or report more driving practice than what you actually did, but don't give in, even if your teen convinces you that they are ready to take their test. It's extremely important to keep track of the hours because the more practice you give your teen, the safer they are.

Did you know...?

**It will take more than 15 minutes of practice time every day for 6 months to complete 50 hours of practice driving.**

**It will take more than 30 minutes of practice time every day for 6 months to complete 100 hours of practice driving.**

Use the driving log in the center of this book to help you track your teen's practice driving time together and progress toward becoming a safe driver!

Teens are sometimes so focused on getting their license, they don't have the restrictions fully in mind. Restrictions include not having friends in the car, no driving between midnight and 5 a.m. and no texting or talking on a cell phone while driving. To help you and your teen know the details, and keep the restrictions handy, we've included a cut-out in the back of this manual that you can put on the refrigerator so you both have them.

It's important for teens to know what will happen if they break the Graduated Licensing rules. With that in mind, we created another cut-out in the back of this manual that outlines some of the major things that can happen and what those things will do to their privileges to drive. As you already know, one of the best ways to teach teens responsibility is to outline the rules and the consequences if they break them. The cut-outs may help to reinforce what's expected and the consequences for your teen.

We encourage you to consider formal driver education. A study completed in Oregon in January 2005 reviewed teen driving records, including 16, 17, 18, and 19-year old drivers. It compared teens who took a formal driver education course to those who chose 100 hours of driving practice with their parents. For teens who took an approved driver education course:

- The crash rate was **11-21% LOWER**
- The traffic conviction rate was **39-57% LOWER**
- The driver license suspension rate was **51-53% LOWER**

Please keep in mind, the best teacher is a good role model. Responsible driving is one of the best things you can do to keep your teen safe. We hope you and your teen will find this guide valuable in your learning experience.

## Drive Test Waiver

Teens 15 to 17 years of age who complete an approved driver education course and receive an ODOT issued certificate of completion, can present the card for waiver of the drive test when they apply for a driver license at DMV. Check with an approved driver education provider for more information. [whydrivewithed.com](http://whydrivewithed.com)

## Organ, Eye, and Tissue Donation

It is important for you to know that at 15 years of age, your teen can request DMV to place a notation on their permit or license if they wish to be an anatomical donor. We encourage you to discuss this with your teen and be educated about the program. For more information about the program and becoming a donor, visit [www.donatelifenw.org](http://www.donatelifenw.org).

OREGON DEPARTMENT OF TRANSPORTATION  
Transportation Safety Division and DMV

the Oregon parent guide to

# teen driving

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# parents' role

## in the world of teen driving

### What is the Parent's role in Teen Driving?

- Know Oregon's Graduated Driver Licensing Laws
- Know Everything You Can About Teen Driving
- Supervise Your Teen's Driving
- Establish Family Driving Rules and Limits

**Fulfilling the parent role in teen driving is very important. Being a good role model will allow you to:**

- Know that you are increasing the ability of your teen to drive safely.
- Know first hand how your teenager is progressing toward becoming a better driver.
- Know where your teen is and that she or he is not taking unnecessary risks.
- Talk to your teen about substance abuse.

### Oregon's Graduated Driver Licensing Law

Oregon's Graduated Driver Licensing (GDL) program is designed to increase the safety of teen drivers by giving young drivers more time to gain valuable driving experience before becoming fully licensed.

#### Provisional Instruction Permit Restrictions

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

# parents' role

## Provisional License Requirements and Restrictions

- Must be at least 16 years of age.
- Must hold an instruction permit for at least 6 months before applying.
- Must complete at least 50 hours of supervised driving and an approved traffic safety education course OR at least 100 hours of supervised drive.
- Must pass a safe driving practices knowledge test and a drive test. **The drive test is waived with an ODOT issued driver education course completion card.**
- **It is unlawful to operate a motor vehicle while using a mobile communication device.** This includes texting or talking on a cell phone, even with a hands-free accessory. Once you turn 18, different restrictions may apply.
- For the first 6 months:
  - No passengers** under 20 years of age unless they are a member of the driver's immediate family, AND
  - No driving between midnight and 5 a.m.** (*see list of exceptions below*)
- For the second 6 months:
  - No more than 3 passengers** under 20 years of age unless they are a member of the driver's immediate family, AND
  - No driving between midnight and 5 a.m.** (*see list of exceptions below*)
- The passenger and night driving restrictions end after 1 year or at age 18, whichever comes first.

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

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

## Request to Cancel Driving Privileges

A parent or legal guardian's signature is required for a minor to get a driving privilege. The parent or legal guardian who signed the application for an applicant under the age of 18 may request that the minor's driving privileges be canceled at any time, until age 18. DMV will cancel the minor's driving privilege until they turn 18, marry, become emancipated or reapply and submit an application with a parent or legal guardian's signature. A request to cancel driving privileges must be in writing.



## School Attendance

Oregon law allows a school superintendent or the board to ask DMV to suspend the driving privileges of those students who have withdrawn from school. Withdrawn is defined as having unexcused absences for more than 10 consecutive school days or 15 school days during a single semester. When DMV receives the suspension request, driving privileges are suspended until the person is 18 years of age or until they comply with the law. Check with your school board or superintendent for information about their policy.

## What Parents Need to Know

### Driving Risks

Driving can be a potentially dangerous endeavor for everyone; however, it is more dangerous for young drivers. Novice teen drivers crash more than any other age group. There are many reasons for this, including:

**Young Age/Lack of Maturity:** Teenagers can make more errors in judgment than other age groups. Be aware your teen is likely to drive differently and take more risks when you are not in the vehicle.

**Brain Development:** Teens should be the world's best drivers. Their muscles are well toned, their reaction time quick, their eye-hand coordination at a peak. Yet car crashes kill more of them than any other cause — a problem, some researchers believe, that is rooted in the adolescent brain. A National Institutes of Health study suggests that the region of the brain that inhibits risky behavior is not fully formed until age 25.

