



DRIVING MENTOR GUIDE (ACCOMPANYING DRIVERS)

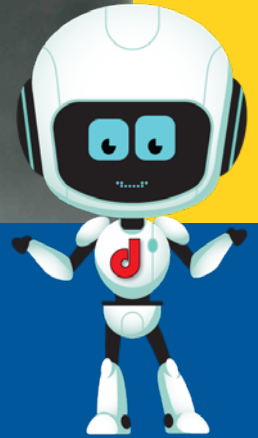




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Purposes

- To provide knowledge about the roles, qualifications and responsibilities of the accompanying driver (mentor).
- To support mentorship skills around driving practices for the beginner driver.
- To promote communication with the professional driving instructor.
- To provide a checklist of indicators on the beginner driver's driving progress.



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The roles

An accompanying driver or driving mentor is usually the G1 licenced driver's parent, relative or friend.

The accompanying driver must be able to help the beginner driver with the following:

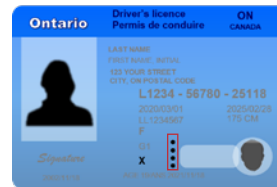
- Provide opportunities to practise and to develop basic driving skills and a positive attitude.
- Share knowledge and experience, and;
- Take pleasure in the mentoring experience.

This allows the beginner driver to acquire driving experience under conditions that minimize exposure to risk.

The qualifications

The accompanying driver must:

- Sit in the front passenger seat. This is the only person who can be in the front seat.
- Have a valid Class G (or higher) licence.
- Have at least 4 years of driving experience. Proof of the experience is found on the front side of the Ontario Driver's Licence indicated with the 4 black dots.



- Keep a blood-alcohol level of less than 0.05 percent (50 mg) when accompanying a G1 driver.
- Wear a working seatbelt.
- Do not take a G1 driver on any 400-series highway or freeway with a posted speed limit of 90 or 100 km/h.

The responsibilities

All accompanying drivers need to satisfy the following basic responsibilities:

- Help the beginner driver get familiar with the vehicle and its components.
- Provide direction of travel.
- Practise the rules of the road.
- Point out potential conflicts / dangers.
- Take over driving as needed.



Update your Knowledge

As an accompanying driver or driving mentor, you may have obtained your driver's licence a long time ago. However, driving rules, laws and penalties have changed dramatically over the years.

The road signs shown on the right are examples of recently added road signs.

To discover what's new, you should review 'The Official Ministry of Transportation (MTO) Driver's Handbook' online or purchase a copy at a DriveTest centre.

You may visit 'The Official Ministry of Transportation Driver's Handbook' website with the link below.

<https://www.ontario.ca/document/official-mto-drivers-handbook>



Rumble strips



Electric charging station



Share the road with cyclists



Designated carpool lane



Scramble intersection



Handmade craft and art



Roundabout ahead



Traffic calm neighbourhood



Geese crossing





Seat belt usage

- A G1 driver and all passengers must wear a seat belt (including passengers in the back seats).
- It is recommended not to have any passengers in the back seats to reduce the chance of distractions.

Zero alcohol (no illegal drugs)

- A G1 driver must maintain a zero blood alcohol level at all times while driving.
- The driver must not use any illegal drugs or cannabis.

Accompanying driver

- A G1 driver must be accompanied by a full G (or higher) licenced driver with at least 4 years of driving experience.
- The accompanying driver must sit in the front passenger seat.
- The accompanying driver must have an alcohol level of less than 0.05%.

No driving between 12 - 5 am

- A G1 driver cannot drive between midnight and 5 am.

