

BEHIND THE WHEEL

THE JOURNEY BEGINS.
ARE YOU READY?

**STUDENT
JOURNAL**

NAME

SDERA
SCHOOL DRUG EDUCATION AND ROAD AWARE

CONTENTS

Title: Behind the wheel: The journey begins. Are you ready?
School Drug Education and Road Aware, 2019 11th Edition

© 2019 Department of Education Western Australia, Road Safety and Drug Education Branch

SCIS: 1905453

ISBN: 978-0-7307-4623-2

Author

Linda Thorburn, Director
Evolve Curriculum Development and Training Pty Ltd

The author has made a comprehensive effort to sight and credit sources. Any omissions detected are not intentional.

Design

Advance Press
Images: all-free-download.com, pixabay.com, www.pexels.com
Road signs: wikipedia.org/wiki/Road_signs_in_Australia

Acknowledgements

Appreciation is expressed to Anne Miller and Deb Zines for their authorship of previous editions of *Behind the wheel* which have been used to inform this new edition. The author would also like to thank the consultants from the Road Safety and Drug Education Branch for their feedback on previous editions.

Keys4Life is a comprehensive, national award winning, evidence-based, pre-driver education program. It assists parents, schools and agencies to educate young people about safer road use and provides licensing and school graduation benefits.

Road Laws and Legal Requirements

Road laws change and test requirements for learner drivers may change accordingly. The most up-to-date information on the licensing system and its requirements can be found on the Department of Transport's website. You are encouraged to access this information
<https://www.transport.wa.gov.au/licensing/my-drivers-licence.asp>

This book is a guide only and is not legal advice.

The Keys4Life Program is a Road Trauma Trust Account funded project approved by the Minister for Road Safety and supported by the Road Safety Commission.



Department of Education Western Australia, Road Safety and Drug Education Branch

Telephone: (08) 9402 6415
Email: sdera.co@education.wa.edu.au
Web: SDERA.wa.edu.au

Behind the wheel	1
A helping hand	2
On-road practice diary	3

TASKS

Task 1 Keeping an eye on things.....	4
Task 2 Spot the error	5
Task 3 Tolerance and courtesy.....	6
Task 4 Be aware of distractions	7
Task 5 Get ready to stop	8
Task 6 Keeping a safe distance	9
Task 7 Check your speed	10
Task 8 Stop! Hazards ahead	11
Task 9 Check out the conditions	12
Task 10 Safety check.....	14

Stop and think.....	15
Safe driving pledge	16

DETOUR TO QUIZZES

Quiz 1 Speed	20
Quiz 2 Alcohol and other drugs.....	21
Quiz 3 Indicating and hand signals.....	22
Quiz 4 Intersections and turning	23
Quiz 5 Traffic signals and road markings	24
Quiz 6 Traffic signals.....	25
Quiz 7 Seatbelts.....	26
Quiz 8 Driving in different conditions	27
Quiz 9 Emergencies and crashes	28
Quiz 10 The law and you	29

Additional information	30
------------------------------	----

BEHIND THE WHEEL



Up until now you've probably spent quite a few hours as a passenger, but you may not have taken a great deal of notice on how you drive a car, the hazards inside and outside the car, and the different road rules.

Now you're interested in learning to drive so you have to take on more of an active role as a passenger. The 10 tasks in this journal will help you to do this.

ABOUT THE TASKS

Each task is different. They all require you to sit in the front seat of the car so you can see the road ahead and observe your driver and other drivers.

You'll be asked to:

- watch what is happening inside and outside of the car
- talk to your driver when it is safe to find out what they do to make each trip in the car a safe one
- stop and think about the things you've observed as a passenger and what this might mean to you when you become a driver.

Throughout all of the 10 tasks you will be encouraged to think about the type of driver you want to be and how you can help to keep yourself, your friends and your family safe on our roads.



PRACTISE AND MORE PRACTISE

We all know that you can only get better at something if you practise. It's the same with driving. The more you practise driving safely, the more competent you will be.



