



## LESSON 1: Your Vehicle

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

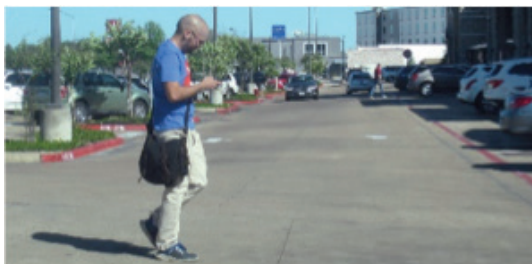


- First, start in a large parking lot and drive around the outside edge: 10–15 mph, practicing steering and braking
- Second: a short drive on an uncrowded residential street, focus on being smooth, and looking ahead

**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

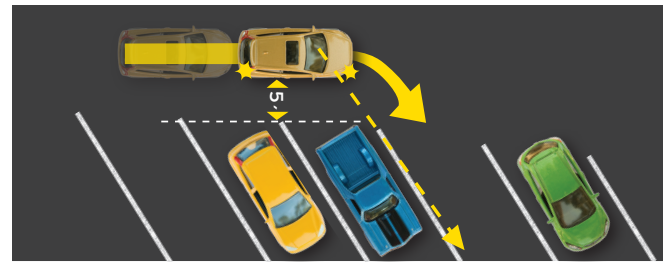


- Maintain a “Visual Control Zone” by looking 12–15 seconds ahead

**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

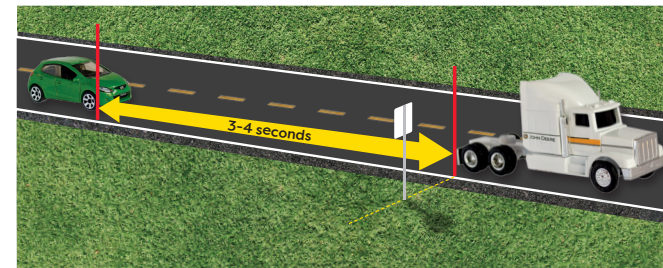


- Always keep your foot on the brake when backing
- Focus on precision, not speed

**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

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

## LESSON 3: Speed Selection

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



- Always know the speed limit

**WATCH OUT FOR:**  
Allowing other drivers to cause them to drive faster

## LESSON 6: Driving in Different Conditions & on Different Types of Roads

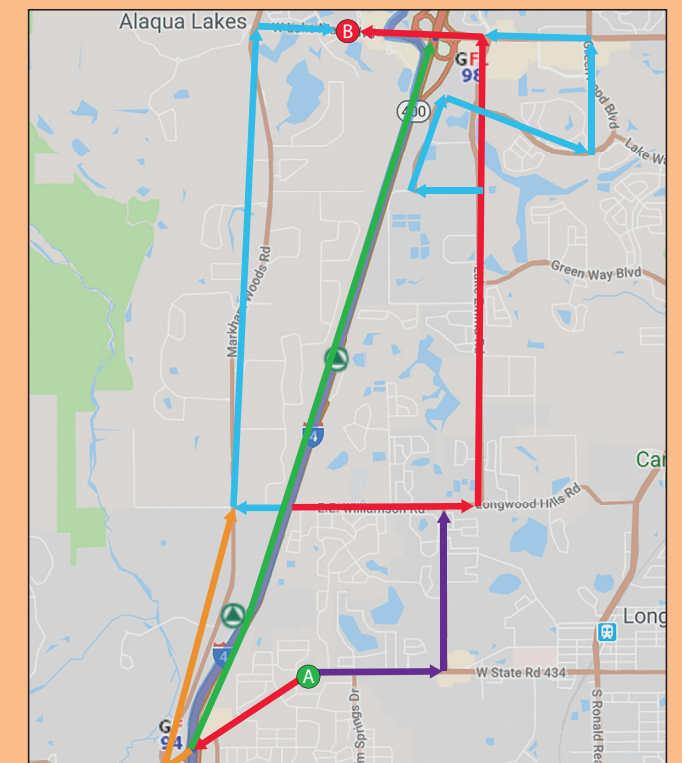
- Goal: Identify current hazards
  - Darkness
  - Rain
  - Snow, etc.
- Variety is key—practice on:
  - City streets
  - Country roads
  - Interstates
  - Suburban roadways, etc.

**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.”