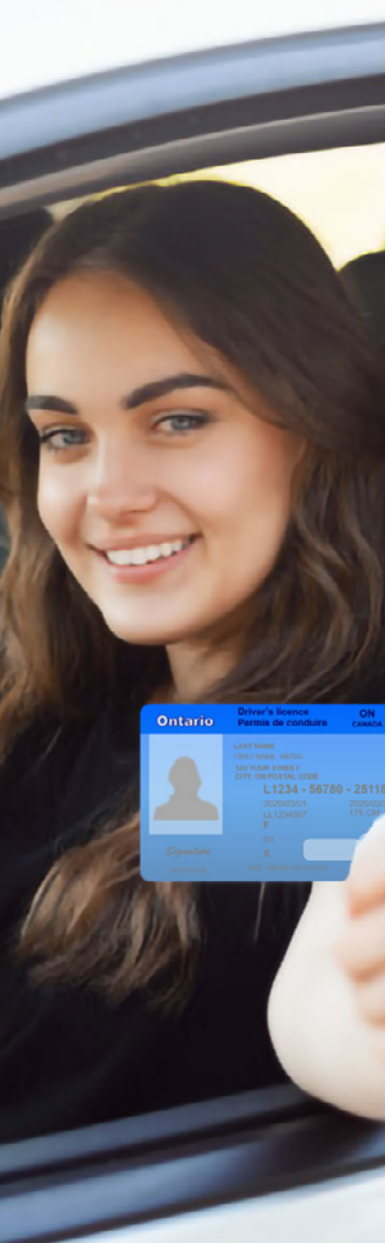
No driving on 400-series highways

- A G1 driver cannot drive on 400-series highways or expressways including The Gardiner Expressway, Don Valley Parkway and The Queen Elizabeth Way (QEW) or any roadway with the posted speed limit of 90 or 100 km/h.
- If the accompanying driver is a driving instructor, then the beginner driver may drive on any road.



<https://www.ontario.ca/document/official-mto-drivers-handbook/getting-your-drivers-licence#level-one>





Seat belt usage

- A G2 driver and all passengers must wear a seat belt (including passengers in the back seat).



Zero alcohol (no illegal drugs)

- A G2 driver must maintain a zero blood alcohol level at all times while driving.
- The driver must not use any illegal drugs or cannabis.



Passenger restrictions

- For the first 6 months, the G2 driver can carry **only 1 passenger**, who is 19 or under, between midnight and 5 am.
- After 6 months, the G2 driver can carry **up to 3 passengers** 19 or under between midnight and 5 am.



Passenger exemptions

- Passenger restrictions for G2 drivers **do not** apply:
- If the G2 driver is accompanied by a qualified accompanying driver in the front passenger seat, or;
 - If the passengers are members of the G2 driver's immediate family (a guardian or those related to you by blood, marriage, common-law relationship or adoption).



<https://www.ontario.ca/document/official-mto-drivers-handbook/getting-your-drivers-licence#level-two>





Set a good example

Parents influence their children in many areas of life, and driving is no exception.

The beginner driver has been observing your driving skills, your attitude toward other road users and your ability to obey the rules of the road for many years.

Studies have shown that beginner drivers are involved in crashes and driving violations that can be related to their parents' driving behaviours.

If you don't practise safe, cooperative and responsible driving behaviours, then you may find it difficult to teach a beginner driver.

It is important to be aware of this and perhaps let the parent / friend / relative who is the better role model be the accompanying driver.

There are no simple rules for being an ideal accompanying driver. However, start with acknowledging your weaknesses and limitations as a driver. Apply the safe driving practices, on the right, while driving. Then, assess your availability to provide as much practice time as needed. Having diagrams or drawings available will help you explain various situations.

Safe driving practices:

- Stop completely as needed
- Obey traffic signals
- Follow the posted speed limit
- Provide a safe following distance
- Yield the right-of-way
- Use turn signals
- Drive in the right-hand lane
- Use the horn appropriately
- Share the road with others
- Avoid distracted driving





Speak clearly

Not all beginner drivers have the same skill level or confidence when they get behind the wheel. They all learn at their own pace.

Communication is essential to the success of your mentoring. On the road, clear explanations and concrete examples are preferable.

Your experience brings on certain automatic responses that the beginner driver has not yet developed. Putting on the 4-way flashers; looking before changing lanes; and checking blind spots are examples of habits that are not innate among beginner drivers. Don't forget to give clear commands and directions in advance. Use hand movements to point out and confirm your intentions, if needed.

Speak slowly

Speaking slowly will allow the beginner driver to understand and react to your commands / directions or ask for clarification.

Never be afraid to repeat your commands / directions as many times as necessary.

This approach will allow the beginner driver to acquire experience and confidence throughout the mentoring period.

