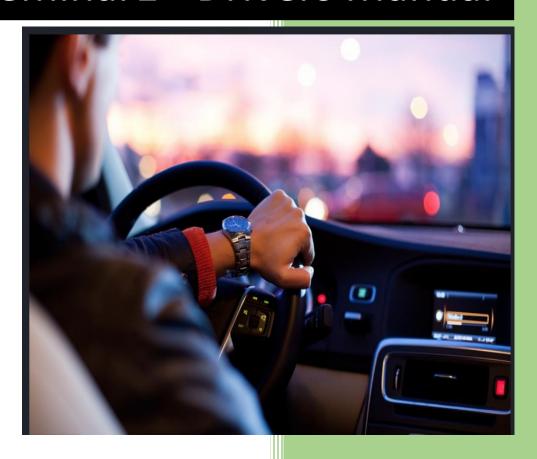


2019

Seminar1 - Drivers Manual



One Nation Driving School

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Welcome

Welcome to session one. In this section, we will examine the various factors that contribute to creating a good driver.



We will talk about having the proper frame of mind that one must have before getting behind the wheel, as well as the rules of the road.

You must be mentally focused, planned and prepared, and know the

Laws to be a safe driver.

Attitude

Be as courteous while driving as you are in any other social situation. From a psychological point of view, the top-notch driver not only has skill, but also has balance and self-control. They should have a good social attitude towards driving and towards others on the roadway. Most importantly, they must possess a quality that is called the "driving conscience." The driving conscience means that when the top-notch driver gets behind the wheel of a car, they show certain characteristics, such as:

- Courtesy
- Good sportsmanship
- Acceptance of responsibility
- Consideration for others, including car occupants
- Good judgment
- Controlled attention
- Alertness
- Foresight
- Have a good attitude toward other highway users and toward the laws and law enforcement.



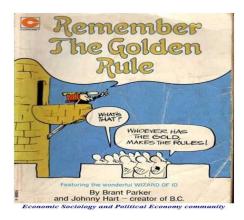
Courtesy is Contagious

Treat other drivers, as you would like to be treated. If you see something wrong with someone's car, tell them. A bad taillight or a low tire may cause an accident. Make room for other drivers who wish to pull into heavy traffic or change lanes. Often they will reward you with a smile or a nod of thanks.



There are some positive steps that responsible drivers can take to help insure their own driving safety and pleasure, as well as that of their passengers, and others sharing the road and highways. Try these tips and enjoy seeing other drivers return the same courtesy:

- Give yourself extra time. Leaving earlier will help you arrive in time It can mean the difference between safe relaxed travels, or pressured driving.
- Realize when you're in no condition to drive. This doesn't just mean impairment from alcohol or other drugs, but from ill health, emotional distress, or physical limitations. Think about whether you can be a safe driver in your current condition before you start your engine.
- Do you straddle lanes, drive slower than the flow of traffic, and forget to signal or merge into traffic too abruptly? If so, your driving techniques need improvement.
- Observe the total traffic picture. Keep your eyes moving, especially when changing lanes and at intersections. Don't depend solely on your mirrors. Check over your shoulder as well, since blind spots are always present.
- Check your car periodically for maintenance. Be sure to keep your vehicle in tip-top shape. Brakes, lights, and turn signals should be in good working order. Make sure your windows are clean too.
- Your courtesy will not only make your traveling time safer and more enjoyable; it may also make someone else's day a little better.



Video – Cooperative Driving



Stress, Anger, Emotions and Fatigue

Stress

Stress is a problem that is becoming increasingly common. The condition is the result of excessive demands on physical or mental energy. It can cause fatigue, unhappiness, emotional problems, and in the long run, illness. When brought behind the wheel, it can cause angry encounters, aggressive driving, and unfortunately, accidents.



How to Recognize It

Often one of the obvious signs of stress is a disturbance in normal eating and sleeping habits. Lack of sleep causes fatigue and an inability to make decisions. Stress can also cause memory problems, an inability to focus, constant worrying, and anxiousness. All of these symptoms can inhibit the driver's ability to make wise choices while driving.

Anger can carry over from some event that happened before the person started driving. The driver finds it difficult to focus attention to the total driving task. Since anger sets up the body for combat, it impairs the performance of smooth braking and accelerating, and sets the scene for aggressive and unsafe driving maneuvers. These actions can create hazards for other drivers.

Stress differs from anger because drivers can often recognize stress and try to avoid it. Angry drivers can have more difficulty calming them. Drivers suffering from stress may more easily realize when they are in trouble and try their best to successfully complete their trip. If unrecognized though, stress can lead to anger towards others on the road. Drivers who are upset may make panicked decisions because they have difficulty identifying potential hazards and predicting the actions of other drivers.



How Does It Affect Driving?

Anger and stress on the road causes chaos. Angry, stressed, fatigued, and emotionally distressed drivers affect the other drivers on the road. They will usually speed, cut in and out of traffic, and do a lot of yelling.



Risks of Stress and Anger

Stress and anger greatly increase the danger of accidents because drivers:

- Get upset over insignificant incidences or become nervous in unusual situations.
- Lose their tempers and consequently, their judgment.
- Express anger by driving recklessly.
- Show impatience in traffic jams by useless horn blowing.
- Flash their high-beam lights in the eyes of approaching drivers.
- Talk loudly or use profanity.
- Resort to crowding and forcing others out of traffic lanes.



Mental and Physical

Any driver with signs of mental or emotional disturbances, that is unable to cope with a difficult situation, can become an unsafe driver. Such disturbances may cause the driver serious anxiety, tension, aggression, or anger, especially in their interaction with another driver. To avoid being an accident potential, please:

- Have regular medical checkups.
- Avoid driving in stressful traffic situations.
- Drive in familiar areas.
- Keep farther distances from the cars ahead.
- Concentrate on the whole traffic scene.
- Don't drive when emotionally upset or angry, worried, or daydreaming.
- Avoid prolonged hours of driving.
- Do not drive if you are tired or sleepy.

