



**ST. MARY'S HIGH SCHOOL**  
LANCASTER • NEW YORK

## **Driver Training Curriculum for Parent/Guardian**

### **Outline of Various Driving Maneuvers and Procedures**

This outline serves as a general guide to successfully perform various maneuvers that are not only part of the New York State road-test but are applicable in every day driving. Even though parts of this outline are prepared based on New York State Department of Motor Vehicle rules and regulations, this outline is not all encompassing and does not serve as any legal or regulatory support. We encourage each of you to practice regularly with a licensed driver or certified instructor and ensure you know your personal ability boundaries.

### **Getting Ready to Drive**

Place the key into the ignition switch – (if necessary) **\*Do Not Start Car\***

Ask 4 Questions:

1. Can I reach?
2. Can I see?
3. Am I secure?
4. Am I ready?

- **Can I reach?**

Adjust the seat so that you can rest your right foot on your heel in a comfortable position. Make sure you can easily place your right foot on the brake pedal and gas pedal. Your left foot should be at rest on the floor or footrest of the car but not under the pedals.

Adjust your seat so that you are in a comfortable sitting position and you are not having to strain yourself to reach the steering wheel, foot pedals, and steering column signals. Adjust the back of the seat to support your back in a comfortable position, but do not recline too far back.

Hand position on the wheel should be in either of these two positions:

- 9 and 3 o'clock
- 8 and 4 o'clock

Thumbs should be placed along the rim and not looped around the wheel. You should have a slight bend to the elbow with your hand in these positions. The center of the wheel should be between 10 to 12 inches from your chest.

- **Can I see?**

Look out the front windshield and make sure your central, direct vision is not impaired. Remove any objects in your line of site (i.e., hanging scented trees, phone mounts, and dash cameras). Note: it is illegal in New York State to have anything impair your field of view on your windshield which includes anything hanging from your windshield mirror.

Take notice of the various mirrors in the car (both side mirrors and windshield mirror) Additionally, take notice of your field of view with your central and peripheral vision looking straight ahead.

Look over your shoulder right and left to view out of the back windows and note the following:

1. Make sure that seat is adjusted for proper viewing angles.
2. Adjust left side view of the mirror so that you can see the rear door handle or rear fender in the lower right-hand corner of the left side.
3. Adjust the right-side view mirror. On this mirror you will see wording "Objects Closer...". The "Objects Closer..." should be lined up even with the rear handle of the car or the rear bumper.

- **Am I secure?**

Adjust the shoulder harness and seatbelt to make sure the belt goes over your torso and chest. Ensure the belt is not locked and is free to move. Check your occupants and make sure they are properly buckled (including back seat passengers which is required by NYS Law).

- **Am I ready?**

Ask yourself the following questions as a self-check:

1. Is the car ready to be started?
2. Do you feel a resistance on the brake with your right foot?
3. Is the car in park (or neutral if manual transmission)? These are the only two positions in which a car will start.
4. Are your warning devices working? Beep the horn to ensure it works.

### **Starting the Car**

Your right foot should be pressed into the brake. Turn the key clockwise until gauge lights come on or press the engine start/stop button if equipped with keyless ignition. When the car is started, let go of the key; it will return to the run position (this is not relevant for keyless ignition vehicles). All lights should be off and if they stay on, make sure all doors are closed. Ensure that there are no warning lights on your dashboard (i.e., check engine, TPMS light for tire pressure, change oil indicator, etc.).

### **Pulling Away and Towards the Curb**

With your right foot firmly pressed on the brake, hold, and press the button on the shifter and move to the “D” position for drive. **Do not move the car currently.** Starting from the left front pillar, move your eyes and head across the front windshield to the passenger front and rear windows. This is to fully check your surroundings.

After a full check of your surroundings, check your right blind spot and check your rear-view mirror out of the front windshield. Then turn your head to the left and check your driver side view mirror. If traffic is clear, signal left and turn your head to look out the driver side windows and check the blind spot. If traffic is clear once again, slowly pull out away from the curb and pull into the nearest driving lane. If traffic is not clear, wait until it is clear and check over your left shoulder again to repeat the procedure.

If you want to pull towards the curb, indicate with your right signal at least 50 feet from the spot where you want to park. Check both your rear-view mirror and passenger side mirror for your blind spot and slowly proceed to aligning the car parallel with the curb. You should be within 12 inches of the curb.

## **Navigating the Driving Lane**

The driving lane is defined as the area 3 to 5 feet from the curb or 2 to 3 feet from a parked car. When in the driving lane, set your vision high, looking down the road a few hundred feet in front of you. Avoid staring directly at the road immediately in front of you. Continuously scan your surroundings as you are driving to spot any potential hazards and react appropriately.

Make sure to keep your eyes moving and do not get tunnel vision. Check around the front windshield, mirrors, and speedometer every 12-15 seconds, or 4 times a minute. Be sure to watch for traffic signs such as speed zones, school zones, and other regulatory or warnings signs.

When following behind other motorists, make sure you are far enough behind so that the other person can see you in their rear-view mirror. Follow the 3-second rule in which when following a vehicle, pick a road sign marker (tree, sign, etc.) and when the vehicle ahead passes the marker, count how many seconds it takes for you to pass the same spot. If you do not count to at least 3 seconds, decrease your speed, and increase your following distance. During nighttime driving or adverse conditions, increase the following distance to 4-5 seconds. Additionally, maintain speed at 2 to 3 mph below the posted speed limit.