Speak calmly

As an accompanying driver, you must learn to remain calm at all times.

If the beginner driver makes a mistake, you must not over-react. In the event of a minor incident, such as speeding, late braking, swerving, straddling the lane or touching the curb, you must control your emotions and remain calm to avoid frightening the beginner driver and escalate the anxiety level which makes the situation worse.

If an emergency occurs, you should use your voice or hand to give direction to the beginner driver. When it's safe, you should pull over; calmly explain the situation; and discuss a solution.





Look far ahead

Look 12 to 15 seconds in front of your vehicle, usually 2 to 3 blocks down the road in the city.

This skill is used to find problems (hazards) ahead and to provide space to avoid any potential dangers. This skill will also keep the vehicle from straddling lanes; save fuel; and reduce wear on the brakes.

Scanning is another skill used to view the “total traffic scene” (360-degree view) while driving. It is using the eyes, in a very distinct pattern, to find potential hazards. Scanning will help prevent crashes and avoid tunnel vision.

Move your eyes

When your eyes are not moving, visual fixation occurs. It is maintaining a visual gaze on a single object or place for more than 2 seconds. Thus, you will end up missing other potential conflicts.

When stopped at an intersection, there are opportunities to use scanning:

- Approaching and driving through an intersection.
- Changing directions (turns, lane changes, pulling out, pulling over, parking, and entering or exiting the freeway).

Intersections tend to be the most dangerous places on the roadway. Lack of scanning can be the most common error in causing crashes on the roadway.

Hazard search

A hazard search is the ability to foresee potential dangers or hazards. Listed below, by category, are examples of dangers or hazards encountered during any drive:

Signs, signals and road markings:

speed limit signs, information signs, directional signs, traffic signals, beacons, continuity lines, etc.

Objects on the roadways:

islands, potholes, sewer grates, debris, pylons, snowbanks, snow windrows, rumble strips, speed bumps, etc.

Vehicles: parked vehicles, trucks, emergency vehicles, streetcars, street sweepers, farm tractors, construction vehicles, snow removal vehicles, etc.





Following distance (front)

As a general rule, whenever following another vehicle, leave enough space to stop safely if the other vehicle brakes suddenly. Following distance (safe distance or 3-second rule) is the first and most important skill in Space Management.

To determine your 3-second following distance, follow these steps:

You need to pick a marker (fixed object) on the road ahead, such as a road sign, lamp post, bridge, fire hydrant, road markings, shadows, etc.

When the rear of the vehicle ahead passes the fixed object, you start to count: **“one-one thousand. two-one thousand. three-one thousand.”** If you reach the fixed object before 3 seconds, then you are tailgating.

Tailgaters (rear)

Tailgating occurs when a vehicle follows another vehicle too closely. Drivers can determine a tailgater by seeing the vehicle behind filling up the rear-view mirror.

A driver can also tailgate another vehicle by leaving less than 3 seconds of following distance in front of his or her vehicle.

When being tailgated from behind, the driver often feels uncomfortable for fear of a rear-end crash occurring. If being tailgated, there are a number of options to resolve the situation.

- Remain calm
- Lane change and allow the other vehicle to pass
- Keep to the right
- Maintain a constant speed
- Coasting (remove foot from the gas pedal)

Driving in other's blind spot (sides)

Don't drive in the blind spots of other vehicles or let other vehicles drive in your blind spots.

If the driver, while passing, cannot see the rear-view mirror of the vehicle being passed, then he or she is in the vehicle's blind spot. It is dangerous to stay in the blind spot, for a prolonged period of time (10 seconds), as the other driver may not see your vehicle and could suddenly change lanes, leading to a crash. The best solution is to speed up, if there is space available, or slow down to get out of the blind spot.

Many vehicles are equipped with a blind-spot detection light. When it's lit, it indicates a vehicle is driving in the blind spot of the other vehicle.





Turn signals

All drivers need to know how to send and to receive proper messages. Always signal before a change in direction.

There are 3 steps to effectively communicate with others while using the turn signals:

- Turn the signal on at the correct time and location.
- Use the correct turn signal to reduce confusion with other drivers.
- If it doesn't cancel automatically, make sure to turn it off.

