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| **SAMPLE Route Plan Lesson # 3 In-car Route Plan Location: Saint Helens to Scappoose via Hwy 30** |
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| **Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (Suggestion: print first sheet of each route plan on colored paper, others on white.)**School System: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (Route must be designed for each specific school) |
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| **Directions** | **Activities** | **Objectives** | **Performance Objectives/Key Behaviors** |
| **While in Lot** | **1.2 Preparing to Drive**While approaching the car | * Have keys in hand
* Look under, around, and at car
* Look inside the car
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| **While in Lot** | **1.2 Preparing to Drive**After entering the car | * Lock doors - key in ignition
* Head restraint center of ears
* Adjust seat - butt-in seating
* Check and adjust all mirrors
* Safety belts on all
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| Exit parking by turning Right onto Gable Rd | **4.2 Search, Identify, Manage**Search to Target Area | * Select target
* Target area open or closed
* Identify vision/path restrictions
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| Gable Rd becomes Old Portland Road | **6.8 Railroad Crossing** | * Search, Identify, Manage
* Search left, front, right
* Control intersections
* Rear control
* Interact courteously with others
 |
| Discuss road surface change as you cross RR tracks. |
| While on Portland Road | **4.1 Tracking**Tracking Targeting | * Selection of target
* Aiming for targets
* Accuracy of tracking
* Central and fringe vision
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| Turn Left onto 18th St  | **5.4 Managing Space with Timing** Timing Lights and Turns | * Time arrival into open space
* Green light, search intersection
* Red light, make smooth stop

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| Discuss who should yield, how to determine gap, and when you should enter intersection. |
| While on 18th St crossing Columbia Blvd | **5.1 Intersections** | * See intersection in target area
* Check the rear
* Search left, front, right (45° or 90°)
* Speed control
* Point-of-no-return
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| Turn Left onto St Helens St | **5.3 Stopping in Traffic**Stopping In Traffic | * See closed space ahead
* Check rear
* Communicate to rear
* Gradual approach to stop
* Smooth stop
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| Turn Left onto highway 30 | **5.3 Stopping in Traffic**Car In Front | * See rear tires
* Delay moving 2 seconds
 |
| From inside lane, protected left turn at traffic signal |
| While on highway 30 multiple lane changes | **5.5 Precision Lane Changes**  | * MSMOG
* Maintain speed
* Shallow angle
* Check front and rear
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| While on highway 30 | **4.3 Managing Space and Judging Time** | * Keep 4 seconds following space
* Adjust front closure rate
* Keep 4 seconds of time
* Try to improve view
* Explain the benefits
 |
| Have students count to determine distance from objects and to determine following distance. Multiple times. |
| Turn Left at NE Crown Zellerbach Rd | **5.4 Managing Space with Timing**Waiting to Turn at Light | * Time arrival into open space
* Green light, search intersection
* Red light, make smooth stop
* Wheels straight/Check rear
* Look for a gap /open path
 |
| Left turn lane, protected left turn at traffic signal |
| Turn Right on NE West Lane | **5.2 Rear Space Control**Awareness of Rear Condition | * Blind spot check
* Open/closed
* Control rear
* Timely communication
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| Turn Right on East Columbia Ave | **6.1 Pedestrians** | * Search
* Identify
* Best Speed Control
* Best Lane Position
* Communication
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| Turn Right on NE 2nd St | **5.1 Intersections**  | * See intersection in target area
* Check the rear
* Select best lane position
* Search left, front, right (45° or 90°)
* Speed control
 |
| Moving right turn. |
| While on NE 2nd St  | **4.2 Search, Identify, Manage** | * See to target area
* See 15-second area
* Identify sight & path restrictions
* Respond to sight & path restrictions
* See 4-second area
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| Turn Left onto NE Crown Zellerbach Rd | **5.2 Rear Space Control**Use of Mirrors | * Before & after braking
* Stopped in traffic
* Before & after turns
* Before & after lane change
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| Turn Left onto highway 30 | **5.4 Managing Space with Timing**Waiting to Turn at Light | * Time arrival into open space
* Green light, search intersection
* Wheels straight/Check rear
* Look for a gap /open path
* See light change
 |
|  |
| Left onto East Columbia Ave | **5.1 Intersections**  | * Check the rear
* Select best lane position
* Search left, front, right (45° or 90°)
* Speed control
* Point-of-no-return
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| Turn Right on SE 4th St | **6.1 Pedestrians** | * Search
* Identify
* Best Speed Control
* Communication
* Manage
 |
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| While on SE 4th St | **4.2 Search, Identify, Manage**Manage Restrictions | * Search in target area
* Identify 15-second area
* Manage 4-sec area
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| Turn left onto SE Elm St | **5.3 Stopping in Traffic**Stopping In Traffic | * See closed space ahead
* Check rear
* Control the rear space
* Gradual approach to stop
* Smooth stop
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| Turn right on SE 6th St | **3.5 Searching and Yielding at Intersections** | * Search left, front, right
* Legal/Safety stop
* Yield
 |
|  |
| While on 6th St | **4.1 Tracking**Tracking Targeting | * Selection of target
* Aiming for targets
* Accuracy of tracking
* Central and fringe vision
 |
|  |
| Turn Right on SE High School Way | **5.1 Intersections** | * See intersection in target area
* Check the rear
* Select best lane position
* Search left, front, right (45° or 90°)
* Speed control
 |
|  |
| While on SE High School Way | **6.1 Pedestrians** | * Search
* Identify
* Best Speed Control
* Communication
 |
|  |
| Turn Right on Hwy 30 | **5.4 Managing Space with Timing**Timing Lights and Turns | * See light in target area
* See red light as closed space
* Check rear
* Gradual approach
* Point-of-no-return
 |
|  |
| While on Hwy 30 lane change | **5.5 Precision Lane Changes** | * MSMOG
* Maintain speed
* Shallow angle
* Check front and rear
 |
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| Turn Left on SW Maple St | **5.3 Stopping in Traffic**Stopping In Traffic | * See closed space ahead
* Check rear
* Gradual approach to stop
 |
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| Turn Left on SW 4th St | **3.3 Stopping locations** | * Legal stops
* Safety stops
* Staggered stops
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| Cross SE EM Watts Rd and bear Right to remain on SW 4th St | **5.1 Intersections** | * See intersection in target area
* Check the rear
* Search left, front, right (45° or 90°)
* Speed control
 |
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| Turn Left on SW Sequoia St | **2.4 Communication**Effective Use | * Signal lights
* Headlights
* Brake lights
* Lane position
* Speed control
 |
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| Turn right on SW Old Portland Rd | **3.3 Stopping locations** | * Legal stops
* Safety stops
* Staggered stops
 |
|  |
| Turn Left on Havlik Dr | **2.5 Precision Turns****Stopped and Moving**Before turn | * Select target
* Search left, front, right
* Select gap/get comm. to enter
 |
| As you approach Hwy 30, go to far right lane to allow travel straight thru the intersection. |
| Havlik becomes SE 2nd St | **4.1 Tracking**Tracking into Curves | * Target on approach
* Look through curve
* Use fringe for reference points
* After curve, target
 |
|  |
| While on SE 2nd St | **4.1 Tracking**Tracking into Curves | * Target on approach
* Look through curve
* Use fringe for reference points
* After curve, target
 |
|  |
| Turn Right on Frederick St | **6.2 Cyclists** | * Search
* Identify
* Best Speed Control
* Best Lane Position
* Communication
* Manage
 |
|  |
| Turn left on SE 6th St | **3.3 Stopping locations** | * Legal stops
* Safety stops
* Staggered stops
 |
|  |
| Turn Left SE High School Way | **3.5 Searching and Yielding at Intersections** | * Search intersections
* Yield
* Demo right-of-way laws
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| Turn left onto Hwy 30 | **5.4 Managing Space with Timing**Timing Lights and Turns | * Time arrival into open space
* Green light, search intersection
* Red light, make smooth stop