Avoiding Fatigue

Stopping often, fresh air, singing, or conversations are great techniques for avoiding drowsiness for a short time. The best cure though, is to pull off the road and get some rest. Look for the warning signs of being over-tired, which include heavy eyes, yawning, and daydreaming. If you find that you possess any of these signs while you are driving, get off of the roadway.



When to Ask for Help

Drinking while driving is another physical enemy on the road. Set up a designated driver if you are going to be drinking alcohol; doesn't ever take a chance with lives.



If you have a broken your leg, arm or hip, or have any other aches that can keep you from making quick movements and judgments while on the road, consider asking someone else to drive you. If you have a physical problem or medical condition that impairs your ability to safely operate a vehicle, find a friend or relative to drive you.

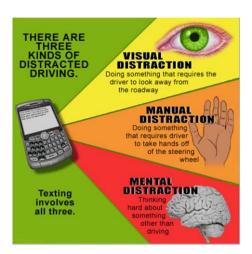
Distractions

Driving is an activity, which requires a great deal of focus and concentration. It is a task that requires a driver to divide their attention between what is happening inside their vehicle, the road ahead, other drivers, and potential hazards, all at once. If you are thinking about an important meeting, talking to another passenger in the car, or sending a message with your cell phone, you are not giving all your attention to driving.



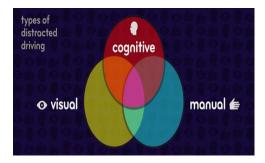
There are three types of distractions that can contribute to a driver becoming involved in a collision:

- Visual
- Manual
- Cognitive



Visual distractions cause the driver to take their eyes off of the road. An example of a visual distraction would be watching the scenery or looking at road signs while you are trying to drive. Manual distractions

cause the driver to remove one of their hands from the steering wheel. Trying to hand a toy to your child in the backseat is an example of a manual distraction.



Cognitive distractions cause the driver to take their attention off of the task of driving. A cognitive distraction could be something as simple as thinking about your grocery list while you are en route to the



It is possible to be impacted by more than one type of distraction at one time. Although it is extremely difficult to completely rid yourself of any distractions when driving, it is important to try to avoid as many as possible. Using our example of a manual distraction, perhaps asking your child to wait until you arrive at your destination before handing him the toy, would be an excellent way to subtract that distraction from your driving experience.

Planning Ahead

Planning ahead can prevent many serious driving challenges, even for routine, local trips. Simple preparations such as checking the traffic before leaving to avoid rush hour, can reduce potential hazards and save you time. Listening to local radio stations that broadcast traffic news can help with this. You should also have the location's address and have the route you plan to take mapped out ahead of time.

Set up your GPS or review a map before you start driving. If you are using a map, you can draw a heavy line to mark out your route ahead of time, so that you can easily identify it while driving.

If you miss a street, do not try to make a split-second turn or attempt to stop, as this is very hazardous. Go around the block and try again. If traveling on the freeway and you pass your exit, do not try to stop, cut-off, or endanger other cars with unsafe maneuvers. Just continue on to the next exit and then back track.



It's easy to get lost when traveling in a new area. If you get lost trying to find your destination, stop and ask for directions. Although it may be inconvenient to do so, stopping to ask someone where to go can save you time in the long run. Asking someone will also help you avoid potential hazards that can be caused from driving around searching for your route.

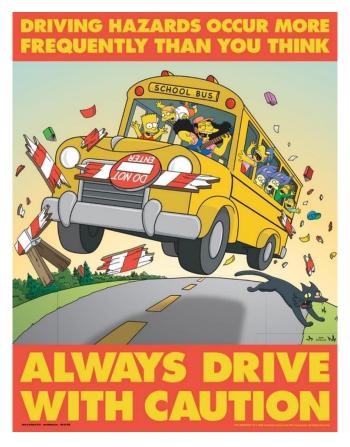
Planning the Route

Drivers need to know where they are going and how they are going to get to that destination. Whether you are driving down the street to the grocery store, or driving across the state to visit family, always have a plan for how you will get there prepared ahead of time. Consult your map or set up your GPS before you start driving. Doing so will save you time and reduce potential dangers from driving for a longer amount of time than is necessary.



Avoiding Hazards

Although you may take every precaution to be the safest driver possible, there will still be hazards on the road. As a result, you must always be prepared and take certain steps to identify and avoid these potential dangers. In this section, we will examine some techniques that will help you to maintain your safety when driving and avoid hazards.



Maintaining a Safe Following Distance

Most rear-end collisions are caused by drivers following too closely. Although you may feel in control of your vehicle, you cannot control sudden breaking by the car in front on you. For this reason, you should always maintain a safe following distance.



To create the proper distance between you and the vehicle ahead, use the "three-second-rule." When the vehicle ahead of you passes a reference point, such as a sign, count "one-thousand-one, onethousand-two, one-thousand-three." If you pass the reference point before you finish counting, you are following too close.

You should allow a four-second cushion when:

- Being crowded by a tailgater.
- Driving on slippery roads.
- Following motorcyclists on wet or icy roads, on metal surfaces, and on gravel. Motorcyclists can fall more easily on these surfaces.
- The driver behind you wants to pass. Allow room in front of your vehicle so the driver will have space to move in front of you.
- Towing a trailer or carrying a heavy load. The extra weight makes it harder to stop.
- Following large vehicles that block your view ahead. The extra space allows you to see around the vehicle.
- You see a bus, school bus, or a placarded vehicle at railroad crossings. These vehicles must stop at railroad crossings, so slow down early and allow plenty of room.
- Merging onto a freeway.

At faster speeds, the distance you travel will be greater, but the 'count' will stay the same. At 35 mph, you will travel 50 feet per second, so three seconds would be about 150 feet. At 55 mph you will travel 80feet-per second, so three seconds will be about 240feet.