DID YOU KNOW...?

For all learner drivers, the single most important protective factor is the hours of supervised driving experience they gain in real-world traffic situations before driving alone.*



DID YOU KNOW...?

A learner driver **MUST** log 50 hours of supervised driving including five hours of night driving. Remember, getting 120 hours of practice as a learner driver can reduce your crash risk on P plates by about 30%.*

Although the recommended 120 hours might seem like a lot, it really isn't. Getting 120 hours of practice isn't a big deal. A little more than two hours a week over one year will achieve it. So start thinking about how you can get more than the 50 hours, especially if you want to become a more experienced and safer driver.



Keep a copy of the *Drive Safe* handbook in your glove box. It explains the road rules.



Go along to a Keys4Life workshop for parents, carers and young people and collect a copy of *Let's practise*.



Check your understanding of the road rules by completing the quizzes on pages 18-27 in this journal.



*Senserrick, T., & Whelan, M. (2003). *Graduated driver licensing: effectiveness of systems and individual components*, Report no. 209, Monash University Accident Research Centre, Clayton: Victoria.

A HELPING HAND

You'll need to ask someone to help you complete the 10 tasks in this journal. You should look to ask someone who has:

- been driving for at least four years
- is a safe driver
- can explain things to you clearly
- has time to talk to you about driving.



Your driver may also become your driving supervisor when you are on your L plates so try to build a positive relationship with them!

Once you have found a driver you need to negotiate some suitable times to complete the tasks. Try to use trips that you already do with them such as driving to school, the shops or to a friend's house.



WHAT'S COMMENTARY DRIVING?

One way to find out about driving is to ask your driver to explain what they are doing when they are driving the car. This is called 'commentary driving'. Your driver can share with you their thoughts and feelings, identify any hazards they have seen, and explain how they are driving and adjusting to the conditions.

Just make sure you are only talking with them when it is safe to do so.



STOP & THINK

What do you know about driving?

How do you feel about learning to drive?

What will having a driver's licence mean to you?

What type of driver do you want to be?

What responsibilities will you have as a driver?

Who do you think you will ask to be your driver helping you with the tasks in this journal? Why have you chosen them?

ON-ROAD PRACTICE DIARY

You can use this diary to record information about each on-road task.
Ask your driver to sign each task after you've entered it in your diary.

ON-ROAD PRACTICE DIARY							
TASK	DATE	TIME	CONDITIONS				DRIVER'S SIGNATURE
		Write the amount of time spent on the task	Road: <ul style="list-style-type: none"> Local street Main road Highway Rural highway Gravel road Other 	Weather: <ul style="list-style-type: none"> Dry Wet Foggy Other 	Time of day: <ul style="list-style-type: none"> Sunrise Day Sunset Night 	Traffic: <ul style="list-style-type: none"> Heavy Medium Light None 	
① Keeping an eye on things							
② Spot the error							
③ Tolerance and courtesy							
④ Be aware of distractions							
⑤ Get ready to stop							
⑥ Keeping a safe distance							
⑦ Check your speed							
⑧ Stop! Hazards ahead							
⑨ Check out the conditions							
⑩ Safety check							
Total time:							

TASK 1

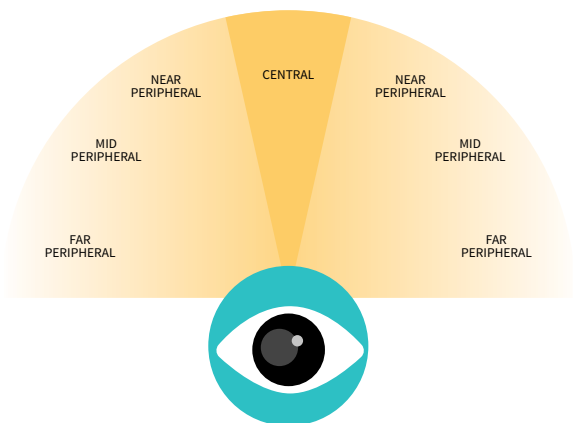
KEEPING AN EYE ON THINGS

Peripheral vision

=

The part of your vision that occurs outside the very centre of your gaze

Peripheral vision is what allows you to see objects all around you without turning your head or moving your eyes. Sometimes you only 'detect motion' but even this is very important when you are driving as it could identify a potential hazard.



