

SACRAMENTO STATE PD DRIVER TRAINING/AWARENESS (4 Hours)

COURSE GOAL:

The course will provide the trainee with the minimum topics of Driver Training/Awareness required in the POST Perishable Skills Training Program including: basic driving principles, legal and moral aspects, defensive driving and course exercises.

DRIVER TRAINING/AWARENESS

Minimum Topics/Exercises:

- a. Scenario exercises to improve driving judgment and decision making
- b. Class Exercises/Student Evaluation
- c. Intersections scenarios
- d. Backing/parking scenarios
- e. Policy, legal and moral issues
- f. Vehicle Dynamics

COURSE OBJECTIVES:

The trainee will:

1. Demonstrate knowledge of their Driver Training/Awareness skills and techniques.
2. Demonstrate a minimum standard of psychomotor skills with every technique and exercise, to include:
 - a. Judgment
 - b. Decision Making
 - c. Defensive Driving
 - d. Basic Driving Principles
 - e. Policy, Legal and Moral Issues
 - f. Vehicle Dynamics

Minimum standards of performance and understanding shall be tested by an instructor observing the trainee during their scenarios and exercises. If the trainee does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.

EXPANDED COURSE OUTLINE

I. INTRODUCTION/ORIENTATION

- A. Introduction, Registration and Orientation
- B. Course Objectives/Overview/Exercises, Evaluation/Testing

II. BASIC DRIVING PRINCIPLES

A. Weight Transfer

1. Weight distributed between front and rear wheels
2. Engine location has greater part of weight distribution
3. Types of weight transfer
 - a. Lateral: Side to side
 - b. Longitudinal: Front to rear/Rear to front
4. Lateral transfer created when vehicle turned left/right
5. Longitudinal transfer created when:
 - a. Braking – Rear/front
 - b. Accelerating – Front/rear
 - c. Decelerating – Rear/front
6. Can't be eliminated in a moving vehicle
7. Minimized by good driving techniques and smooth operation

B. Steering Control

1. Seating position
 - a. Driver Comfort
 - b. Efficient vehicle control
 - c. Wrist break over top of steering wheel
 - d. Seated 12" from air bag
 - e. Adjust mirrors
2. Steering method - Two hand shuffle steering
 - a. Hand position at 9 and 3 or 8 and 4
 - b. Hands do not leave steering wheel
 - c. Maximizes steering accuracy
 - d. Safer and more effective recovery
 - e. Minimizes weight transfer
 - f. Minimizes air bag deployment injury
3. Steering method –Backing
 - a. Body rotated to right
 - b. Right hand placed on right headrest
 - c. Vision directed over right shoulder
 - d. Left hand on steering wheel at twelve o'clock position
 - e. Press left leg against bottom of steering wheel for stability
 - f. Left foot braced on floorboard

C. Roadway Position

1. Definition: The position of the vehicle on the roadway that maximizes speed with minimum steering and risk of loss of vehicle control while negotiating a turn
 - a. AKA – Driving line

2. Driving advantages
 - a. Minimize and control weight transfer
 - b. Minimize steering input
 - c. Smoother vehicle operation
 - d. Maximum speed through turns in the safest manner

3. Driving points in a turn
 - a. Entry (Point #1)
 - b. Apex (Point #2)
 - c. Exit (Point #3)

III. LEGAL AND MORAL ASPECTS

A. California Codes

1. 17001 CVC
2. 17004 CVC
3. 17004.7 CVC
4. 21052 CVC
5. 21055 CVC
6. 21056 CVC
7. 21057 CVC
8. 21806 CVC
9. 21807 CVC
10. 22350 CVC

- B. Case law
- C. Agency policy
- D. Moral aspects

IV. DEFENSIVE DRIVING

A. Defensive Drivers

1. Avoid collisions regardless of right-of-way
2. React properly to hazards
3. Maintain a professional attitude

B. Dangerous Driver Attitudes

1. Overconfidence
2. Self-righteousness
3. Impatience
4. Preoccupation

C. Collision Avoidance

1. Space cushion
 - a. Three second rule
 - b. Perception / Reaction time
 - c. When stopped, see rear wheels
2. Intersections
 - a. Clear left, right, then left again
 - b. Cover brake on stale green
 - c. Don't turn wheels until ready for turn
 - d. Look through turns
3. Maintain high visual horizon
4. Consider steering to the rear of a conflict vehicle
5. Backing
 - a. Large percentage of collisions involving LE vehicles
 - b. Use proper backing techniques
6. Lane changes
 - a. Signal
7. Blind spots

D. Occupant Safety Devices

1. Safety belts
2. Supplemental Restraint System (air bags)

E. Vehicle Dynamics

1. Rear wheel cheat
2. Front-end swing
3. Oversteer
4. Understeer

V. VEHICLE CARE AND MAINTENANCE

A. Pre-shift Vehicle Inspection

1. General appearance
2. Tires

3. Wheels
4. Lights
5. Trunk