Increase this following distance to four seconds when driving in adverse conditions, when following a potentially drunk driver, when following a truck or motorcycle, or when you encounter any unusual situations.





Never stop your vehicle on a roadway and block the normal movement of traffic when you are attempting to increase your following distance, unless it is necessary for safe operation, or in obedience to a law, or emergency situation.

Allowing More Space Behind Motorcycles

When driving near a motorcycle, you should respect the Motorcyclist. Remember, motorcycles are vehicles with all the privileges of any vehicle on the road. Also, keep in mind that motorcycles fall more often on wet or icy roads, on metal surfaces, such as bridge gratings or railroad tracks and on gravel. As a result, you should give the motorcyclist the full lane of travel and increase your following distance behind them.

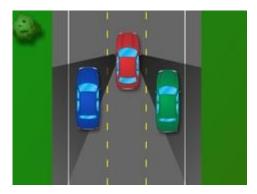


A motorcycle rider has little protection from being struck by another vehicle. As a driver, you have the ability to help protect their safety by following these tips:

- Signal and execute your maneuvers well in advance to communicate your intentions to the motorcycle rider.
- Watch for motorcycles on the highway, at intersections, and when they make left turns or lane
- Allow enough room for motorcyclists to take evasive actions.
- Anticipate a motorcyclist's maneuvers, such as traveling between lanes of traffic.

Avoid Driving in Blind Spots of Other Vehicles

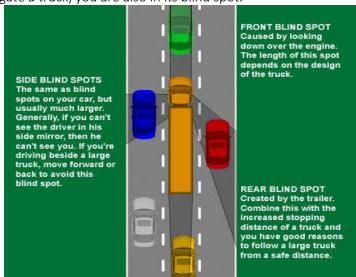
The space to the side of your car is also important. While you cannot control another vehicle, you can control where you are in relation to the other vehicle. Never place your car in a position where the other driver cannot see you in his mirrors or drive in the other driver's blind spot.



When driving on the roadway with large trucks, you should keep in mind that if you cannot see the driver in his mirror, he wouldn't be able to see you. Although trucks are equipped with up to eight mirrors, it is still easy for a car to be in their blind spot. You should also use the same precautions with large recreational vehicles (RV's).

Tips to consider when sharing the road with trucks:

- Do not travel in a truck's blind spot, especially if you drive a small car. This means you should avoid driving along the right or left of the truck.
- The blind spot on the right is particularly large. A truck driver will probably not be able to see you at all if you drive near the right front tire.
- When you tailgate a truck, you are also in its blind spot.



If you plan to pass a large truck, you should start your pass farther back than you would when passing a car. You will need the extra room to complete the pass because of the truck's length. Also, be sure you have a clear path in the road ahead, with plenty of space to spare. Keep as much distance from a truck as possible when one is passing you, or you are passing the truck.

Large trucks have a harder time braking on a slippery surface due to their size. Also keep in mind that your vision may be impaired by spray from a passing truck, if there is standing water on the road. For this reason, you should maintain as much distance from the truck as possible, while staying your lane.

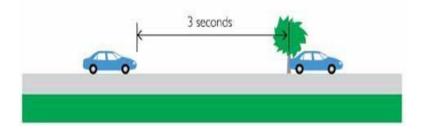
If you are traveling down a mountain road or long downgrade, and a truck comes up behind you at a high speed, get out of the way as soon as possible. They truck may have lost its brakes and could potentially collide with you if you do not move.



When driving next to a large truck, always keep in mind that due to their size, they will need to make a wide turn when making a right turn. When a large truck signals to make a right turn, they might start moving to the left. Avoid driving close to their right side and stay out of their way. If you are not careful, you may collide with their trailer if you get caught between the truck and the curb.

Planning on an Evasive Action

To be a defensive driver, you must manage the space between yourself and other drivers. This will ensure you have room to make changes in maneuvering and to react to changes in traffic around you. You should look far ahead of and behind you, and plan lane changes and turns well ahead of time.



To ensure that you have enough time to react to changes in the traffic ahead, use the three-second-rule for following distance. Also, you should allow for adequate visual lead-time, usually about ten to fifteen

seconds, to ensure quick identification of potential dangers on the road ahead. You can also prevent collisions by keeping your eyes moving, continually scanning your driving environment.

Elements to Consider

Things often found on or near the road can also limit what you see. Watch for any obstruction on, or near the highway where you have less than full vision. When vision is limited, prepare yourself by covering your brake and be ready to stop. Objects of almost any size may hide hazards from your view. Some examples include:

- A tree, shrubbery or truck could hide a pedestrian.
- A collision up ahead or other collision potentials.
- Signboards or buildings can also block a large vehicle or other hazards.



As you drive, search the road for hazards that might cause a problem and plan your moves in time to avoid a collision with cars around you. Always check your mirrors and look over your shoulder when making a lane change. While driving, watch the road and the vehicles around you, also taking into consideration the conditions of the road and environmental hazards, so that you are prepared to respond safely.

Daytime Headlight Usage

It is the law that you must turn on your low- beam headlights whenever you are using your windshield wipers. This increases the visibility of your vehicle to other drivers. Even on clear and sunny days, driving with your low-beam headlights on increases your vehicle's visibility. Driving with headlights on during the day reduces your chance of collision by about 25%, because other drivers can see you from at least 1/2 mile ahead.



Avoiding Lane Changes Near Intersections

Although it is not a violation of the Vehicle Code, changing lanes within or near an intersection is a dangerous maneuver. Other vehicles may be preparing to make a turn and can get confused if you change lanes in an intersection.



Source: www.patriccio.wordpress.com

Visual Habits

Yours eyes should always be moving when your vehicle is in motion. Check your side and rear view mirrors every two to five seconds, so that you are constantly aware of the position of the vehicles around you. In addition, by looking ahead, you will be able to spot hazards more easily. Looking ahead allows you to see if something is in your path.