STOP & THINK

1 What are four things that, as a driver, you need to be aware of in your peripheral vision?

- _____
- _____
- _____
- _____

2 It is more difficult to see things at night and your peripheral vision may not be as helpful. List four night time driving tips.

- _____
- _____
- _____
- _____



ON YOUR NEXT TRIP...

- Practise using your peripheral vision to notice what's happening in front of the car and to the sides as well.
- See how many vehicles, road signs and signals you can spot using your peripheral vision.
- Watch your driver. How do they react to things in their peripheral vision?



As a driver you will need to learn how to use your peripheral vision well so that you become aware of as much surrounding activity on and off the road as possible.



ASK YOUR DRIVER TO SHARE WITH YOU...

- Some of the things they saw in their peripheral vision while driving.
- How they use their peripheral vision when driving.
- How they use their mirrors and over-shoulder checks to see what is happening behind and at the side of their vehicle.
- What a blind spot is.
- What else they do to help keep track of what is going on around their vehicle when driving.



TAKE-HOME MESSAGE

Now that you know what your peripheral vision is and why it is so important for safe driving, every time you are in a car, practise using your peripheral vision to notice what's happening in front and to the sides of the car.

TASK 2

SPOT THE ERROR

**Everyone makes mistakes. We all know that.
BUT making a mistake when driving a car can be fatal.**



ON YOUR NEXT TRIP...

Spot any errors that drivers make. Here are some that you may see.

- Driving too fast for the conditions.
- Driving too slow for the conditions.
- Obstructing other vehicles.
- Not keeping left.
- Driving faster than the posted speed limit.
- Tailgating or following too close to the vehicle in front.
- Not judging or anticipating the speed of oncoming vehicles.
- Failing to completely stop at a stop sign.
- Changing lanes without indicating.
- Talking on a hand-held mobile phone.
- Changing lanes when it is unsafe to do so.
- Going through a red light.
- Driving too fast for the conditions.
- Being distracted.



ASK YOUR DRIVER TO SHARE WITH YOU...

- What errors they have seen other drivers make.
- How they deal with potentially risky driving situations.
- How they feel when another driver makes an error or does something that is unsafe.
- How they remain calm when another driver does something that puts their life or other road users' lives at risk.
- What advice they can give about driving safely.



Check out the following for more information about the *Zero Deaths Start with Zero Excuses* campaign.

Road Safety Commission
Zero Deaths Start with Zero Excuses
& Take a pledge

<https://www.rsc.wa.gov.au/Campaigns/zero-excuses>



STOP & THINK

- 1 Think of one error you spotted during a recent drive. What did the driver do wrong?

Why do you think the driver made this error?

How could the driver have avoided making this error?

- 2 Think of a safe driver you know. What characteristics make them safer than other drivers?

What actions do they take that make them safer than other drivers?

Which characteristic is the most important for a safe driver? Why?

TASK 3

TOLERANCE AND COURTESY

SAFETY FIRST

As a driver you need to be careful, alert and considerate at all times. You have to work hard to ensure that your mood and emotions do not impact the way you behave behind the wheel of the car or as a passenger.

Even when another driver acts aggressively towards you, it's best to remain tolerant, courteous and calm.



ON YOUR NEXT TRIP...

Observe your driver and other drivers showing tolerance and courtesy. This is what you can look for.

- Letting other drivers merge into traffic queues and giving them space to do this.
- Leaving a gap when traffic is banked across an intersection.
- Keeping left.
- Leaving a gap between cars. No tailgating.
- Allowing buses to enter back into the traffic flow.
- Remaining calm when another driver has made an error.
- Anticipating errors and constantly adjusting speed.
- Allowing cyclists to share the road.
- Giving way to pedestrians.
- Making way for emergency vehicles.