**Risky Driving Behaviors:** Teenagers may engage in risky driving behaviors. These include speeding, running red and yellow lights, running stop signs, tailgating, weaving in and out of traffic, not keeping a safe distance for merging or changing lanes, misjudging gaps in traffic, and misjudging the capability of their vehicle.

**Distractions:** Any new or inexperienced driver is challenged when faced with driving distractions. Music, cell phones, pets, and passengers are best left at home while your teen is learning to drive.

**Driving Inexperience:** Teenagers lack driving experience. It takes a LOT of practice to be able to safely maneuver in everyday situations and unexpected circumstances. Teens show the greatest improvement within the first year and 1,000 miles of driving. They continue to improve through their first 5,000 miles of driving.

# parents' role

## High-Risk Driving Conditions

- **Driving under the influences of alcohol or drugs:** Drinking any — yes, any — amount of alcohol produces impairment. Not only is the use of alcohol and illicit drugs illegal, the combination of alcohol or drugs and driving can be deadly.
- **High speeds:** For teen drivers (especially males), most severe crashes occur at high speeds. Crash risk, severity, and force all increase as speed increases.
- **Passengers:** For teen drivers, as the number of passengers increase, teen crashes increase. Driving is a “new skill” for teens, and they need to pay close attention. Teen passengers can be a major distraction. Teen passengers may intentionally or unintentionally encourage friends to speed, show off, or not pay enough attention to driving.
- **Nighttime driving:** For teen drivers, the most severe crashes occur at night and on weekends. Night driving is challenging for all drivers, but novice teen drivers do not have the experience to anticipate and react to nighttime conditions when visibility is reduced. Make sure your teen gets extensive nighttime practice driving with you in varied types of weather. Be aware that teenagers driving at night usually include a lack of adult supervision, carrying passengers, and driving at high speeds, all of which increase risk exponentially.
- **Safety belt non-use:** Safety belt non-use is a problem for both drivers and passengers. Safety belts are important because they keep the driver and passengers inside the vehicle where they are the safest.

# supervise your teen driver

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

## Tips for Supervising Teen Driving

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

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

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

# supervise your teen driver

## Use a Practice Driving Log

Use the driving log in the center fold of this book to track your teen's practice driving and progress toward becoming a safe driver!

### Driver Education

Formal driver education may be the most important class teenagers take. Driver education promotes critical life-long skills, proper safety belt usage, driving alcohol and drug free, respect, courtesy and cooperation, healthy behaviors, and choices. The Oregon Driver Education program is saving lives, reducing injuries, dramatically reducing the impact of teen driving and is making our newest drivers better and safer.

Parents, educators, state officials, students, and community members need to create powerful partnerships to support teaching and learning in every community. We need to guarantee young drivers acquire preventive behavior habits to manage risk. Remember, driving is a life-long skill and it's important to establish good habits early on. Check with your local school and ask if they offer a driver education course. If not, there are commercial providers available. If you choose a commercial provider, be sure to ask if they will provide you with an ODOT issued certificate of completion. When your teen applies for a license, an ODOT certificate of completion satisfies 50 hours of the practice driving time requirement **AND waives the drive test at DMV**. Your teen will still need to complete 50 hours of practice driving with you or another licensed driver over 21 years of age with at least three years of driving experience. However, if you opt not to take advantage of driver education, your teen will need to complete a total of 100 hours of practice driving and take the drive test at DMV.



## Do These Each Time You Practice:

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



# set family rules and

*Oregon law sets requirements for teen driving, but families need to determine other rules and limits for their teen drivers. Make sure that family rules are very clear from the beginning. Talk to your teen about driving every chance you get.*

## Use a Parent-Teen Driving Agreement

Use a Parent-Teen Driving Agreement to determine appropriate rules and guidelines for your teen driver, and to make sure everyone is clear about them! A sample agreement can be found on the internet at [www.oregondmv.com](http://www.oregondmv.com).

## Driving Rules/Guidelines for Your Family

- **Require Safety Belt Use:** This applies to your teen and all passengers at all times.
- **Prohibit Alcohol and/or Drug Use:** This applies to your teen as the driver of any vehicle.
- **Prohibit Riding with Someone who has Used Alcohol or Drugs:** This applies to your teen as the passenger in another vehicle.
- **Require Compliance with Speed Limits:** Stress that this applies to all roads at all times because crash forces at higher speeds kill.
- **Prohibit Distractions while Driving:** Prohibit texting, cell phone use, eating, drinking, pets or changing radio or CDs while driving.
- **Limit Teen Passengers:** According to Oregon's GDL laws, with a provisional license, your teen can have no passengers under age 20 who aren't immediate family members for the first 6 months, and no more than 3 passengers under age 20 who aren't immediate family members for the second 6 months. Limiting passengers reduces distractions and the temptation for risky behavior.

# guidelines for driving

- **Limit Unsupervised Night Driving:** According to Oregon's GDL law, with a provisional license, your teen cannot drive between midnight and 5:00 a.m. for the first year unless they are accompanied by a licensed driver 25 or older or driving between home and work or school. Statistics show that teens have a higher crash rate during these hours. Consider setting an additional (earlier) driving curfew — especially on the weekends for the first 6 months your teen drives unsupervised.
- **Require a Full Report:** Require information about each trip before leaving, including where your teen is going, with whom, and when they will return so that you know where they are.

## Provide a Safe, Reliable Vehicle for Your Teen

- Mid- to full-size sedans and station wagons with smaller engines and airbags are safest for teen drivers.
- Under certain conditions, small trucks and SUVs may be more prone to roll-overs than other types of vehicles.
- High-performance cars may encourage teens to drive beyond their experience level.