Horn

The horn is an effective device to communicate with other road users. Sound your horn when necessary to avoid potential conflicts or collisions. Sometimes, a driver needs to use the horn to get other road user's attention, such as:

- A vehicle backing out of a driveway.
- A driver not looking at the roadway.
- A vehicle straddling into a lane.
- A jaywalker not watching for traffic.
- A child playing on the roadway.



Hand gesture (eye contact)

Properly used hand gestures, with eye contact, will help all road users understand a driver's intention. Using the hand to wave 'thank you', 'go first', 'go around me' or 'stop' promotes safe and responsible interactions between road users in a particular situation.

A driver may also see a construction worker using two hands to guide a large vehicle in a backing up manoeuvre or a police officer, on point duty, using their hands to direct traffic.

Unfortunately, too many drivers use their hands to show inappropriate responses which could lead to aggressive driving or road rage. Drivers must ignore these actions and keep their focus on the road.





Learn from instructor

It is important to learn all the basic manoeuvres from a driving instructor first, then practise them with the accompanying driver.

- ✓ Pulling out.
- ✓ Pulling over.
- ✓ Stopping / slowing down.
- ✓ Hand-over-hand steering.
- ✓ Simple left and right turns.
- ✓ Three-point turn.
- ✓ Hill parking.
- ✓ Parallel parking.
- ✓ Lane changes / passing.
- ✓ Complex left and right turns.
- ✓ Head-in / back-in parking.

Beginner drivers are encouraged to take notes from the instructor's lessons.

Coach and correct

The beginner driver should discuss his or her lessons with the accompanying driver before practising the manoeuvres.

To avoid confusion with the driving instructor's teaching, it is important that the accompanying driver only coach and correct according to the steps / method taught by the driving instructor.

Be aware that teaching from your own experience and habits may hinder the beginner's progress.

Discuss progress

Throughout the driving lessons, the accompanying driver should communicate with the driving instructor for areas of concern and clarify the skills that need to be improved.

The cooperation between the driving instructor and the accompanying driver will help in determining when the beginner driver will be ready for the road test.





What should the accompanying driver (mentor) do before heading out for the first drive on the road with a beginner driver?

There are 3 main stages for the beginner driver to progress through in this course: parking lot, residential area and main roadways.

It's important for the accompanying driver to take the beginner driver out to a parking lot before beginning the formal lessons with the driving instructor. Here the beginner driver can get familiar with the vehicle's controls and instrumentation before getting into the instructor's vehicle for the first time.

Practise giving instructions and commands calmly and early as beginner drivers need more time to process the information.

Beginner drivers often treat these instructions, commands and directions like a check list – for example:

- Check mirrors, signal right, check blind spot, slow down, stop, accelerate, hand-over-hand steering, recover with control slip, speed up...

Try these common commands which the driving instructor will use during a lesson:

- "At the first street, turn left or right."

- "At the traffic light, turn left or right."
- "When it's safe, at the first tree (fire hydrant, sign, garbage bin, board), pull over and demonstrate an uphill park."
- "When it's safe, at the first tree (fire hydrant, sign, garbage bin, board), pull over and demonstrate a downhill park."
- "When it's safe, at the first tree (fire hydrant, sign, garbage bin, board), pull over and demonstrate a 3-point turn."
- "When it's safe, pull over next to the second vehicle and demonstrate a parallel park."
- "When it's safe, lane change to the left or right."
- "Park forward into the second spot (or next to the red car)."
- "Pull up slowly and demonstrate reverse park into spot #1."

It's also important not to change your command at the last minute; the student will fail to react and is more likely to get confused.

You need to be patient, quiet, and think ahead. Take pleasure in the experience. Do not get stressed!





Parking lots

The accompanying driver may introduce the beginner driver to these basic skills* in an empty parking lot.

Circle check

- Fluid leaks, flat tire, filth (vehicle), fracture (damage) and free space (objects) around the vehicle.

Vehicle adjustments

- Seat / steering wheel / head rest.
- Buckle up seat belt / mirrors.

Blind spot check

- Practise left and right blind spot checks with the vehicle off.

Hand-over-hand steering

- Practise steering at low speeds.