ASK YOUR DRIVER TO SHARE WITH YOU...

- How they show tolerance and courtesy to other drivers.
- What they do to stay calm when other drivers act unsafely or aggressively.
- Why they choose not to drive when upset or angry.



STOP & THINK

- 1 Describe some of the examples of tolerance and courtesy you saw during your on-road task.

- 2 What could you do to keep calm in difficult driving situations? (eg take several deep breaths, remove distractions etc)

- 3 In WA the government is sending a strong message about shared responsibility on the road and that anti-social behaviour or 'hooning' will not be tolerated. Drivers doing burnouts, racing another vehicle or driving 45km/h or more over the speed limit can have their vehicle impounded.

Why do you think that some people believe 'hooning' is okay?

What would you do if you were in the car and the driver started 'hooning'?



Check out the following for more information about sharing the road with all road users.

Road Safety Commission

Might be a mate (Sharing the road safely with cyclists)

<https://www.rsc.wa.gov.au/Campaigns/Might-be-a-Mate>

Must be a metre (New law 30 Nov 2018 - Cycling passing distance legislation)

<https://www.rsc.wa.gov.au/Campaigns/Must-be-a-metre>

TASK 4

BE AWARE OF DISTRACTIONS

Driving is a
complex task

=

Lots of
concentration

+

An ability to
anticipate hazards
on the road



When drivers are distracted they can't give enough attention to the driving task. Driving safely has to be the **FIRST** priority.



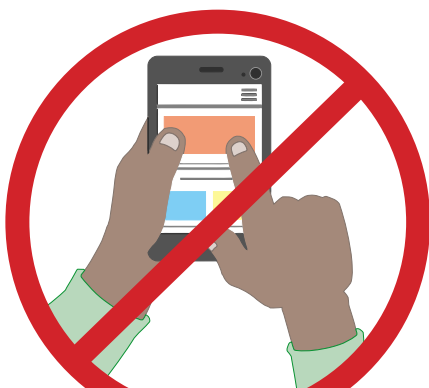
ON YOUR NEXT TRIP...

- Make a list of driver distractions both inside and outside of the car.
- Watch your driver. How does their driving change if they are distracted?



ASK YOUR DRIVER TO SHARE WITH YOU...

- How they manage distractions inside the car.
- What might distract them outside of the car.
- If they think that experienced drivers cope better with distractions than P plate drivers and why.



**2 SECONDS ON YOUR PHONE IS
33 METRES DRIVING BLIND**



Check out the following for more information about managing distractions while driving.

Road Safety Commission

Priorities – Distractions (0.32 secs)

<https://www.rsc.wa.gov.au/Campaigns/Distractions>



STOP & THINK

- 1 Although some driver distractions are unavoidable, there are things a driver can do to manage these distractions.

Write a list of ways to manage driver distractions.

- Turn off your mobile phone or set it to **DO NOT DISTURB** while driving.

•

•

•

•

•

- 2 When you start driving, how will you manage your friends if they are distracting you?

- 3 Do you think it should be illegal to use a mobile phone while driving? Why?

TASK 5

GET READY TO STOP

Do you know what a **STOPPING DISTANCE** is?

Stopping distance = **Reaction distance** + **Braking distance**

So, what does this mean?

1. **Stopping distance** is the combination of the reaction and braking distances.
2. The **reaction distance** is the distance a car travels from when the hazard registers in the driver's brain to the time they apply the brakes.
3. The **braking distance** is the distance travelled from the time the brakes are applied to when the car comes to a stop.

? DID YOU KNOW...?

- Your reactions will be quicker if you are well rested and haven't been drinking alcohol or taking drugs. It will also be quicker if you are concentrating and aren't distracted.
- A car's braking distance will be reduced at slower speeds.

As a driver you always need to be READY TO REACT.

ON YOUR NEXT TRIP...