## Impose Consequences for Violating Rules/Guidelines

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

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

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

# before you even

*In 2008, Oregon drivers age 20 and under were involved in fatal and injury crashes at twice the rate of the population as a whole. So, before you ever get into the car, make sure that both you and your teen understand the basics.*

## Teen Driver Training Orientation

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

### Top 11 Driving Errors

- Not attending to the path of travel
- Driving five or more miles per hour too fast for conditions
- Driving too fast through a curve
- Inadequate search at an intersection and failing to yield to cross traffic
- Lack of attention at an intersection and being struck by another driver
- Improper evasive action — quick turn not executed properly
- Failure to maintain visual lead
- Failure to see action developing at side of the roadway
- Following too closely
- Willfully taking right-of-way
- Distracted

### Aggressive Driving

Drivers who routinely speed, run red lights and stop signs, tailgate, and otherwise disregard the safety of other motorists are turning streets and



# begin

highways into high-risk arenas. Aggressive driving can easily escalate into road rage. We're all too familiar with stories of motorists who've killed or injured other drivers for seemingly trivial reasons.

## When is it Aggressive Driving?

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

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

## When Confronted by Aggressive Drivers:

- First and foremost, make every attempt to get out of their way.
- Put your pride in the back seat. Do not challenge them by speeding up or attempting to "hold-your-own" in your travel lane.
- Wear your safety belt. It will hold you in your seat and behind the wheel in case you need to make an abrupt driving maneuver and it will protect you in a crash.
- Avoid eye contact.
- Ignore gestures and refuse to return them.
- Report aggressive drivers to the appropriate authorities by providing a vehicle description, license plate number, location, and if possible, direction of travel.
- If it is an emergency and you can do it safely, call 911. Keep in mind that it is against the law to operate a motor vehicle while using a mobile communication device unless you are requesting medical or emergency help and there is no other person in the vehicle that is able to do it.

# before you even begin

## Parent Tips for Training Your Teen Driver

### **Set** a Good Example

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

### **Expect** that Your Teen Will Make Mistakes

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

### **Give** Directions Clearly, Calmly, and Well in Advance

Explain why and how to do things in a soft, steady voice. DO NOT assume your teenager knows what you want them to do.

### **Stay** Focused and Ready

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

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

## Vehicle Safety Features

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

### Safety Belts

In 2008, 416 people were killed in traffic crashes in Oregon. More than 1 in 2 victims were not wearing safety belts.

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

Restraint requirements for small children differ according to the age and size of the child.

- Children weighing less than 40 pounds must be restrained in a child safety seat. This type of seat is secured to the car with a safety belt system and has a built-in harness which must be fastened around the child.
- A child under one year of age or weighing twenty pounds or less must be restrained in a rear-facing child safety seat.
- A child over forty pounds but under age eight or less than 4'9" tall must be restrained in a booster seat that elevates them so the lap/shoulder belts fit correctly.
- It is highly recommended that children aged twelve and under ride in the back seat. Under no circumstances can a rear-facing infant ride in a front seat equipped with an active air bag system.

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

- Read the manufacturer's instructions for the proper use of safety belts and car seats.
- Wear safety belts.
- Have children age 12 and younger sit in the back seat.
- Place children correctly in appropriate child restraints.

## Air Bags

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

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

## Proper Procedures for Use

- Read your vehicle manual to learn where air bags are located and when and how they deploy.
- Sit 10-12 inches from the steering wheel.

## Does Your Vehicle have Antilock Brake Systems (ABS)?

Most vehicles manufactured in the last 10 years have antilock brake systems. ABS is designed to help a driver maintain control during

# before you even begin

emergency braking situations by keeping the tires from locking up. However, it does not make a vehicle stop more quickly. In fact, the rolling traction may produce longer stopping distances on some dry or limited traction surfaces such as loose gravel or fresh snow.

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

## How Do You Use ABS?

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

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

## Vehicle Functioning

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

## Vehicle Controls

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

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

## Vehicle Readiness

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

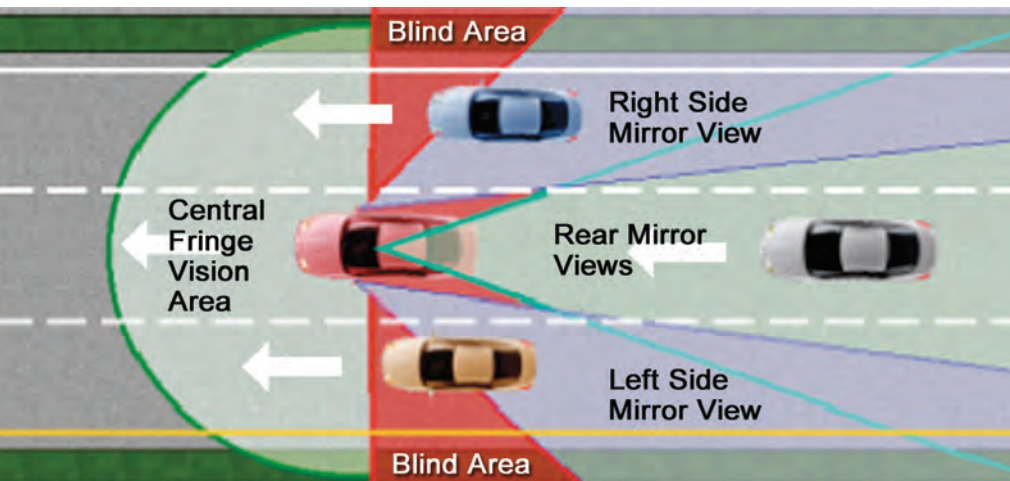
- Windows and headlights clear
- Tires properly inflated
- Mechanical condition checked regularly
- Loose objects secured in trunk
- Parking brake works
- Signal lights and brake lights work

## Blind Spots

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

1. Check to the rear with the inside rearview mirror.
2. Check to the sides with the side view mirrors.
3. Make a blind spot check in the area slightly beyond the driver's peripheral field of vision.
4. Look out of the rear side windows, not the back window, when checking the mirror blind spot areas. (See the red areas beside and to the rear of the car in the example.)

