

# Quick Start Guide: Parking Lots

The Ohio State University Driver Rehabilitation Program

QR codes take you to a video about that skill.



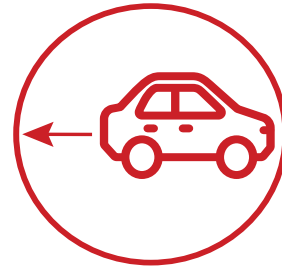
## Learning to stop, start, and turn

- You can use parking lines as landmarks to drive up and stop as smoothly as possible.
- Make right and left turns at the end of each parking row.
- Focus on turning without over steering (turning too short or too wide).



### Common errors:

- › Abrupt stops and increasing speed too quickly (acceleration)
- › Turning too short (tight) or too wide
- › Turning before looking in the direction of the turn
- › Wrong grip on the steering wheel



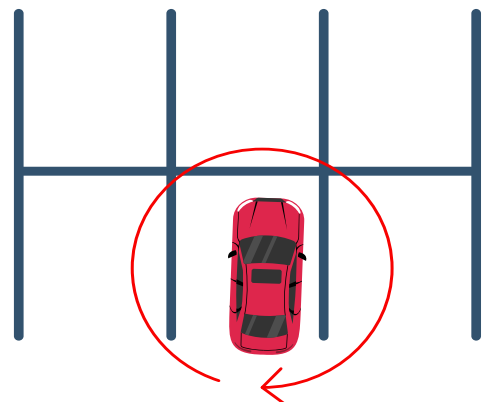
## Backing up skills

- Practice the steps of backing up in an empty parking lot without things that can get in your way.
- Practice checking mirrors, looking back, and slowly reversing out of a parking space.



### Common errors:

- › Not checking in all directions around you (360-degree search) before backing up
- › Not looking behind you the entire time you are backing up
- › Backing up too fast





## Develop a scanning routine

- Practice scanning every few minutes: side mirror – rear view mirror – up ahead.
- Check blind spots every few minutes, and always before changing lanes.

### Common errors:

- › Forgetting to scan mirrors
- › Focusing too much on mirrors, missing important information on the road ahead
- › Drifting from lane when checking mirrors



## Keep good lane position

- Use markings in the parking lot to imagine a center yellow line. Practice driving straight and on the right side of the road.

### Common errors:

- › Gripping the steering wheel too tightly
- › Focusing too much on the road lines and not looking ahead
- › Too much movement of the steering wheel, which can lead to weaving in and out of your lane



## Signs of skill mastery

- Operating the car smoothly, with good control during turns
- Backing up slowly with control, knowing what is around the car at all times
- Developing a scanning routine and using it every time
- Easily following a line and keeping the car steady



When these skills are mastered in the parking lot, begin to practice in the next driving setting: **Residential Roads**.

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](https://teendriversource.research.chop.edu)