If a collision hazard, an object, or an animal suddenly blocked your path, would you be able to react decisively and safely execute your escape route? By looking ahead, you can quickly decide what your alternative path will be. That is why it is extremely important that you are always looking down the road 10 to 15 second ahead, so that you may allow yourself extra space and time to make that split-second decision.

Create a Space Cushion

When another driver makes a mistake, you need time to react. Allow yourself this time by keeping a "space cushion" on all sides of your vehicle. The space cushion is the area around your vehicle.

Be alert to vehicles on either side, to the front of, and to the rear of your car. Check the other traffic lanes by using your mirrors and by periodically turning your head to look quickly to the side, checking over your shoulder. Look through the other driver's windows, if you can, to see the traffic in front of him, so that you have even more time to respond to something hazardous ahead.

Leave enough space between you and the vehicle ahead of you for safe stops. The space in front of your vehicle is your 'control space'. Use the control space to maintain a 3 - 4 second distance between you and the car in front of you.

Before changing lanes, check your mirrors for vehicles that may be ready to pass you. You should also turn your head and check beside your vehicle, by looking over your shoulder. Signal to any other vehicle that may be affected by your lane change. Try to get eye contact with the driver; never "cut-off" another vehicle.

Without taking these necessary precautions you could cut off, collide with, or cause another vehicle to hit you or other vehicles.

Other Drivers

Other drivers' GOOD driving habits will benefit you on the roadway. They may help keep you from making a mistake in your own driving. Good drivers also help set and maintain the driving standard that all drivers should imitate.

Other drivers' bad driving habits can hinder you on the roadway. They force you to use your skills as a defensive driver to avoid hazards they may have caused. Drivers of other vehicles may not be as skilled or as focused as you are. This is where good defensive driving comes into play. You must watch for:

- Other driver's making unsafe turns in front of you.
- Other driver's not seeing your vehicle when they are making a lane change.
- Other driver's neglecting traffic signs or signals.
- Other driver's not yielding to vehicles or hazards.

Other driver's poor skills affect your safety. You can however, compensate for their shortcomings by being aware of the driving environment around you. If you watch the traffic around you and know how to react properly, you will be able to avoid an accident with another vehicle.

Right-of-Way

A fundamental part of the right of way rule is the duty to drive in such a way so as to avoid accidents. When the paths of highway users cross, there will always be conflict. Who should proceed and who should wait? Who has the right of way?

Right of way rules establish traffic priorities by indicating who shall yield when there is a potential conflict between vehicles, or between a vehicle and a pedestrian. Right of way rules require one person to yield and stop, letting another driver proceed first. It is extremely important that drivers know and obey the right of way laws. Not knowing or disobeying these laws can lead to serious accidents.

Right of Way Violations:	
Yield Right-of-Way Signs	21356 VC
Uncontrolled Intersections	
Left Turn-Right Turn	21801 VC
Approaching Intersection Entrance	
Yield Right-of-Way	
Entry onto Highway	
Authorized Emergency Vehicles	
Right-of-Way at Crosswalks	
Pedestrians outside Crosswalks	
Starting parked vehicles or backing	

Pedestrians

According to the California Vehicle Code, a motor vehicle driver must yield the right-of-way to pedestrians crossing in the roadway within any marked or unmarked crosswalk, at an intersection. Also, when approaching a pedestrian, the driver must slow down and take every precaution to avoid causing harm to the pedestrian. Drivers must also exercise the same care for bicyclists by sharing the roadway and respecting their right-of-way and ability to use turn lanes. (CVC 21950)

When Another Vehicles Stops at Crosswalk

Whenever a vehicle has stopped at a marked or unmarked crosswalk at an intersection for the purpose of letting a pedestrian cross the roadway, another car may not pass the stopped vehicle. All vehicles must respect the pedestrian's right-of-way to cross at crosswalks. (CVC 21951)

Railroad Crossings

Railroad crossings can be deadly if you do not approach and cross them with care. When you approach a railroad crossing, be sure you can clear the tracks safely before and after proceeding through it. If during the last 100 feet of approaching the crossing you don't have a clear and unobstructed view of the crossing, and of any traffic on the railway for a distance of 400 feet in both directions along the railway, you can travel at 15 mph until you are sure the crossing is safe.

Authorized Emergency Vehicles

Emergency vehicles have the ultimate right-of-way. This means they can speed, and run red lights or stops signs. Drivers unaware of an emergency vehicle performing such maneuvers have caused serious accidents.

Any vehicle that has a siren and at least one red light is an emergency vehicle. If you encounter an emergency vehicle with its lights or sirens engaged within 1000 feet of your vehicle, you must pull over to the far right side of the roadway or curb, unless otherwise directed by a traffic officer. If you are in an intersection, you must clear it first and the pull to the night. Stay put until the emergency vehicle has cleared your path.



The purpose of this rule is obvious: to clear the way so that ambulances, police cars, and fire trucks can get to where they have to go as quickly as possible. Once the emergency vehicle passes, you may not follow within 300 feet.

Move-Over Law

According to CVC 21809, a driver must take certain precautions when approaching one of the following types of vehicles that is stationary on the freeway and flashing their amber warning lights:

- A tow truck
- A Department of Transportation vehicle
- Any type of authorized emergency vehicle, such as a fire truck or police car

When the driver approaches one of these types of vehicles and they are stationary on the freeway with their amber emergency lights flashing, the driver must approach the stationary vehicle with caution before passing the vehicle. When it is safe and reasonable to do so, the driver should change lanes into a lane that is not immediately adjacent to the stationary vehicle.



http://ewingsir.com

The driver should take care to observe traffic conditions and the laws that may prohibit the driver from changing lanes at that time, before making their lane change. If it is not possible to make a lane change at that time, the driver must slow to a safe speed to accommodate the presence of the stationary vehicle. Failure to observe this vehicle code may incur a fine of up to \$50.00.