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



# before you even begin

## An Exercise to Become Familiar with Blind Spots



*The following exercise illustrates the area around the car the driver cannot see:*

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

# basic driving skills

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

## Automatic or Manual Transmission

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

## Steering Control and Hand Position

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

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

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

### Hand Position for Steering

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

# basic driving skills

## Hand-Over-Hand Steering

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

## One-Hand Steering

Use one-hand steering for backing maneuvers that do not require full left or right turns.

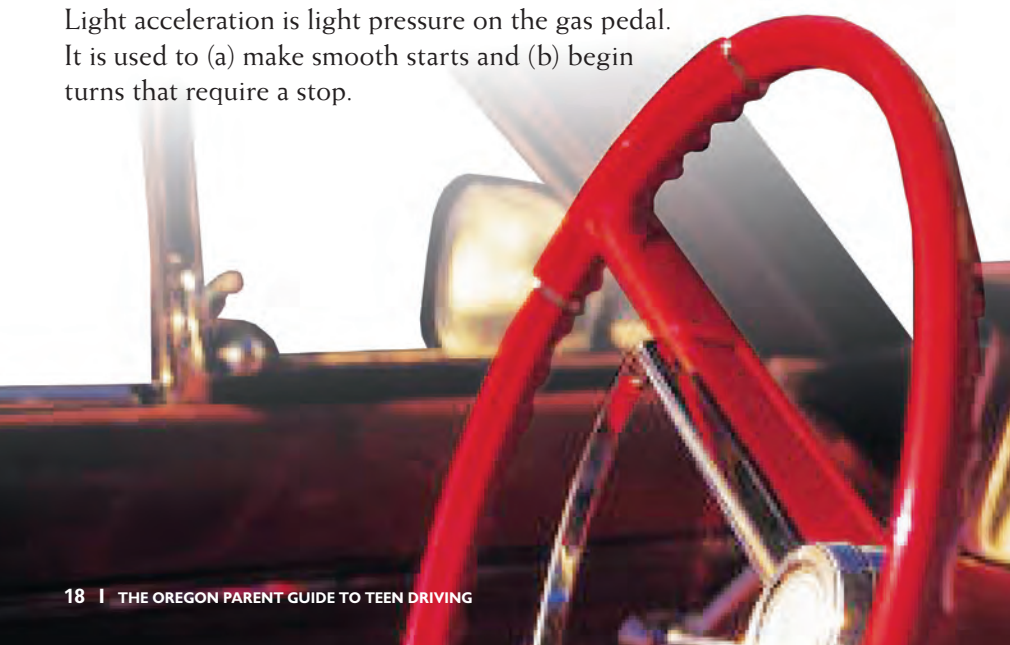
## Speed Control

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

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

## Light Acceleration

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





## Progressive Acceleration

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

## Cover Brake

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

## Controlled Brake

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

## Trail Brake

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

## Threshold Brake

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



# basic driving skills

## Lane Positions

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

Make sure your teen learns, practices, and can demonstrate the following three lane positions:

### Lane Position 1

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

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

### Lane Position 2

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

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

### Lane Position 3

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

Use Lane Position 3 for parking on the right.



# Definitions

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

## Following Time

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

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

## Determine Following Time

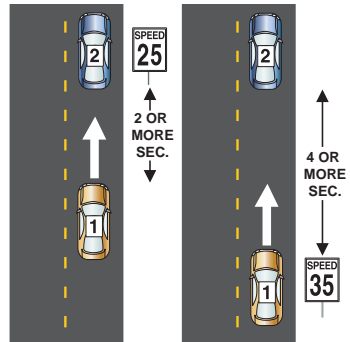
To determine following time, watch as the car in front of you passes a stationary object, such as a road sign. Then, start counting "one-one-thousand, two-one-thousand, three-one-thousand, etc.," until you reach the same object. "One-one-thousand" is approximately one second.

## Maintain 2-4 Seconds of Following Time

**Follow at 2 or more seconds** when traveling at speeds up to 30 mph.

**Follow at 4 or more seconds** when traveling under the following conditions:

- At speeds over 30 mph
- In congested traffic
- In adverse weather conditions
- When behind a motorcycle, truck, or bus



## Make Speed and Space Adjustments

- Anytime the driver in front of you reduces speed, adjust your following time so you can see at least 12-15 seconds ahead.
- When traffic or environmental conditions warrant, increase following time.
- Change position within the lane to increase **line of sight**.

# basic driving skills

## Searching Skills

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

### See a Clear Path

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

### Turn Your Head

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

### Check Your **Blind Spot**

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

### Do a 360 Degree Search

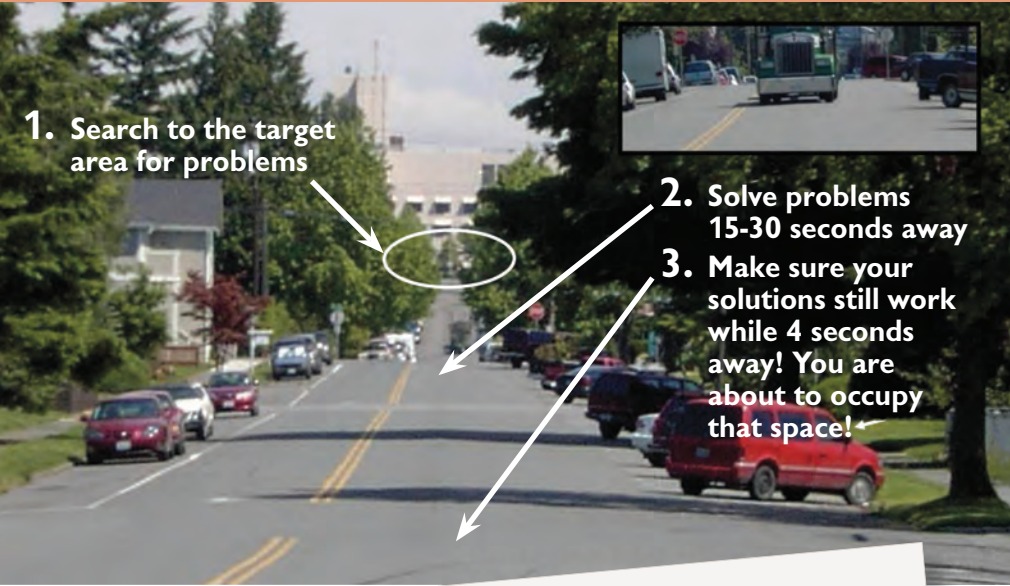
Physically turn your head and body to look all the way around your car before you (a) back the car or (b) parallel park.