Braking and accelerating

- Try to establish the correct technique for threshold (squeeze) braking and gentle acceleration.

* This information is found in Module 4 of the CARS e-Learning course.

Residential area

Once the beginner driver has been taught these skills by the driving instructor, the accompanying driver should practise them.

Practise the following:

- Pulling out / pulling over.
- Legal stopping positions: stop line, crosswalk lines / sidewalk, and edge of the roadway.
- Stop completely.
- Hand-over-hand steering.
- Control slip recovery.
- Yield the right-of-way to all pedestrians, cyclists and vehicles.
- Left and right turns.
- Scan all intersections by looking left-centre-right-left.
- Hill parking.
- Three-point turn.
- Parallel parking.

Main roadways

Once the beginner driver has driven on the main roads with the driving instructor, the accompanying driver should support these driving habits.

- Understand traffic signal cycles / colours / symbols.
- Share the roadway with pedestrians and other road users.
- Check for posted speed limit signs after a turn or entering a new roadway.
- Check for obstructions by vehicles, objects and buildings.
- Constantly scan ahead 12 - 15 seconds, check mirrors for hazards.
- Apply the mirror, signal and blind spot check procedure for all changes in direction.
- Practise lane changes and passing of other vehicles.





How do you know that a beginner driver is progressing throughout the driving lessons?

Beginner driver progress indicators (✓):

- Responding promptly to directions.
- Performing a driving commentary (talk about what he or she is observing).
- Enjoying the experience of driving.
- Communicating calmly.
- Making decisions without any help.
- Performing smooth acceleration and braking.
- Driving according to the speed limit and road conditions.
- Driving along in a straight path (no straddling lanes).
- Keeping a safe following distance (3 or more seconds).

- Leaving a stopping gap (leaving enough space to see the rear tires of the vehicle in front).
- Stopping completely where required.
- Scanning intersections consistently.
- Driving in the right-hand (driving) lane.
- Checking the mirrors every 5 to 8 seconds.
- Checking the rear-view mirror for tailgaters before braking.
- Checking the blind spots for all changes in direction (turn, lane changes, etc.).
- Using turn signals correctly.