Drivers passing the above mentioned stationary vehicles might overlook these requirements if the stationary vehicle is not adjacent to the freeway, or if the driver is separated from the stationary vehicle by a protective physical barrier.



Intersections

Driving through intersections is one of the most complex driving situations a motorist will encounter. According to the Federal Highway Administration, intersection collisions account for more than 40% of all reported crashes and 21% or fatalities. As a result, it is important that drivers approach intersections with caution, carefully observing the laws that govern their usage.

The California Drivers Handbook defines an intersection as any place where one line of roadway meets another roadway.

Intersections include cross streets, alleys, freeway entrances, and any other locations where vehicles travelling on different highways or roads join each other. There are two types of intersections, controlled and uncontrolled.

Controlled or Uncontrolled

Intersections come in two different types; controlled or uncontrolled. A controlled intersection is one that is controlled by street signs, such as stop signs and yield signs. They can also be controlled by traffic signals.

An uncontrolled intersection doesn't have signs or signals to assist you in determining who has the right-of-way. You must know the appropriate rules to decide who must yield to whom. We will discuss these rules in this section.

Signal Controlled Intersections

A controlled intersection is one where traffic signs or signals are placed to control the flow of traffic. This allows for the safest crossing at an intersection. At controlled intersections always follow these safety steps:

- Check for any traffic control devices, such as lights or signs, and obey them.
- Look left, then right, and then left again for cars in the cross street before entering the intersection.
- Check for pedestrians and make sure they see you.
- Watch oncoming traffic.
- Watch for vehicles making legal or illegal left or U-turns.
- Watch for a light that may turn yellow.

You have to decide when it is safe to stop on a yellow light. You should make certain that you consistently identify the point at which a safe stop could be made. If a vehicle to your rear is tailgating or is too close, they may likely rear-end your vehicle if you stop for the yellow light. If you determine that it is unsafe to stop and proceed through the intersection on a yellow light, you must also watch for vehicles that have entered into the intersection from other directions.

Uncontrolled Intersections

At an intersection without a "Stop" or "Yield" sign, you must slow down and be prepared to stop. Yield the right-of-way to pedestrians, bicyclists, and/or traffic already in the in the intersection, or who are just entering. If you meet at an intersection with another vehicle or bicyclist at the same time, the vehicle to your right has the right-of-way.

If you are at a "T" intersection without a "Stop" or "Yield" sign, the traffic on the through road has the right-of-way.

If you need to make a legal left turn or a U-turn, yield the right-of- way to approaching traffic that is close enough to be dangerous. Be aware of vulnerable roadway users such as motorcycles, bicyclists, and pedestrians who may be crossing the road, before making your turn.

Blind Intersections

Be careful of blind intersections. Vehicles, trees, bushes, or buildings at intersections can block your view of cars coming from the side.

When you approach an intersection and cannot see traffic on the cross street for at least 100 feet in each direction, during the last 100 feet before entering the intersection, you must slow to 15 mph.



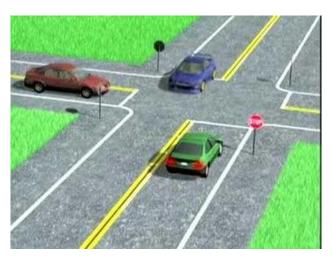
Look for approaching cars on side streets, as well as pedestrians and cross traffic. Check all oncoming traffic by looking left, then right, and then left again. If the road is clear, cross the intersection.

Speed

All intersections must be approached with caution. The speed at which you approach an intersection vary depending on factors such as traffic, the width of the road, pedestrians, bicycles and motorcycles, street markings, or weather conditions. You must not enter or cross an intersection faster than what is considered a reasonable safe speed.

Some intersections are clearly marked with traffic control signs or signals; however many are not. When approaching a green light at any speed, cover your brake pedal, preparing yourself to stop if necessary. Covering the brakes will reduce reaction time by % of a second, and at 30 mph, could reduce your total stopping distance by 32 feet. This practice will greatly reduce the danger of an accident and aide you to respond safely.

Never speed up to cross an intersection when the signal light is yellow. Speeding is against the law and trying to beat a red light is very dangerous. Additionally, do not run a caution light if you can make a safe stop without causing a rear end accident.



Turn Signals

Any signal of intention to turn right or left shall be given continuously during the last 100 feet traveled by the vehicle before turning. At higher speeds and if a following vehicle is traveling too closely, the driver shall increase their signaling distance to an additional five seconds before the turn or lane change.

Signaling allows a driver to communicate with, and let other drivers on the road know what they plan to do. If you plan to turn beyond the intersection, don't signal until you are actually in the intersection or have cleared the intersection. If you signal too early, another driver may think that you will be turning at the intersection and they may pull out into your path.

You must give a signal before you turn, change lanes, or move right or left on the roadway; always consider that whenever and wherever you move, it will affect other traffic. Therefore, whenever you make any change, you must signal.





Signs, Signals and Markings

Traffic Signs and Signals

Traffic signs and signals help control the flow of traffic. They communicate pertinent information that drivers must observe and follow to protect their safety, and the safety of pedestrians, bicyclists, and other roadway users. You may receive a citation if you fail to observe certain signs and signals. Additionally, you may also cause a disruption to the flow of traffic, or worse, a collision.

Traffic Signs

The various colors, shapes, symbols, and written messages on the signs serve to quickly convey information to drivers. By familiarizing yourself with the types of information communicated by the sign, depending on their color or shape, you will be able to quickly identify the action you must take when driving.



Source: www.edxeducation.com

The background color of the signs help to identify the kind of information the sign communications. The most common colors for signs are red, yellow, green, blue, orange, white, and brown.