### Search Area for Potential Problems

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

### Check the Rearview Mirror

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



1. Search to the target area for problems

2. Solve problems 15-30 seconds away

3. Make sure your solutions still work while 4 seconds away! You are about to occupy that space!

## Communication with Other Drivers

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

**Turn Signals:** Use turn signals to communicate in which direction you plan to travel.

**Lane Positions:** Use lane positions to communicate your plans to change driving maneuvers.

**Headlights:** Use headlights to be more visible to other drivers DAY & NIGHT.

**Horn:** Use the horn to alert others to you or to emergency situations. Do not use it in anger.

## Definitions

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

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

# basic driving skills

## Use of Headlights

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

### Low Beam Headlights

Use low beam headlights when traveling:

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

## High Beam Headlights

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

## Switch From High to Low Beams

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

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

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

## *Definition*

**Lane Position 3:** the right side of the lane.

# step by step

## m a n e u v e r s

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

### First Things First

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

### Entering the Vehicle

#### Be Well Rested and Alert

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

#### Have Key In Hand

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

#### Approach with Awareness

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



## Lock All Doors

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

Insert the Key into the Ignition But Do Not Start the Car Yet!

## Making Adjustments

### Adjust Seat Position

1. Place the seat to where your torso is 10-12 inches from the steering wheel and your arms are bent less than 90 degrees at the elbow.
2. Put the ball of your right foot on the brake pedal. From your foot position, make sure you (a) have full range of motion in your ankle, (b) can fully depress the brake without your heel coming off the floor and (c) can pivot on your heel to put the ball of your foot on the gas pedal.
3. Make adjustments for best vehicle control and personal comfort.

### Adjust Safety Belts

- Put the seat back up straight. Move the seat to where you are at least 10 inches from the steering wheel.
- Sit up straight with your hips and back against the seat back.
- Adjust the lap portion of the safety belt low across your hips and pelvis — NEVER across your stomach.
- Adjust the shoulder portion across your chest and collarbone — NEVER across the front of your neck or face, behind your back, or under your arm.
- Make sure the lap and shoulder belts are snug.

### Adjust Wheel Tilt

If you have an adjustable steering wheel, tilt it down so that the top of the wheel is no higher than the top of your shoulders.

The Road to Getting  
a License is...

Practice!  
Practice!  
Practice!

*Do the Log!*





























You may not use a mobile communication device to talk or text while operating a motor vehicle.

\*a hands-free accessory may be used by drivers 18 and over



# MOVE OVER

when you see stopped emergency vehicles.

PROTECT THOSE WHO PROTECT YOU.



**Slow Down. The Way to Go.** Transportation Safety – ODOT

# step by step maneuvers

## Adjust Head Restraint

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

## Adjust the Mirrors

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

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

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

## Definition

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

## Starting the Car

1. Make sure the transmission is in "PARK" and the parking brake is set.
2. Place your right foot on the brake and hold it down.
3. Turn the key halfway to the "ON" position and allow the onboard computer to boot up.
4. Check gauges and warning lights.
5. Then turn the key the rest of the way to the "START" position and release immediately.



6. Turn your headlights on.
7. Turn on other necessary accessories – climate control, wipers, etc.
8. Before entering traffic, release park brake and signal. Check mirrors, look over the shoulder to check blind spot, and go when clear.

## Secure the Car After Driving

1. Place your right foot on the brake and hold it down.
2. Set the parking brake.
3. Shift the transmission to “PARK.”
4. Turn off all accessories – lights, wipers, climate control, etc.
5. Turn off the vehicle and remove your key from the ignition.

## Backing

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

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

## Common Errors

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



# step by step maneuvers

## Backing Up Straight

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

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

## Backing Turns

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



# Definitions

**360 Degree Search:** physically turn your head and body to look all the way around your car.

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

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

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

## Backing Into a Driveway

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

## Backing Out of a Driveway

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



# step by step maneuvers

## Parking

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

**NOTE:** Parking is ALWAYS prohibited in the following situations:

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

## Entering Angle Parking

Common Errors for Entering Angle Parking

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

Proper Procedures for Entering Angle Parking

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

## Definition

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



# Definitions

**360 Degree Search:** physically turn your head and body to look all the way around your car.

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

6. Once you enter the space, straighten the wheels and center the vehicle in the space.
7. Stop even with the curb or parking line.
8. Secure your vehicle.

## Exiting Angle Parking

### Common Errors for Exiting Angle Parking

- Fails to check rear
- Speed too fast
- Fails to look back while backing
- Starts turning before bumper is cleared

### Proper Procedures for Exiting Angle Parking

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



# step by step maneuvers

## Pulling into Perpendicular Parking Space

### Common High Risk Errors

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

### Proper Procedures for Pulling into Perpendicular Parking

1. Signal and get 6-8 feet from the parked cars or as far to the left of the lane as possible.
2. Check traffic behind you.
3. Creep and turn the wheel sharp to the right of the space.
4. Check your right rear fender for clearance.
5. Straighten the wheel when you are centered in the space.
6. If necessary, shift to "REVERSE" and creep back slightly turning the wheel to the left.
7. Use a forward reference point to avoid hitting a curb.