- Watch your driver and the vehicles in front.
- Predict when your driver will slow down for an intersection, to turn a corner or to react to a hazard.
- Estimate how many seconds it will take your car to come to a stop once your driver has started braking.

ASK YOUR DRIVER TO SHARE WITH YOU...

- What can affect their braking distance.
- What can affect their reaction time besides alcohol and other drugs.
- What they do to allow for stopping distances.
- What they do if a car merges into the space in front of them.



STOP & THINK

- 1 Think about a young driver you know. What two important things would you tell them about stopping distances?

- 2 Many young drivers have rear end crashes. Why?

- 3 Write **T** (TRUE) or **F** (FALSE) next to each statement.

- Your stopping distance is not affected by the condition of your brakes and tyres.
- A loose road surface does not affect stopping distance.
- If the road is wet, stopping distance should be more than doubled.
- You should always drive to the conditions.
- Under-inflated tyres can cause an increase in a car's braking distance.



Check out the following for more information about stopping distances.

Road Safety Commission

Stopping distance (0.39 sec)

<https://www.rsc.wa.gov.au/Your-Safety/Behaviours/Speeding>

https://www.youtube.com/watch?time_continue=7&v=XI35ll4eArI

TASK 6

KEEPING A SAFE DISTANCE

Now that you know how much distance is required to stop a car, let's think about how drivers keep a safe distance from other cars.

Have you heard of the 2-second rule?

HOW TO APPLY THE 2-SECOND RULE

1. Select a landmark ahead (eg sign, tree) and when the vehicle in front of you passes that landmark, start counting 1001 and 1002.
2. If you reach the landmark before you count 1002, you are too close. SLOW DOWN!



ON YOUR NEXT TRIP...

- Have a go at judging when your driver is travelling at a safe following distance by applying the 2-second rule. How did they go?
- Look behind you. Is the car behind travelling too close?



ASK YOUR DRIVER TO SHARE WITH YOU...

- How they know when to slow down or not.
- If there is anything else other than the 2-second rule you need to think about when keeping a safe distance.
- How they feel when someone is 'tailgating' them.
- How tailgating affects their driving.
- What they do if they are being tailgated.



STOP & THINK

- 1 Think about what you've seen while checking following distances. What will you need to consider and do when you start to drive?

- 2 If someone was tailgating you, how do you think you would feel?

- 3 What's the best way to deal with a tailgating car?

- 4 The 2-second rule works well on good roads and in fine conditions. What should you do if it is wet or foggy, or you are travelling on a gravel road or freeway/highway?



Remember, always drive to the conditions.

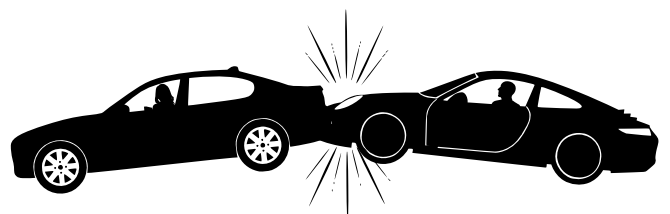


Check out the following for more information on following distances.

Road Safety Commission

Following distances (0.39 sec)

<https://www.rsc.wa.gov.au/Rules-Penalties/Browse/Following-Distances>



TASK 7

CHECK YOUR SPEED

The faster you drive. The harder you hit.

Lower speeds save lives. However, each year in WA people are killed on our roads or critically injured due to speeding.



Speeding isn't just about high speeds. It's also about driving at a speed that is too fast for the conditions.

Remember in the wet, in poor light, in heavy traffic or on poor roads, you need to adjust your speed.

SAFETY FIRST. DRIVE TO THE CONDITIONS.



ON YOUR NEXT TRIP...

- Look out for the posted speed on signs or as markings on the road.
- Check to see if your driver travels at different speeds within the posted speed limit. Why do you think this is?
- Try to guess the speed of the car you are travelling in. Check it with your driver.
- Watch other drivers on the road. Are they travelling within the posted speed limit?