Color	Sign Type	What Does It Mean?
Red	Regulatory Sign	It means stop, yield, or do not enter.
Yellow	Warning Sign	It means caution, slow down, and prepare to stop.
Orange	Construction Sign	It is reserved for construction areas.
Black	Regulatory Sign	It is used most often for speed limits.
Brown	Information Sign	This sign lists recreational areas.
Blue	Information Sign	This sign displays near-by services.
Green	Guidance Sign	It tells you the distances to destinations.
White	Regulatory Sign	This is a regulatory sign. The color white is used with red or black.

A yield sign alerts drivers that they need to slow down when approaching an intersection, or come to a stop to allow traffic or pedestrians with the right-of-way to pass first. When you approach a yield sign, you must slow so that traffic with the right-of-way does not have to stop to avoid a collision with your vehicle.



Source: www.good-life-yoga.com



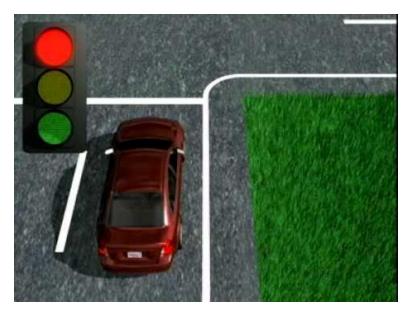
Traffic Signals

Traffic Signals are used to control the flow of the traffic and direct the right-of-way for drivers, pedestrians, and the other roadway users. Traffic Signals are Red, Yellow and Green, and can be solid or an arrow. If the light is solid, the signal directs the forward moving traffic. If the light is an arrow, the signal directs the turning traffic.



Red Light or Red Arrow	Stop until the green light appears
Flashing Red Light	Stop and check for pedestrians and other traffic. You may proceed when you have the right-of-way.
Yellow Light or Yellow Arrow	Slow down! The light is about to change to red.
Flashing Yellow	Slow down, there is a hazard up ahead.
Green Light or Green Arrow	Go. You now have the right-of-way

Video - Signal Intersections



Intersections Without Traffic Signals

If you approach an intersection without an operating traffic signal, you should come to a complete stop before entering the intersection. After coming to a stop, allow right-of-way traffic to proceed, and then cross the intersection with caution when it is safe to do so.

If you are entering an intersection from an alleyway or driveway, stop first and allow right-of-way traffic to proceed first. Once there is an opening in the cross traffic, you may proceed with caution when it is safe to do so.

Pedestrian Signals

Pedestrian signals communicate when it is lawful and safe for pedestrians to cross and intersection. Pedestrians may enter the crosswalk when the signal is flashing a "Walk" sign or symbol of a walking person in white lights. Pedestrians may not enter the crosswalk when the signal is flashing a "Don't Walk" sign or a symbol of a hand in red lights.



Pavement Markings

Pavement markings are used to convey important information to drivers and are made up of various lines or symbols. They help determine which part of the road a driver may use, where lane changes and passing are permitted, and to alert drivers of potentially hazardous conditions on the roadway. Pavement markings can also reinforce safety. For example, centerlines have been shown to cut crash frequency by 20% compared to roads without them.



Some of the most common road markings and their meanings are listed below.

Yellow lines separate traffic flowing in opposite directions.

- Solid yellow lines indicates that passing is prohibited
- Dashed yellow lines indicates that passing is allowed

White lines separate traffic flowing in the same direction.

- Double white lines indicates that lane changes are not allowed
- Dashed white lines indicates that lane changes are allowed

Here are a few other pavement markings and their meanings:

Diamond	Lane is reserved for high occupancy vehicles
Bicycle	Lane is reserved for bicyclists
Arrow	Arrow Required or permitted movements at intersections
Row of solid Triangles	Road user must yield
Letter X with a letter R on each side	Railroad crossing
Series of progressively wider lines	Speed bump ahead
across a lane	
Hollow Triangle	Yield ahead



Speed Laws

Prima Facie Speed Limits

Prima facie is Latin for "at first sight'. In terms of driving, this means the first thing you see is the posted speed limit. Given normal driving conditions the prima facie speed limit means the posted speed limit can be safely followed at its face value. When driving under abnormal conditions, such as poor weather, the prima facie speed limit is less than the posted speed limit.

To explain this idea further, consider this example. On a highway, the prima facie speed limit may be posted at 70 mph. Under normal driving conditions, it is safe to drive at a speed of 70 mph. If however, the highway is covered in dense early morning fog, the prima facie speed limit may be as low as 40 mph. In such a situation, a police officer may give you a ticket for driving at the posted speed limit, if he determines that the speed you are traveling at is too dangerous for the current conditions.



Source: www.templelaw.com

The prima facie speed limit also serves to designate the maximum speed that you may travel at. Considering again the example above, the maximum speed that you may travel on a highway is 70 mph. All speeds above this rate are considered unsafe, no matter what the conditions are.

Basic Speed Law

California's "Basic Speed Law" says that you shall not drive faster than is safe for the road, weather and traffic conditions.

Consequently, no matter what the speed limit sign says, your speed should depend on:

- The speed of other cars on the road (flow); never drive faster than the other cars around you;
- Whether the road surface is smooth, rough, graveled, wet, dry, wide, or narrow;
- Whether any bicyclists or pedestrians are walking on the edge of the roadway;
- Weather conditions, or;
- Hazards or collisions

The basic speed law is designed to minimize traffic collisions and traffic congestion. It is not used to drive faster than the advisory speed limits.



One caution, while it is important that you consider the "flow" of traffic when choosing a safe speed, it is never legal to exceed the speed limit of the road to keep up with other traffic.

Basic Speed Law CVC Section 22350:

No person shall drive a vehicle upon a highway at a speed greater than is reasonable or prudent having due regard for weather, visibility, the traffic on, and the surface and width of, the highway, and in no event at a speed, which endangers the safety of persons

Maximum Speed on a State Highway

The maximum speed permitted on most highways is 65 mph. On some highways, you may drive as fast as 70 mph if there are signs posted. It is important to keep in mind that this speed is based on normal driving conditions. In instances of severe weather or road construction for example, the speed limit will be lower.