### Consider Backing into the Space

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



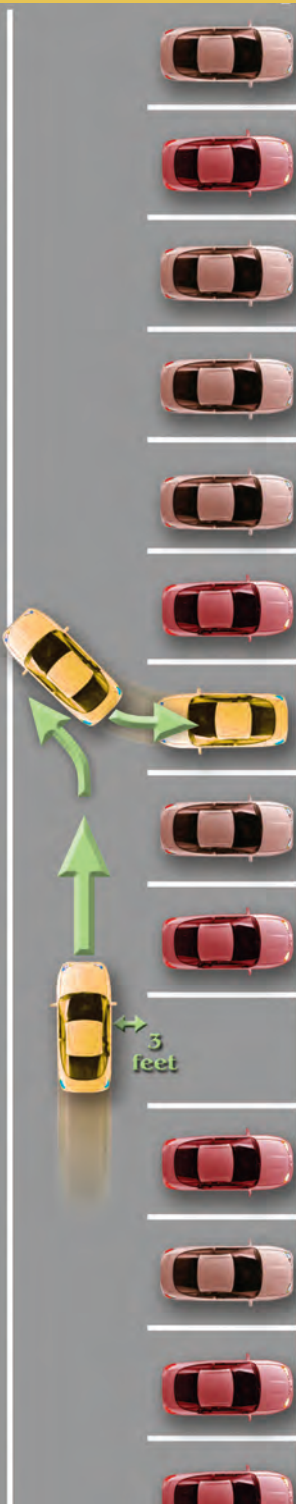
## Backing into Perpendicular Parking Space

### Common High Risk Errors

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

### Proper Procedures for Backing into Perpendicular Parking

1. Signal to the right.
2. Slow the vehicle and approach the space 3 feet away from the parking space.
3. Stop when the driver's body appears to be aligned in the center of the parking space.
4. Signal to the left and check for traffic and pedestrians.
5. Creep (move very slowly) and turn the wheel fast to the left and move to a 45-degree angle to the space.
6. Stop. Shift to reverse.
7. Look over right shoulder to check alignment into space.
8. Creep and turn the wheel sharp toward the center of the space.
9. Once you enter the space, straighten the wheels and center the vehicle in the space.
10. Stop even with the curb or parking line.







# Definitions

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

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

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

5. Cancel signal and check rearview mirror.

## Common Parallel Parking Errors

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

## Parking on Hills

### Common Errors for Parking on Hills

- Fails to search for, communicate with, or yield to other traffic, bicyclists, and pedestrians when entering or exiting the roadway
- Excessive speed on approach
- Fails to set parking brake when securing the vehicle

### Good Habits/Proper Procedures for Parking on Hills

1. Choose a legal space and signal.
2. Check your rearview mirror and **blind spots**.
3. Apply the brake and approach parallel to and 12 inches from the curb.
4. Make a smooth stop and shift into "NEUTRAL."
5. Turn the wheels in the proper direction.
  - *If facing up hill with curb*, turn wheels left, toward the roadway (FIG 1.)
  - *If facing down hill with curb*, turn wheel right, away from the roadway (FIG 2.)
  - *If there is no curb*, turn wheels right, away from the roadway (FIG 3.)
6. Secure vehicle by shifting to "PARK" and *setting your parking brake*.



**1. Facing uphill with curb**



**2. Facing downhill with curb**



**3. Facing uphill or downhill without curb**

# step by step maneuvers

## Turns

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

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

## Right Turns *With* a Required Stop

### Common Errors for Right Turns With a Required Stop

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

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

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

## Definitions

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

**Controlled Brake:** firm, steady, even pressure on the brake pedal

**Light Acceleration:** light pressure on the gas pedal.

# Definitions

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

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

6. Straighten and use **progressive acceleration** to reach your targeted speed.
7. Check rearview mirror.

## Right Turns *Without* a Required Stop

### Common Errors for Right Turns *Without* a Required Stop

- Late or no signal
- Confusion on right-of-way, fails to yield
- Fails to search intersection in all directions
- Fails to search before turning wheel
- Turns into wrong lane
- Accelerates prematurely
- Fails to yield to bicyclists going straight

### Proper Procedures for Right Turn *Without* a Required Stop

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



# step by step maneuvers

## Left Turns *With* a Required Stop

### Common Errors for Left Turns *With* a Required Stop

- Fails to make a complete stop
- Stops over the legal stop point
- Stops too close to vehicle ahead
- Fails to yield to pedestrians and bicyclists
- Cuts across the center yellow line when beginning or negotiating a left turn

