



## A parent's guide to suggested practice sessions

### Parking Lot

- Cockpit drill
- Starting and stopping smoothly
- Backing straight, right and left
- Hand over hand steering
- Shoulder checks, blind spots and signaling

### Residential Area—Part I

- Right and left turns at stop signs
- Lane positioning at turns
- Passing parked cars
- Yielding to other road users

### Residential Area—Part II

- Passing playgrounds, school zones
- Right and left turns
- Coming out of back lanes (30km/hr zone)
- Parking lots

### Regional Streets

- Lane changes on busier streets
- Right and left turns at traffic lights, stop signs and boulevard cuts
- Maintaining a 4-second space gap in traffic

### Downtown/Business District

- Lane changes on multi-lane streets
- Practise on one way streets

### Parking Procedures/Backing Exercises

- Parallel/perpendicular
- Angle/diagonal
- Parking on an incline/decline
- 3-point turns (left and right)

### Other Driving Environments

- Gravel roads
- Highway driving
  - ◆ Passing
  - ◆ Merging

### Resource Material

- Co-pilot's Guide for New Drivers

## It's important to supplement driving lessons with practice in:

- Night driving (*we recommend a minimum of 8 hours*)
- Dense traffic situations
- Driving downtown
- One-way streets
- Left turns at traffic lights/left turns at boulevards
- Highway driving
- Driving on gravel roads
- Backing/parallel parking

Please refer to your copy of the *Co-Pilot's Guide for New Drivers* for valuable information and tips.

Try to ensure that you are practising in varied traffic and weather conditions at different times of the day. Studies have shown that practice is critical.

If you have any questions or concerns, please contact your child's instructor.

**Please bring your completed and signed Practice Log with you to your road test appointment.**

# High School Driver Ed Program

## Home-based Practice Log



## Points to remember

- Don't assume that novice drivers know what you mean when you ask them to perform various driving maneuvers
- Be specific and give detailed step-by-step instructions
- Talk your novice driver through each and every step
- Be patient and start slowly
- Practise driving regularly throughout the entire 9 months of the learner's stage
- Build up the novice driver's skills by introducing more complex traffic situations gradually
- Please read and take along the *Co-pilot's Guide for New Drivers*
- Don't advance to the next session unless the novice driver is proficient at performing tasks
- Ask your novice driver to explain what is being seen ahead

## Be aware of typical "novice driver errors" such as:

- Failing to shoulder check
- Driving too far to one side of their lane
- Braking too late
- Tailgating, i.e. not leaving a 4-second space between themselves and the car ahead
- Turning the steering wheel while shoulder checking
- "Freezing" when unsure of what to do

# Home-based Practice Log



Student name: .....

Driver licence: .....

Parent's signature: .....

Length of session (in minutes)	Total	Time of Day	Driving Skills Practised
<i>Example :</i> 15 + 15 + 15 + 15 =	<b>1 h</b>	A.M.	<i>right &amp; left turns</i>
<i>Example :</i> 15 + 20 + 10 + 15 =	<b>1 h</b>	dark	<i>parallel parking/lane changes</i>
1	<b>1 h</b>		
2	<b>1 h</b>		
3	<b>1 h</b>		
4	<b>1 h</b>		
5	<b>1 h</b>		
6	<b>1 h</b>		
7	<b>1 h</b>		
8	<b>1 h</b>		
9	<b>1 h</b>		
10	<b>1 h</b>		
11	<b>1 h</b>		
12	<b>1 h</b>		
13	<b>1 h</b>		
14	<b>1 h</b>		
15	<b>1 h</b>		
16	<b>1 h</b>		
17	<b>1 h</b>		
18	<b>1 h</b>		
19	<b>1 h</b>		
20	<b>1 h</b>		
21	<b>1 h</b>		
22	<b>1 h</b>		
23	<b>1 h</b>		
24	<b>1 h</b>		



**TOTAL** (must total 24 hours)

**24 h**

**Due Date:** .....

(at the time of your road test)