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| While on Hwy 30 | **4.2 Search, Identify, Manage** | * See to target area
* See 15-second area
* Identify sight & path restrictions
* Respond to sight & path restrictions
* See 4-second area
 |
|  |
| Turn Right onto Johnson Landing Road | **2.6 Precision Turns****Stopped and Moving**During and after turn | * Turn head, accurate path
* Transition point
* Precision results
* Re-evaluate rear
* Re-evaluate front

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| Turn Right onto SW Old Portland Rd | **3.1 Signs, Signals, Pavement Markings** | * Respond to signs
* Respond to roadway markings
* Respond to signals
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| Turn right onto Havlik Dr | **2.5 Precision Turns****Stopped and Moving**Before turn | * Signal
* Mirror – blind spot check
* Side position reference point
* Speed control - brake
 |
|  |
| Turn left onto Hwy 30 | **5.4 Managing Space with Timing**Timing Lights and Turns | * See light in target area
* See red light as closed space
* Check rear
* Gradual approach
* Point-of-no-return
 |
|  |
| While on Hwy 30 | **4.2 Search, Identify, Manage**Judge Distance in Seconds | * Take a guess
* Count off by seconds
* Accuracy of guess
* Different speeds
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| While on Hwy 30 lane changes multiple times | **5.5 Precision Lane Changes** | * MSMOG
* Maintain speed
* Shallow angle
* Check front and rear
 |
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| Turn left onto Gable Rd | **5.4 Managing Space with Timing**Waiting to Turn at Light | * Legal, wheels straight
* Monitor rear
* Look for a gap
* See open path to enter
* See light change
 |
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| Turn left into St. Helens High School parking lot | **2.5 Precision Turns****Stopped and Moving**Before turn | * Forward and side position reference point
* Select target
* Search left, front, right
* Select gap/get comm. to enter
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| While in lot | **4.4 Backing**Straight | * Foot on brake, shift to “R”
* 360 ° Search, yield
* Target while backing
* Speed, steering control
* Back to rear position
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| While in lot | **4.4 Backing**Turns | * Foot on brake, shift to “R”
* 360 ° Search, yield
* Target for backing turns
* Check front swing
* Pivot point
 |
|  |
| While in lot | **4.6 Parking**Entering Back-in Perpendicular | * Check rear
* Align side position
* Align to center of space
* 45° Target
* Back slowly
* Vehicle Perpendicular to space
* Stop at reference point
 |
| Work on other parking if time |