

Student practice information sheet

LANE CHANGE SEQUENCE

- 1) Check rear view mirror unless you have a truck or van that does not allow you to see the rear with the interior mirror ALWAYS use the INTERIOR MIRROR FIRST.
- 2) If Clear? The put signal ON.
- 3) Shoulder-check your blind spot. (Chin to shoulder)
- 4) If safe, look forward and glide over, maintain your speed*. **Speed is regulated by the space you have around your vehicle; other vehicles (if any) speed, road conditions, as well as speed limits.*
- 5) Cancel signal - (OFF).

WHEN TO DO LANE CHANGES

- When you *pull over to the curb* to stop or park.
- *Pulling away* from curb after any parking.
- When getting into position to make a Right or Left turn
- On entering or exiting a highway or an Expressway.
- *Any lateral move* with car, like going into a right or left turn lane.

The full meaning of the LANE CHANGE STEPS

1. Glance in the rear view mirror for a GAP (cars coming from behind you). This a very important step as glancing in the mirror will inform you if there is a gap (space) in traffic or not.
 2. If safe put signal on. Do not signal if there is not a safe gap behind you.
 3. Check the BLIND SPOT (a shoulder check is moving your head until your chin almost reaches your shoulder; your shoulder or body should not move only your head pivots)
 4. If nobody is in your blind spot then look forward and glide smoothly into the lane you're going into.
 5. When safely into your lane cancel signal.
- Tip: For practice sake, talk each step out until memorized.

A lane change is technically a lateral move (sideways move) and should be done when:

Pulling over to curb/pulling away from curb/moving into the right or left turn lane/moving from acceleration lane to Expressway or Expressway to deceleration lane; in other words anytime you move sideways where other road users could be.

Entering and Exiting Expressway Ramps

- You must speed up on the Acceleration Lane to traffic flow, eg.85/90.
- You must keep your speed as you exit the Expressway into the braking lane and then bring your speed down on the straight before the ramp (to approximate ramp speed).
- Then bring it up again to 65-68 before entering the Harbour Expressway.

SCANNING INTERSECTIONS and BLIND SPOT CHECKS

- Move you head from left to right just before you go through every intersection; make it obvious, on a road test the driving examiner HAS to see it from where they is sitting.
- On Lane Changes and turns again make the shoulder check obvious but don't overdo it.
- When driving along, glance in your rear view mirrors and around you at frequent intervals to check the movement of traffic around you.

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PARKING:

- Always use your parking brake after you have parked (*on a hill, parallel and roadside stop*) and remember to put it off before you leave.
- Straighten wheels first after doing a park on a hill and then release the parking brake.
- Always look around and to the back (not mirror) when reversing.

SPEED LIMITS: Your speed should always be appropriate to where you are driving and remember they are limits, not targets.

Reading Traffic Lights ahead to prepare for change

Red or Green lights are either FRESH (new) or STALE (old and about to change) learn to look up ahead about $\frac{3}{4}$ of a block and decide the light condition (fresh or stale) and then the pedestrian lights or countdown (which will reinforce your decision). Your speed, the road and weather conditions as well as traffic around (behind) you should also be taken into account.

For the **CO-DRIVER** helping the student practice, always ask questions of the student, giving them time to think of the correct response.

“What is the speed limit?” / “What do you see ahead / behind you?” “Can you make a lane change?”

“Do you have good space around you?” “Good Following distance so you can respond if the car(s) in front slow down or stop?”

“How far behind should you stop from the vehicle in front of you at a red light or stop sign?”

If an All-Way stop is coming up, does the student realize early and therefore know the correct right of way?

Make sure the student glances in the rear view mirror at least 2 or 3 times a block, when slowing down or stopping (The majority of crashes in Thunder Bay are rear end collisions).

Always choose an appropriate place to practice the skill the student is learning and if parking, a quiet area.

Practice one skill at a time and don't practice more than an hour. Driving to work/ school or a destination is not real practice, choose a time slot to go out and practice a particular skill; giving time to the student and to what they are learning is proper practice.

Hand over Hand steering video <https://www.youtube.com/watch?v=tyeivehE3KA>

PRE DRIVE CHECKS before driving

- 1) Seat adjusted?
- 2) All mirrors adjusted.
- 3) Head restraint adjusted if fitted.
- 4) No loose objects inside vehicle.
- 5) Seat belts on.

READY TO start driving?

- 1) Push down brake pedal (right foot).
- 2) Put gear in drive.
- 3) make sure parking brake is off.
- 4) Check mirrors, signal, and shoulder check.
- 5) Pull away (when safe) and signal off.