



**TRAIL
LIFE
USA**

Driving Safety

Name _____

Automobiles are an important part of life today. For most people they are simply a way to get from one place to another; however, there are many safety challenges that make driving a serious endeavor. In order to decrease the chances of becoming involved in a collision there are several areas of concern you should understand:

- The rules of the road that provide a uniform approach to driving in all fifty states
- Common factors that contribute to collisions
- Special concerns of youthful drivers
- Onboard safety equipment

Do all of the following requirements in each of the four topics (1-10)

Rules of the Road

- _____1. Obtain a copy of the new driver manual for your state and describe the content of each major section or chapter. Find five rules that drivers must obey when driving and explain why they're important to safety. Note: state driver manuals are often available online or for free at the local department of motor vehicles office.
- _____2. Explain how color and shape are used to promote consistency in the design of traffic signs and control devices. Similarly, road markings use a consistent theme throughout the USA to keep drivers moving in the correct direction and lane. Provide a description of the most common road markings in your area and what they indicate to drivers.
- _____3. Describe a turn lane and explain how a right or left turn lane differs from the turn lane in the center of the road. Then explain each of the following:



- _____a. Conditions under which you have the right of way when turning or at an intersection
 - _____b. Conditions under which you may pass another vehicle
 - _____c. Conditions under which you may not pass
 - _____d. Conditions under which you should use your emergency brake
- _____4. Explain the meaning and who has the right of way for the following traffic signals:
- _____a. Red light
 - _____b. Yellow light
 - _____c. Green light
 - _____d. Flashing yellow light
 - _____e. Flashing red light
 - _____f. Green arrow mean and how it differs from a green light

Common factors that contribute to collisions

- _____5. **Drowsy Driving:** According to the National Sleep Foundation’s Sleep in America poll, 60% of Americans have driven while feeling sleepy and 37% admit to actually having fallen asleep at the wheel in the past year. However, many people cannot tell if or when they are about to fall asleep.
- _____a. Research and identify signs that a driver is drowsy and should stop and rest.
 - _____b. Identify factors that contribute to drowsiness.
 - _____c. Identify ways to prevent and deal with drowsiness.
- _____6. **Distracted Driving:** There are three types of distraction – physical (taking hands off of the wheel), cognitive (taking your mind/attention off of the road), and visual (looking away from the road).
- _____a. List five common distractions, explain how driver distractions contribute to traffic accidents, and describe how drivers can minimize distractions.

_____b. Describe the laws of your home state regarding: texting while driving, talking hands-free while driving, using a hand held phone while driving.

_____7. **Impaired Driving: Almost 30% of each year's traffic fatalities are related to drunk or drugged driving.**

_____a. Describe how alcohol and other drugs affect the human body and why a person should never drink and drive, or drive while under the influence of any mind-altering substances including prescription drugs, cold medications, and illicit drugs.

_____b. **Explain your state's laws on drunk driving and the consequences for driving while intoxicated or driving under the influence including penalties for younger drivers if they are different.**

_____c. Describe the open-container law for your state.

Special concerns of youthful drivers

_____8. Describe the top ten mistakes new drivers/teen drivers frequently make. Discuss ways to prevent making those mistakes as a youthful or inexperienced driver.

Onboard safety equipment

_____9. Demonstrate how to properly wear a lap or shoulder belt. Explain why it is important for drivers and passengers to wear safety belts at all times.

_____10. List five safety features found in motor vehicles besides occupant restraint systems. Describe each safety feature, how each works, and how each contributes to safety.

Do one of the following optional requirements (11-16)

_____11. Explain the safety responsibilities of drivers and those that ride as passengers including: seat belts, car seat regulations, age requirements of the driver, noise and distractions, and safe operation of the car.

_____12. Riding safely in a vehicle is important for all ages. Small children depend on their elders to keep them safe.

- _____a. Explain the safety regulations for car seats and booster seats in your state.
- _____b. Demonstrate the correct way to install a five-point child safety seat and buckle a doll, infant, or toddler into the child seat properly.
- _____13. With your parent's permission enroll in, and complete, a driver's safety course.
- _____14. List at least five ways your family could use its vehicles to help others. With a parent's help, put one of your ideas into action and report on the results and any safety issues.
- _____15. Interview a traffic law enforcement officer in your community to identify what three traffic safety problems the officer is most concerned about. Discuss possible ways to solve one of those problems.
- _____16. Accompanied by an adult and a buddy, pick a safe place to observe traffic at a controlled intersection (traffic signal or stop sign). Then do the following:
 - _____a. Observe traffic on three separate days and at three different times of the day, for 30 minutes on each visit.
 - _____b. Record the total number of vehicles observed so that you can determine the percentage of compliance vs. violations.
 - _____c. At this intersection, count the number of drivers not wearing a seat belt. Record if the driver was young or old, male or female.
 - _____d. At this intersection, count the number of failure to stop at red light or stop sign violations. Record if the driver was young or old, male or female.
 - _____e. Discuss your findings with your Mentor.

Online Resources

<http://www.nhtsa.gov/>

<http://www.cdc.gov/motorvehiclesafety/index.html>

<http://www.iihs.org/iihs/topics>

<https://www.aaafoundation.org/>

<http://www.distraction.gov/>

[http://teendriving.aaa.com/DE/system/files/18/file/10DeadlyTeenDriverMistakesTi
pCard.pdf](http://teendriving.aaa.com/DE/system/files/18/file/10DeadlyTeenDriverMistakesTi
pCard.pdf)

<http://drowsydriving.org/>

Trail Badge Mentor Signature

Date

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