

Quick Start Guide: Intermediate (2-Lane) Roads

The Ohio State University Driver Rehabilitation Program



Managing higher speeds

- Learn to assess traffic flow, manage speed, and respond to possible dangers.
- Look far ahead to check for the need to adjust your speed.
- Higher speeds need more distance between cars for safe stopping. Learn to judge how long it will take to slow down and stop.

Pedal practice

Practice “pedal management” to control speed and prepare for stopping.



- Avoid braking too late or too hard.
- Do not let tailgaters pressure you into going faster.
- Allow the car to coast before braking for a smoother stop.



Changing lanes

Steps to complete a lane change:

1. Turn signal
2. Mirror check
3. Blind spot check
4. If clear, move

QR codes take you to a video about that skill.

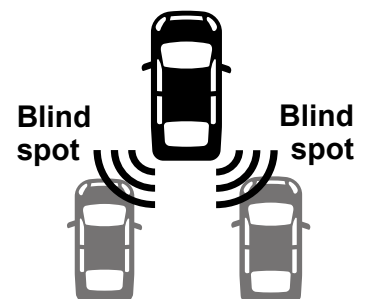


Key skills

- Always assume someone is next to you! Never change lanes without checking first.
- To understand blind spots, practice watching the side mirrors while stopped at a light.

Watch as other cars approach and go out of sight in the mirrors, then turn your head to see them in your blind spot.

- Practice checking mirrors while driving straight and keeping a steady speed before you practice lane changes.



Leave enough space

- Do a tire stop behind other cars. This means you can still see road behind the tires of the car in front of you.
- Leave at least 3 to 4 seconds of following distance between you and car in front of you.
 - Count how long it takes from the time the car in front passes a sign to the time your car passes the same sign. A second is easy to count by saying to yourself “1 Mississippi, 2 Mississippi,” and so on. Each “Mississippi” is about a second.

Learn to predict what might happen

- Think about how the time of day or week impacts traffic and how people drive.
- Observe other drivers’ actions and predict what they will do next.
- Practice checking mirrors, watching speed, locating the traffic around you, and predicting what other drivers plan to do.
- Always stay calm and give extra space when you see other drivers make risky moves.



Managing intersections

First, review the rules of right of way at various intersections.

- Use lane markings and signs to choose which lane to use to safely go through the intersection.
- Identify who needs to stop and who can go through each intersection.
- Only enter the intersection if there is enough space to get through before the light changes.
- As you are coming up to an intersection, know the difference between these lights:
 - “Fresh” green light: newly green and will likely still be green when you pass through
 - “Stale” green light: has been green for a while and may change to yellow soon



Communicate with other drivers

- Drivers may use turn signals, eye contact, hand motions, flashing headlights, and hazard lights to tell you what they plan to do.
- Watch for cues that predict what a driver will do next.

Bonus Tip!

Look for a second action to confirm what the other car plans to do, such as slowing down or starting to turn.

This handout is a quick guide for use with The Teen Driving Plan from Children’s Hospital of Philadelphia. For the full resource, visit: teendriversource.research.chop.edu