### Proper Procedures for Left Turns *With* a Required Stop

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

## Left Turns *Without* a Required Stop

### Common Errors for Left Turns *Without* a Required Stop

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

## Proper Procedures for Left Turns *Without* a Required Stop

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

## Definitions

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

**Lane Position 2:** the left side of the lane.

**Light Acceleration:** light pressure on the gas pedal.

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

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

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



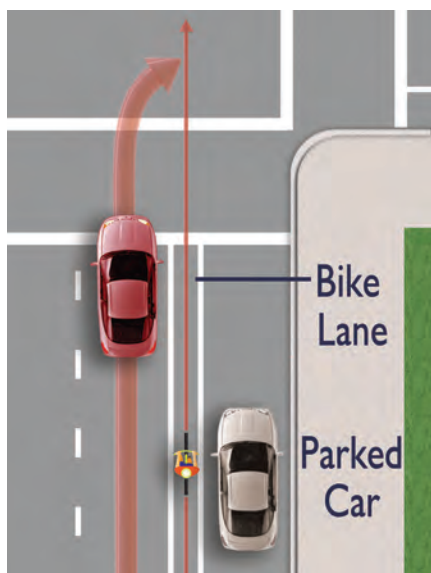
## Bicycles on the Roadway

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

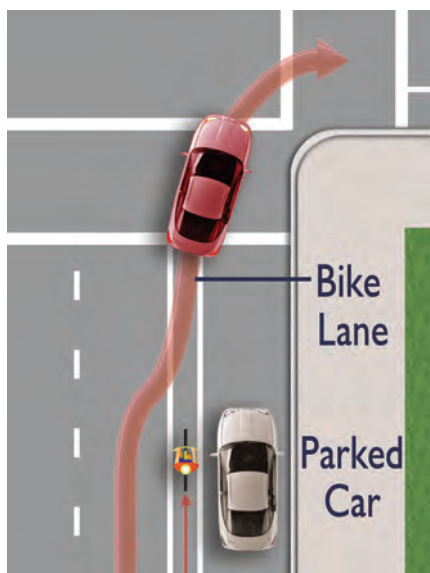
# step by step maneuvers

## RIGHT TURNS ACROSS A BIKE LANE

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



CORRECT



INCORRECT



Graphic provided by  
City of Portland Bureau of Transportation

## THE BIKE BOX

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

# complex driving skills

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

## Changing Lanes

### Common Errors When Changing Lanes

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

### Definition

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

### Proper Procedures for Changing Lanes

1. Check (a) mirrors, (b) to the front, (c) to the back, (d) to the side, and (e) **blind spot** for a stable gap.
2. Signal and use the proper lane position.

# complex driving skills

3. Check your **blind spot** again.
4. Maintain your speed or increase speed if necessary — **NEVER slow unnecessarily.**
5. Move to the new lane purposefully and gradually at a slight angle.
6. Adjust speed to surrounding traffic.
7. Cancel turn signal.
8. Check rearview mirror.
9. Create separation or “open space” to the front, rear, and sides of your vehicle.

## Passing

### Common Errors When Passing

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

### Proper Procedures for Passing

1. **FIRST**, ask yourself if passing at the time is necessary, legal, and safe.
2. Search your intended **path of travel** far ahead to determine any obstacles.

## Definitions

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

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





# complex driving skills

## Entering the Freeway

### Common Errors When Entering the Freeway

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

### Proper Procedures for Acceleration Lane

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

### Proper Procedures for Merging

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

## Definitions

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

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

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

**Velocitation:** the effect that you are going faster than you think you are when you exit the freeway. Make sure you do frequent speedometer checks to help adjust your speed.

## Exiting the Freeway

### Common Errors When Exiting the Freeway

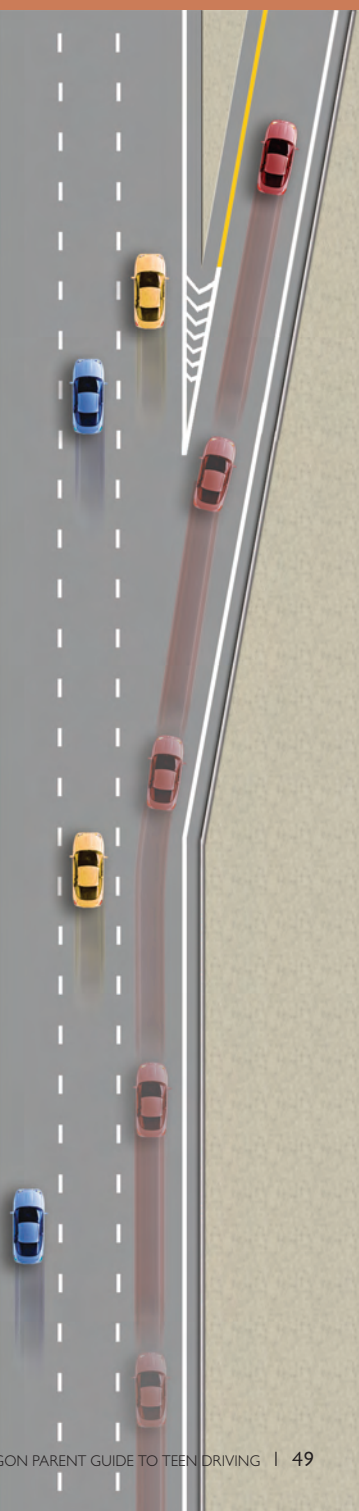
- Fails to see exit ramp in advance
- Reduces speed before exit ramp
- Fails to signal
- Fails to check rearview mirror
- Fails to reduce speed on exit ramp
- Fails to cancel signal
- Cuts over from left lane at the last minute

### Proper Procedures for Exiting the Freeway

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

### NOTE: Adjust procedures for the following:

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



# complex driving skills

## Railroad Grade Crossings

### Common Errors for Railroad Crossing

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

### Proper Procedures for Railroad Crossing

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



## School Zones

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

*These Signs Mean School Zone or Crossing Ahead:*



# complex driving skills

## Crosswalks

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

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

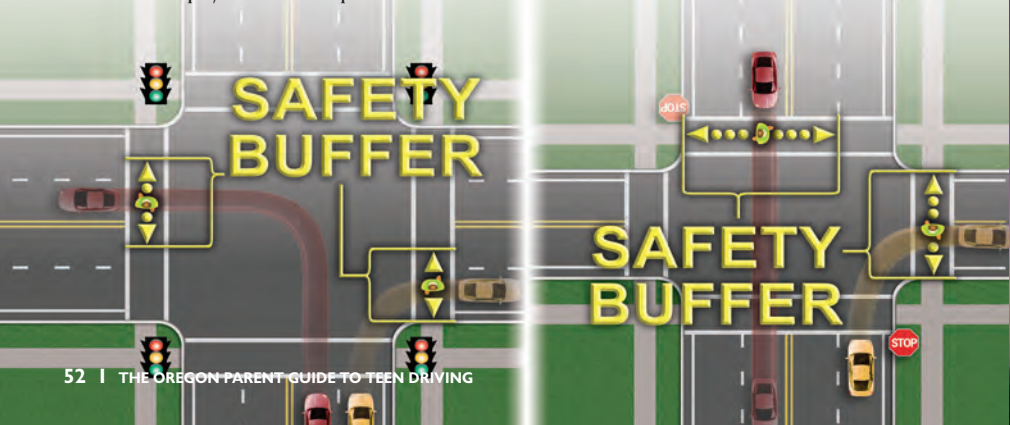
**Stop and remain stopped** for a pedestrian crossing a crosswalk when the pedestrian is:

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

AND

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

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



## Night Driving

### Preparation

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

### Night Driving and Headlights

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

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

You need 2-4 seconds to stop. If you can't see beyond your vehicle's headlights during this range, slow down. You may be "driving blind".

**High beam headlights** in good condition illuminate approximately 350 feet.

**Low beam headlights** in good condition illuminate approximately 182 feet.



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

# complex driving skills

## Skid Recovery

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

### Proper Procedures for Skid Recovery

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

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

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

## Definition

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

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



## Driving in Bad Weather

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

Check weather conditions on your travel route. Use Oregon's Trip Check [www.tripcheck.com](http://www.tripcheck.com) or dial 5-1-1 to check current weather and road conditions.

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

# Emergencies

## — How to Handle Them

### Vehicle Malfunctions

#### Hood Flies Up:

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

#### Engine Fails:

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

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

#### Accelerator Sticks:

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

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

## Vehicle Malfunctions cont.

### Brakes Fail:

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

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

### Tire Blowout:

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

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

### Engine Fire:

If the car catches on fire,

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

# Emergencies

## If You have a Crash:

- **Stop immediately** without needlessly blocking or endangering other traffic. Do not leave your vehicle where it can block traffic unless it's so damaged it can't be moved.
- **Turn off the ignition** to avoid the possibility of a fire.
- **Aid the injured** and give first aid if necessary. *Never move an injured person unless there is danger of fire or another collision.*
- **Prevent further damage by warning oncoming traffic** with flares or reflectors.
- **If an emergency, call 911.**
- **Exchange information.** Be sure to get:
  - Names and addresses
  - Driver license numbers
  - License plate numbers
  - Insurance company name, address, and policy number
- **Note the names of passengers and their position in the car.**
- **Record witnesses' names and addresses.**
- **File an accident report.** Oregon requires an accident report be filed with DMV anytime there is:
  - Damage to the vehicle you were driving over \$1,500.

- Damage to any vehicle over \$1,500 and any vehicle is towed from the scene as a result of damages from this accident.
- Injury or death resulted from this accident.
- Damages to any one person's property, other than a vehicle involved in this accident, is over \$1,500.

## If You're Stopped by Law Enforcement:

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



# What Happens

## – If You Mess Up?

### What happens if you mess up?

You may lose driving privileges under the Provisional Driver Improvement Program.

If you get two driver improvement violations or are in two preventable crashes or a combination of either totaling two, your driving privileges will be restricted for 90 days. *During the restriction, you are ONLY allowed to drive to and from work.* Driver improvement violations include, but are not limited to, speeding, running a red light, not wearing a safety belt, and violating any of the Graduated Licensing restrictions such as driving with friends or late at night when you're not supposed to or talking on a cell phone or texting while driving.

If you get three driver improvement violations or are in three preventable crashes or a combination of either totaling three, your driving privileges will be suspended for six months. The suspension will continue even if you turn 18 during the suspension period.

One conviction for a serious offense, such as reckless driving, driving under the influence of intoxicants or attempting to elude a police officer, will result in a one-year suspension.

Under Oregon's implied consent law, if you are under 21, any amount of alcohol in the blood while operating a vehicle is considered Driving Under the Influence of Intoxicants (DUII). If you are arrested for DUII and:

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

**The above suspensions will be imposed in addition to a one-year suspension if you are convicted for a DUII.**

If you are convicted of delivery, manufacture or possession of a controlled substance or if you are convicted or determined by a juvenile court of being in possession or use or abuse of alcohol, the court can order a denial of your driving privileges for one year or more. This includes having consumed the alcohol, holding the alcohol or attempting to purchase alcohol. You will be fined and/or required to perform community service and may be sent by the court to receive an alcohol assessment and/or complete treatment at your own expense. **The offense does not have to involve a motor vehicle.**

# The Rules

## — for Graduated Licensing

To qualify for a license you must:

Have an instruction permit for at least six months, AND

Complete an approved traffic safety education course AND at least 50 hours of supervised driving practice; OR

Complete 100 hours of supervised driving practice.

*The supervising driver must be someone who is at least 21 years old and has had a valid driver license for at least three years.*

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

**It is unlawful to operate a motor vehicle while using a mobile communication device.** This includes texting or talking on your cell phone, even with a hands-free accessory. Once you turn 18, different restrictions may apply.

For the first 6 months:

**No passengers** under 20 years of age unless they are a member of your immediate family, AND **no driving between midnight and 5 a.m.** unless for a reason in the list of exceptions below.

For the second 6 months:

**No more than 3 passengers** under 20 years of age unless they are a member of your immediate family AND **no driving between midnight and 5 a.m.** unless for a reason in the list of exceptions below.

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

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

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

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

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

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

# The Oregon Parent Guide to Teen Driving

This Guide supports the important partnerships between state driver licensing, driver education, teen drivers and their parents. It is our hope that this information will help you to help your teen become a safe and responsible driver.

*published by:*

Oregon Department of Transportation

Driver and Motor Vehicle Services

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[www.oregondmv.com](http://www.oregondmv.com)

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