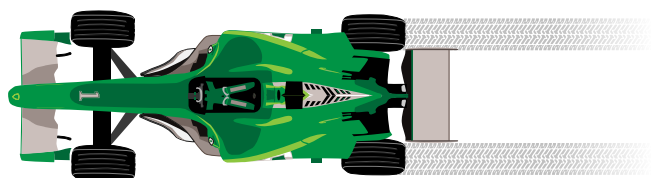


ASK YOUR DRIVER TO SHARE WITH YOU...

- How often they check their speed when driving.
- What strategies they use to stay within the speed limit.
- When they adjust their speed to drive to the conditions.



The speed limit varies according to the type of road and the amount of traffic on it. On local roads where there are NO signs, the speed limit is 50 km/h.



STOP & THINK

- ① Why do some drivers speed?

- ② What might stop a driver from speeding?

- ③ List three examples of potential hazards where you should reduce your speed.

- ---
- ---
- ---

- ④ What is the speed limit in a school zone?



Check out the following for more information about speeding.

Road Safety Commission

Priorities – Speeding (0.32 sec)

<https://www.rsc.wa.gov.au/Campaigns/Speeding>

Post-It Notes (0.31 sec)

<https://www.rsc.wa.gov.au/Campaigns/Speed>

TASK 8

STOP! HAZARDS AHEAD

It doesn't matter where you live, there will always be hazards near to or on the road.

On country roads there may not be a lot of traffic but there are hazards such as wandering animals, large trucks, and long sections of unsealed and gravel roads.

In the city there are more cars, motorbikes, pedestrians and cyclists. This means you have to be constantly watching for cars braking or pulling out in front or turning across busy intersections, and motorbike riders and cyclists sharing busy roads.

Concentrating, scanning for hazards, and reacting safely when you see a hazard are skills that you develop when you are learning to drive.



Remember, the more you practise driving safely, the safer your driving will be.



ON YOUR NEXT TRIP...

- 1 Spot at least five hazards that your driver had to manage.

- _____
- _____
- _____
- _____
- _____

- 2 Watch how your driver manages each hazard. What did they do each time they approached a hazard?

- 3 Think about where you live. What are some hazards in your local area?



ASK YOUR DRIVER TO SHARE WITH YOU...

- How they notice hazards.
- What sort of hazards they have had to manage while driving.
- What is the first thing they do when they see a hazard.



STOP & THINK

- 1 Think about how, as a learner driver, you can avoid some of the potential hazards you have seen. Write down your ideas.

- 2 What do you think will be the most challenging driving skills to learn? Why? Who and what can help you to learn these?

- 3 What strategies will you use to avoid distractions while driving so you can concentrate on scanning for hazards?

CHECK OUT THE CONDITIONS

Practise driving in different conditions on different roads.

Have you ever thought about all of the different conditions drivers have to manage when driving? Check these examples out.

Different types of roads

- Freeways and highways
- A long stretch of road
- Narrow, winding road
- A gravel or corrugated road
- A busy intersection
- Railway crossing

Weather conditions

- Smoky
- Foggy
- Stormy with hail
- Rainy
- Bright sunshine
- Night time
- Dusk/sunset

Environment

- Heavy traffic
- Stretch of road where there are cyclists
- Near a school at finish time
- Hilly areas with curvy roads
- Flat countryside where everything looks the same

Traffic skills (eg changing lanes, merging)

•

•

Safety skills (eg keeping a 2-second gap between their car and the car in front)

•

•

Advanced driving skills (eg taking a break after two hours of driving)

•

•

4. At the end of the trip, talk to your driver about the conditions you observed.



ON YOUR NEXT TRIP...

1. Watch how your driver reacts to different conditions.
2. Try to anticipate what your driver will do when they notice different conditions. For example, if it started to rain, did your driver reduce their speed and turn on their windscreen wipers? Did they leave a bigger gap between them and the car in front?
3. Record the skills that were used by the driver to deal with different conditions.
Vehicle control skills (eg changing gears, using the brakes)

•

•



ASK YOUR DRIVER TO SHARE WITH YOU...