Accompanying driver and driving instructor

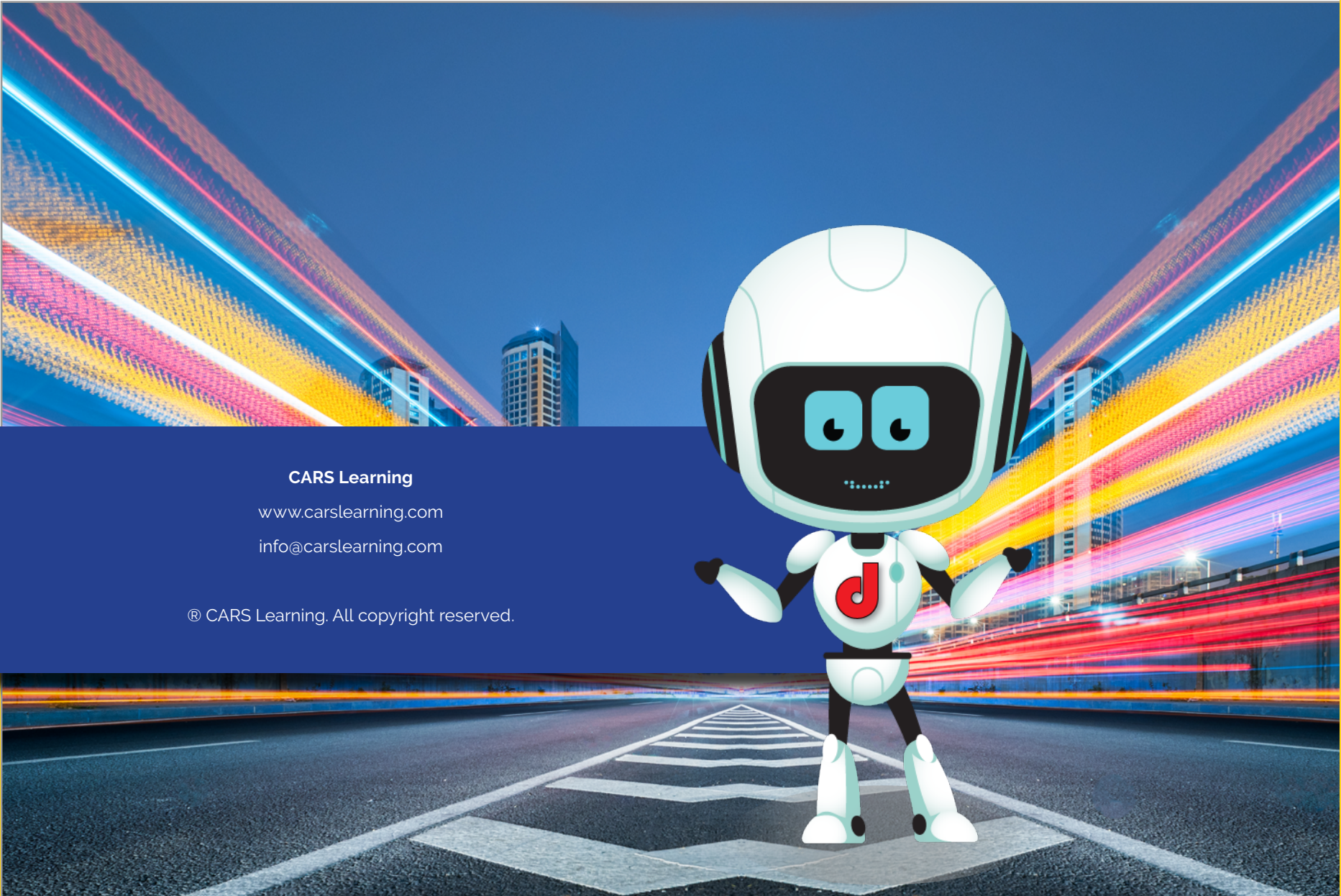
- The accompanying driver and the driving instructor should establish regular communication so that the accompanying driver can practise the same topics and use the same commands with the beginner driver while practising driving.
- If the driving instructor says the beginner driver isn't ready to go out on the roads on their own, then the accompanying driver shouldn't take them out. The driving instructor has the option to use the dual brake, in case of an emergency; whereas, the accompanying driver does not have it in his or her vehicle. You only have the parking brake and you should never be in a position where you need to use it.
- It is recommended that you talk to the driving instructor at the end of a lesson.



Fill in (✓) the appropriate answers using the scale on the right.		NEVER (1 point)	RARELY (2 points)	SOMETIMES (3 points)	OFTEN (4 points)	ALWAYS (5 points)
1	Do you ever tailgate other drivers?					
2	Do you flash your high-beam headlights for revenge?					
3	Do you "flip the bird (give the middle finger)"?					
4	Do you ever use the horn to show your frustration?					
5	Do you yell or curse at bad drivers while driving?					
6	Do you intentionally cut other drivers off?					
7	Do you point out other's mistakes?					
8	Do you feel angry toward other bad drivers?					
9	Do you rush all the time, when driving?					
10	Do you intentionally brake when being tailgated?					
11	Do you think other drivers should be taught a lesson?					
12	Do you weave in and out of traffic?					
13	Do you always shake your head at bad drivers?					
14	Do you get mad when other drivers don't signal?					
15	Do your passengers complain about your temper?					
16	Do you feel that other drivers are picking on you?					
17	Do your family or friends refuse to get into the vehicle with you when driving?					
18	Do you like playing the role of police officer on the roadway when you encounter bad drivers?					
19	Do you believe the space in front of your vehicle is only your space?					
20	Have you been angry enough to assault someone?					
TOTAL NUMBER OF POINTS						
20 – 25 points: safe - good driver: maintain driving habits		26 – 55 points: Occasional road rager: need to self-reflect				
56 – 80 points: At-risk of road rage: counselling recommended		81 – 100 points: Violent road rager: anger management course recommended				

* This activity is from Homelink 13 of the CARS e-Learning course. The accompanying driver and another experienced driver must complete this page for the beginner driver. This page can be printed out and completed for the beginner driver's assignment.





CARS Learning

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