Highways Passing Through Residential, and Business Districts

The speed limit is 25 miles per hour on any highway, other than a state highway, that passes through a business or residential district.

An exception to this standard may be applied if a local authority determines the appropriate speed to be otherwise. Additionally, the speed limit is 25 mph on any road that passes through a residential or business district, unless otherwise posted.



Source: www.bikearoundbend.com

Speed Limits on Undivided Highways

Unless otherwise posted, the maximum speed limit is 55 mph on two-lane undivided highways for vehicles of all types and for vehicles towing trailers.

Speed Limits in an Alley

The speed limit while driving through an alley is 15 mph.

Speed Limits at an Uncontrolled Blind Intersection

A blind intersection is one where you cannot see cross traffic for 100 feet in either direction, during the last 100 feet approaching the intersection. Building, trees, parked cars, or pedestrians can block your view of oncoming vehicles approaching from the sides. At a blind intersection, you must slow your vehicle to 15 mph. If, however, the cross streets are controlled by yield or stop signs, you may drive the posted speed limit.

Speed Limited at Uncontrolled Railroad Crossings

The speed limit is 15 mph at railroad crossings, when you cannot see the tracks for 400 feet in either direction, during the last 100 feet approaching the intersection. If gates, warning signals, or a flagman control the railroad crossing, then a speed greater than 15 mph is permitted.



Source: www.en.wikipedia.org

Speed Limits Around Children

The speed limit is 25 mph when you are driving within 500 to 1000 feet of a school and children are present. This speed limit is applicable, regardless of whether or not the school is surrounded by some perimeter, such as a fence or wall. Some school zones have speed limits as low as 15 mph, so it always important to pay attention to the posted speed limit signs.

Speed Limits Around Senior Citizens

You are permitted to drive at a speed of 25 mph around a senior center or facility used primarily by senior citizens. You should take care to note where these facilities are located in your community, as they are not required to post a "SENIOR" warning sign on or near their facility. It would be very easy to accidentally exceed the speed limit near such a facility if you are unaware of their location.



Source: www.cityofhannah.com



Minimum Speed Limits

Not only is it illegal to exceed the speed limit, but it is also against the law to drive too slowly. You may not drive so slowly, that is slows down or blocks the normal flow of traffic. Also, you may not slow to a stop on a highway and block the flow of traffic, unless it is necessary as a safety precaution.

Additionally, the Department of Transportation has the right to establish a minimum speed limit on highways when they determine that slow speeds are blocking the normal flow of traffic. Again, if it is necessary as a safety precaution and signs are posted, you may drive slower than the minimum speed limit.



Total Stopping Distance

There are three things that add up to total stopping distance:

Perception Distance + Reaction Distance + Braking Distance = Total Stopping Distance



Source: www.itre.cis.upenn.edu

Perception Distance

This is the distance your vehicle moves from the time your eyes see a hazard, until your brain comprehends it. The perception time for an alert driver 1s about 3/4 second. At 55 mph you travel 62 feet in \(\frac{3}{2} \) second.

Reaction Distance

This is the distance traveled from the time your brain tells your foot to move from the accelerator, until your foot is actually pushing the brake pedal. The average driver has a reaction time of 3/4 second. This accounts for an additional 62 feet traveled at 55 mph.

Braking Distance

The distance it takes to stop once the brakes are put on is the braking distance. At 55 mph on dry pavement with good brakes, it can take a vehicle about 145 feet to stop. If your vehicles brakes are worn or the pavement is slippery due to rain, snow, or sand, then the distances will substantially increase.

Changing Lanes and Passing

Although it is a necessary part of driving, Changing lanes and passing can be very dangerous if it is not attempted correctly. A good tool for completing a safe lane change or pass while driving is the S.M.O.G. model. S.M.O.G. stands for signal, mirror, over the shoulder, and go.



Source: www.scholesmarketing.com

Signal

Turn on your signal to let the drivers around know what your intentions are. Keep in mind that you must signal your intention to turn right or left continuously during the last 100 feet traveled by your vehicle before turning.

Mirror

Use your rear and side view mirrors to determine where other cars are positioned around you.

Over the Shoulder

Look over your shoulder that corresponds with the direction that you want to move in. For example, if you are planning to move over into the lane to the left of you, you should look over your left shoulder. Always do this to check for blind spots, or vehicles that may be next to you that you cannot see in your side view mirror.

Go

Once you have completed the steps listed above, and have determined that it is safe to do so, complete your pass by moving over into the lane next to you.

Passing a vehicle can be done safely if drivers correctly judge every one of the following factors before passing:

- The speed of the car you are about to pass.
- Your own vehicle's speed.
- The distance both cars will travel before your car can pull safely back into the lane.
- The assured clear distance ahead.
- The speed and distance of any oncoming car.
- The space available to move back in the lane in front of the passed vehicle.
- The existence of any additional hazards.
- Use of your turn signal to warn the other drivers on the road of your intentions.



When Passing is authorized

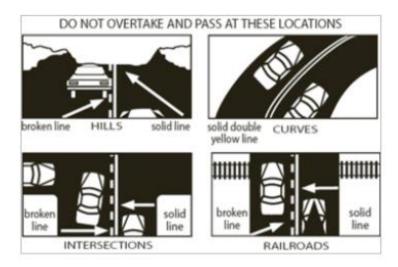
You may pass on any open road if the movement can be made safely, and if the road is clearly marked for two or more lanes of vehicles moving in the same direction of travel. The road may be marked with dashed or solid white lines that separated traffic moving in the same direction. Another clear indication that you may pass if the road is marked with both a dashed yellow line and a solid yellow line, and the dashed line is closest to the side of the road that you are traveling on.

