



Driving Instruction Log

Connecticut State law requires that students under the age of 18 who received their permit after August 1, 2008 to complete 40 hours of driving time with an adult. This sheet is designed to help parents and students track what is covered in this driving time. Below are suggestions from the state and from our instructors on material that will provide teens with a safe driving foundation.

• Controls, Gauges, and Maintenance (at least 2 hours)

Objective: Student should know how to operate all the pedals, switches, buttons and other vehicle controls.

- a. Read and understand instrument panel
- b. Seat adjustment, mirror adjustment; rear view should show rear window view and side mirrors when leaning slightly forward a small amount of the side of the vehicle
- c. Seat belt use
- d. Brakes
- e. Lights; turn signals, headlights, hazards, brake, parking and reverse
- f. Windshield, wipers, fluid, windows
- g. Suspension, exhaust, steering systems
- h. Engine; oil, fluids, fuel, battery
- i. Horn
- j. Insurance, registration and other vehicle documentation

• Learning the Basics (at least 3 hours)

Objective: Student should be able to start, stop, drive forward, reverse and turn vehicle.

- a. Best if done in empty parking lot
- b. Starting procedure
- c. Gear shift and brake use
- d. Accelerating
- e. Steering; hand placement between 2-4 and 8-10 o'clock
- f. Hand over hand and Push pull steering
- g. Turning; vehicle placement and reference points
- h. Backing; turn body to right and look behind, steer with left hand
- i. Parking space; enter and back out

• Driving in Limited Traffic (at least 6 hours)

Objective: Student should be able to drive on lightly traveled two lane residential streets or country roads not over 35mph

- a. Intersections; with or without stop signs and traffic lights



- b. Traffic; on coming and parked vehicles
- c. Scanning; forward, left, right, rear
- d. Look ahead 12-15 seconds
- e. Pedestrians
- f. Space cushion; 3 second following distance
- g. Slow at intersections; scan signs, traffic, signals, rear zone
- h. What if?
- i. Smooth stop & start
- j. Lane control
- k. Turns; signal use, mirror check, rear zone check, turning point, lane position
- l. Maintain proper speed; respect danger of curves and hills

• Handling the Vehicle in Traffic (at least 8 hours)

Objective: Student should be able to move on to routes with a mixture of neighborhood streets and commercial areas including 4 lane roads and designated turn lanes. Speed limit should not exceed 40mph.

- a. Speed control; traffic, weather
- b. When to accelerate, brake, coast
- c. Intersections; slow, scan, stale green lights
- d. Yield
- e. Change lanes; mirror, blind spot, other vehicles signals
- f. Lane position, speed control
- g. Intersection with lights or signs; timing, scan, on coming traffic, rear zone, signal
- h. City driving; slow braking traffic, crowding, buses, pedestrians, parked cars, one way streets, center turn lanes

• Parking (at least 2 hours)

Objective: Student should be able to park in a lot with cars parked and moving around.

- a. Turn signal; pedestrians and vehicles
- b. Stop signs and pavement markings
- c. Drive straight into stall
- d. Turn left and right into marked space
- e. Back out of stall; left and right
- f. Back into stall
- g. Parallel park; use reference points and signals

• Driving on Limited-Access Highways (at least 6 hours)

Objective: Student should be able to drive during non rush hour time.

- a. Entrance ramps



- b. Signal on ramp, check mirrors, turn head look over shoulder at traffic coming up in lane, look for gap- adjust speed to match, make sure there is enough room to enter without slowing traffic, slow if no room, watch vehicle in front on ramp
- c. Exit ramps
- d. Get in correct lane ½ mile before exit, signal 100 ft, check mirrors and blind spot, on ramp slow to posted speed, never back on highway
- e. On highway; keep up with posted speed, right lane unless passing, increase following distance, stay out of blind spots, move over for entrance ramps, mirror use and rear zone, look ahead ¼ mile watch brake lights and tap yours for warning
- f. Lane changing and passing; check traffic-ahead, behind and sides, signal, select gap, adjust speed to pass, signal use, check mirrors to clear, signal off

• Driving at Night (at least 5 hours)

Objective: Student should be able to drive safely at night.

- a. Danger of reduced vision
- b. Glare; look to the right
- c. Tired; reduces reaction time
- d. Drive on familiar streets
- e. Headlights; high beam use, glare from rear adjust rear view mirror
- f. Reduce speed to the distance you can see ahead; do not over drive your headlights
- g. Increase following distance
- h. Watch for reflective things; street signs, road markings, animals
- i. Curves and hills are blind

• Handling Bad Weather and Emergencies (at least 3 hours)

Objective: Student should be able to compensate for poor road conditions.

- a. Wet roads; wipers, headlights, slow 5-10mph under, increase following distance 5-6 seconds, slow on curves, avoid quick starts and stops, ABS brakes keep foot on pedal, defrost on, hydroplaning
- b. Snow; clear off vehicle, down shift, accelerate and brake gently, decrease speed, increase space cushion, warn about bridges, hills and black ice, skids

• Additional Practice (at least 5 hours)

Objective: Students should be able to drive you on errands and trips following directions and route themselves.

- a. Aggressive drivers
- b. Sharing the road with trucks, bicycles, motorcycles
- c. School buses
- d. Pedestrians
- e. Work zones and tunnels
- f. Rush hour traffic
- g. Passing



Straight Talk

By the time you have reached the end of the instructional period, you should be feeling comfortable with your student's ability to drive a vehicle. But you know that young drivers have a history of getting involved in crashes because of adolescent-related attitudes, high-risk behavior, and lack of experience. Pick a time when you and your student driver can talk about these issues.

Point out that competitiveness, aggression, inexperience, a sense of power and invincibility, and the temptations of independence are all influences that cause young drivers to drive dangerously.

For example, compared to other drivers, a larger portion of teen fatal crashes involve going too fast for road conditions. Many of these involve only one vehicle, where the car leaves the road and over turns, or hits a tree or pole. In many cases, distraction caused by other teenage passengers is a key factor. Only a very small percentage of teens wear their seat belts compared to other drivers.

At night, crashes involving newly licensed drivers are mainly caused by alcohol, peer group pressure, lack of night driving experience, and fatigue.

All-Star Driver offers private driving instruction in blocks of 2-hours, or packages of 8, 10, or 20 hours. If a parent is not comfortable teaching a certain skill set, please communicate this to the school and we will be happy to have our instructors cover the topic during lessons. We encourage an open communication line between the parent/student and our school. Please feel free to tell our instructors the areas that students need the most help with.

The next page is a log for students, parents, and instructors to keep track of the driving hours. Although tracking hours is not mandatory, All-Star Driver strongly suggests using the form.