- How they know to drive differently for different conditions.
- Which driving conditions are the most challenging.
- How they feel when other drivers don't adjust their driving to meet the conditions.
- Why they think road users are at risk if drivers do not drive to the conditions.



STOP & THINK

- 1 What are some driving conditions that you will see and experience in your local area?

Which of these is the most hazardous? Why?

- 2 What are some driving conditions that you won't see and experience in your local area?

What can you do to experience and practise handling these conditions? For example, if you live in the country and want to travel to Perth, how will you cope with the increased traffic in the city?

- 3 Many crashes involving young people happen on country roads. What are six things you should do to stay safe when driving on country roads?

- ---

- ---

- ---

- ---

- ---

- ---

TASK 10

SAFETY CHECK

As a driver you have a responsibility to make sure that the condition of your car isn't putting you, your passengers or other road users at risk.



Use the **POWER** checklist to check the car for safe driving:

PETROL
OIL
WATER
ELECTRICS
RUBBER



ON YOUR NEXT TRIP...

- Ask your driver to show you how to do a POWER check. You can try it next time.
- Go with your driver to the petrol station and check the tyres, fill the car with fuel or gas, and clean the windscreen.
- Ask your driver to show you how to change a tyre. If they don't know, Google it. Have a go at changing a tyre.
- Watch what your driver does before they start the car (eg check mirrors, seatbelt on, adjust seat etc).



ASK YOUR DRIVER TO SHARE WITH YOU...

- What they do regularly to maintain their car.
- How they know when their car is not running right.
- What makes a car roadworthy.
- What they do if they get a flat tyre when driving.
- How often they change the car tyres.
- Which car controls and devices they check regularly.



STOP & THINK

- 1 Write down who can help you check a car for faults and roadworthiness.

- 2 Write a list of five things you should check on your vehicle to make sure it is roadworthy.

-
-
-
-
-



GO FOR FIVE!

Your choice of car can make all the difference if you are involved in a crash. Used Car Safety Ratings or ANCAP provide you with a safety rating that shows how well each vehicle protects its driver from death or serious injury in a crash.

So, if you are thinking of buying a car, check out its safety rating.



Australasian New Car Assessment Program (ANCAP)

New car safety ratings
www.ancap.com.au

Used Car Safety Rating (UCSR) system

How safe is your car
<http://howsafeisyourcar.com.au/Rating-Process/What-is-UCSR/>

- 3 What type of car do you think you will buy when you start driving? Why?

- 4 Does it have a 4 or 5 star rating?

STOP AND THINK

CONGRATULATIONS!

You have completed all of the on-road tasks in *Behind the wheel*.

Take some time to STOP and THINK about what you have learnt and what it means to you to become a SAFE driver.

What have you learnt?

Of all the things you have learnt and practised, the most important was...?

How do you now feel about learning to drive?

What type of driver do you want to be?

What will having a driver's licence mean to you?

What will your key responsibilities be as a new driver?



Ask your driver to comment on any increase they have noticed in your knowledge about driving and the skills required to drive safely.



Your driver may like to suggest skills that you still need to practise before you get behind the wheel of the car.

SAFE DRIVING PLEDGE

You'll soon be behind the wheel of a car, so it is important that you commit to being a safe, tolerant and courteous driver who respects other drivers and complies with all of the road rules.

①

Read and sign this pledge.

②

Ask your supervisor to sign the pledge.

③

Put this pledge somewhere where you can see it frequently or take a photo of it to use as your phone screen saver.

☒ As a learner driver, I will:

- ☐ Get as much on-road experience as possible
- ☐ Plan my driving lessons
- ☐ Stay calm while I am learning to drive
- ☐ Talk to my supervisor about how I am feeling
- ☐ Always wear a seatbelt when driving
- ☐ Listen and act on feedback provided
- ☐ Put my phone away/on silent

Learner driver

Supervisor

Date

Date