## **Navigating through Intersections**

### **Turning with a Stop Sign:**

When making a right-hand or left-hand turn from a single lane roadway to another single lane roadway with a stop sign, follow these steps on the approach:

1. When you are around 100 feet from the intersection, apply your right turn signal and proceed to the intersection.
2. Check rear-view mirror.
3. Apply brake and come to a smooth, complete stop.
  - a. Note the following stopping points:
    - i. No stop lines
      1. Stop before the cross walk lines
    - ii. No crosswalk lines
      1. Stop before sidewalk on righthand side
    - iii. No sidewalk on right
      1. Stop before sidewalk on left-hand side
    - iv. No sidewalks
      1. Stop 6-feet from intersecting street
    - v. **\*\*Heavy Winter Conditions with snowbanks\*\***

1. Stop at the sign
4. Look left, then right, then left again. This should take 3 seconds.
5. If clear, start to creep forward to make the turn at 8-12 mph and when you have made it to the center point of your lane in which you turned into, check rear-view mirror, and increase speed to 2-3 mph under posted speed limit.

\*\* If you are making a left-hand turn, make the turn into the closest left lane. \*\*

### **Handling an Intersection with a Traffic Signal:**

If the light is red in front of you, come to a complete stop before the white stop line. When the light changes to green, check both directions of travel to ensure no one runs through the red light.

If you are attempting to make a left turn at a traffic light with only left turn arrows, proceed with your turn only when the light is green and prepare to stop if the light turns yellow and you have ample distance to stop.

If you are attempting to make a left turn at a traffic light with no turning arrow, you may proceed through the light once all cars that have either turned right or gone straight. Additionally, if there is a large enough gap between an approaching car and the time it takes for you to complete the turn, you may proceed with the turn into the farthest lane to the left. Lastly, if the light turns yellow and you are in the middle of the intersection, you can complete your turn once all cars have cleared the intersection.

When attempting to make a right turn at a traffic light, watch for signs indicating “No Right Turn on Red”. This may or may not be posted with designated hours. You must wait for the light to turn green to proceed with your turn.

### **Parallel Parking**

Follow these steps below to properly perform a parallel park maneuver. Make sure that you take your time and do not feel like you must rush through the motions.

1. When you are travelling down a street and you see a parking spot behind a vehicle in which you want to park, make sure the space is wide enough to safely park your car (roughly 25 feet).
2. Check your rear-view mirror; signal right and look over right shoulder.
3. Your car is to be lined up parallel to the parked car at least 2 to 3 feet away (arms distance away).
4. If the parked car is the same size or smaller than your car, stop at the point in which your passenger mirror aligns with the driver side mirror of the parked car. If the parked car is bigger than your car, stop at the point in which your passenger mirror aligns with the driver's side door handle of the parked car.
5. Stop completely and put your car in reverse.
6. Turn the wheel to the right and know your surroundings as you proceed. Check your passenger mirror, look out the back window, and look at your back-up camera (if equipped). Do not stare behind you the entire time and continuously check your distance.
  - a. Note: It is acceptable to use your back-up camera as a supplemental aid during the road-test.
7. Slowly turn the car so that it is at a 45-degree angle. As you continue, slowly turn the wheel to the left to straighten out the car with the curb. Your car should be no more than 12 inches from the curb.

To pull away from the curb, refer to Lesson 2 and follow those procedures.

\*\* Due to the importance of Parallel Parking on the road test, this lesson should be repeated multiple times. \*\*

### **3 Point Turns**

Follow these steps below to properly perform a 3-point turn. The street must be at least 3 car widths wide to complete a 3-point turn. A 3-point turn cannot be done within 150 feet of an intersection, on a street with a yellow line at the base of a hill, and when coming out of a curve. A 3-point turn is usually completed on a side street.

1. When you are driving down the street, find a spot preferably with no trees, poles, fire hydrants or signs. Look over your right shoulder and pull over to the curb as if you are parking the car (6 to 12 inches from the curb) and stop.
2. Check your left and right blind spots, rear view mirror, and left side mirror. If clear, signal left and look over left shoulder to check for traffic again. If clear again, turn the wheel fully to the left while the car is slowly moving until your body enters the lower 1/3 of the street or until the front of the car dips down

and you cannot see the curb in front of you. Stop and place the car in reverse. Look left, and then look right over your shoulder out the back window. Move the car slowly while turning the wheel fully to the right until again your body enters the lower 1/3 of the street or until the rear of the car dips down. Place the car in drive, look right and left, and if clear, move the car and turn the steering wheel quickly to the left until you are on your side of the road to the right of center. Check your rear-view mirror and pick-up speed.

**\*\*When doing a 3-point turn, ALWAYS check to see what the driver coming down the street is doing. Do not take for granted that the driver is going to yield the right of way. \*\***

## **Passing and Lane Changes**

The normal lane of driving is the right lane of traffic. Sometimes you might have to lane change for various reasons (i.e., emergency vehicle on the highway, hazards in your lane of travel, slow motorists, etc.). Follow these steps below to effectively make a lane change.

### **Moving from right lane to left lane of traffic**

1. Look at the left lane and check for conditions immediately next to you.
2. Check your rear-view mirror to the left lane of traffic.
3. Check your side view mirror.
4. If clear, signal left.
5. Quickly look over your left shoulder to check blind spots.
6. If clear, slowly move the car into the left lane.
7. Check rear view mirror and proceed.

### **Moving from left lane to right lane of traffic**

1. Look at the right lane and check for conditions immediately next to you.
2. Check your rear-view mirror to the right lane of traffic.
3. Check your side view mirror.
4. If clear, signal right.
5. Quickly look over your right shoulder to check blind spots.
6. If clear, slowly move the car into the right lane.

7. Check rear view mirror and proceed.

\*\* If there are cars currently in the lane you are changing into, slow down 2-3 mph with your signal on. Keep watching your rear-view mirror and side view mirror until an opening occurs. \*\*