Passing to the right is only permitted under the following circumstances:

- When the vehicle being passed is making or about to make a left turn.
- On any highway with enough width, that is clearly marked for two or more lanes of traffic moving in the same direction.
- On a one-way street
- On a highway divided into two roadways, where only one direction of traffic is permitted on each of the roadways.

When Passing is prohibited

There are certain condition under which passing is prohibited and should not be attempted. You are not allowed to pass if two solid yellow lines mark the road. Additionally, never attempt to pass another vehicle when approaching the crest of a hill and you cannot clearly see the oncoming traffic from the other side of the hill. You are not permitted to pass when approaching a blind curve, where your view of the oncoming traffic is obstructed. Lastly, you may not pass if you are within 100 feet of an intersection or railroad crossing, or if any object within 100 feet blocks your view.



Source: www.123driving.com

When Being Passed

Be courteous and don't speed up when being passed. Stay to the right and allow the other driver to pass you safely.

Conclusion

As a general rule, if it is not safe, you should not pass another vehicle. If you are going to pass another vehicle and it is allowed by lane markings, there are three things you should ask yourself:

- Is the vehicle I am going to pass driving slow enough? You may think that you would be allowed to exceed the speed limit when passing another vehicle, but this is far from the truth. Under no circumstances are you allowed to exceed the speed limit.
- Am I going far enough up the road? If you are going to be making a left turn a half-mile up the road, there is no sense in passing. By the time you passed the vehicle and returned to your lane, you would have to stop to make the left turn and risk being struck from behind by the vehicle you just passed.
- Is there enough clear space to pass? Keep in mind that at highway speeds of 50-55 mph, you need a 10-12 second gap in oncoming traffic to pass safely. At 55 mph, you will travel over 800 feet in 10-12 seconds; so will an oncoming vehicle. That means you need over 1,600 feet (or about one-third of a mile) to pass safely. It is harder to see and judge the speed of oncoming vehicles that are traveling one-third of a mile or more away from you.

If you are going to pass another vehicle, the entire maneuver must be completed before reaching a no passing zone. In other words, if you are going to pass and there is a no passing zone in 1000 feet, at 55 miles per hour, you would not have enough distance to pass the other vehicle before reaching the no passing zone. Remember that it takes over 1,600 feet to complete the pass at that speed.





Source: www.wehearbt.com

Turns

They say the quickest way to get from point "a" to point "b" is to travel in a straight line. However, that is not always possible when you are driving. It is estimated that just in a short trip from your home to the

grocery store, you may make as many as eight turns in your vehicle. It is important, therefore, to familiarize yourself with the rules that govern the appropriate action when making a turn.



The different types of turns we will cover are:

- Left Turns
- Right Turns
- U-Turns
- Roundabouts
- Simultaneous Turns
- Wide Turns

Left Turns

Turning left is more dangerous than turning right. To make a left turn, you need to cross over oncoming traffic lane(s), which may increase your risk of a collision. You must look both ways before entering the intersection, even though the traffic light is indicating it is your tum to proceed.

To make a left turn, begin signaling about 100 feet before the turn. Look over your left shoulder and reduce your speed. Stop behind the limit line if there is one. Drive close to the center divider line or into the left turn lane. Do not turn too soon and "cut the corner" of the lane belonging to the vehicles coming towards you. Look left, then right then left again and make the turn when it is safe.

While waiting to turn left, keep your wheels pointed straight ahead until it is safe to start your tum. If your wheels are pointed to the left and a vehicle hits you from behind, you could be pushed into oncoming traffic.



Source: www.engr.wics.edu

Signal and stop for a red traffic light at the marked limit line. If there is no limit line, stop before entering the crosswalk. If there is no crosswalk, stop before entering the intersection. When the signal turns green, look both ways to make sure the intersection is clear, and then proceed to complete your turn when it is safe.

A left turn against a red light can only be made from a one-way street onto a one-way street. Also, you may turn left into a left- moving, one-way street if there is no sign to prohibit the turn. Always yield to pedestrians, bicyclists, or other vehicles.

Center Left Turn Lanes

A center left turn lane is located in the middle of a two-way street and is marked on both sides by two painted lines. The inner line is broken and the outer line is solid. If a street has a center left turn lane, you must use it to prepare for or make a left turn, or permitted U-turn.

You may only drive for 200 feet in the center left turn lane. This lane is not a regular traffic lane or a passing lane. To turn left from this lane, signal, look over your shoulder, and drive completely inside the center left turn lane. Pull completely into the center left turn lane and do not block traffic. Make sure the lane is clear in both directions and then make your turn. Since the center left turn lane is shared with oncoming traffic, be aware of vehicles coming toward you who are also trying to make their turn.

Left Turn on a Highway

When a driver is making a left turn on a highway that has three lanes of traffic moving in one direction, and the highway ends where another highway intersects, the driver of the vehicle in the middle lane may turn left into any lane that is lawfully available to them that is moving in their direction.

Right Turns

To make a right turn, begin signaling about 100 feet before the turn. Drive close to the right edge of the road. If there is a bike lane, drive into the bike lane, but not more than 200 feet before the turn. Watch for bicyclists or motorcyclists who may get between your vehicle and the curb. Check your mirrors, look over your right shoulder, and reduce your speed. Stop behind the limit line and look both ways, turning when it is safe to do so. Do not turn wide into another lane, completing your turn in the right lane.

Right Turn on a Highway

When a driver is making a right turn on a highway that has three lanes of traffic moving in one direction, and the highway ends where another highway intersects, the driver of the vehicle in the middle lane may turn right into any lane that is lawfully available to them that is moving in their direction.

Additionally, if the driver is approaching an intersection from a one-way highway, the driver may turn right into any lane that is lawfully available to them that is moving in their direction. The driver is also able to use any lawfully available lanes to complete a right turn if there is more than one lane marked for a right turn.

Right on Red

Is it legal to make a right turn at red light, as long as there is not a sign stating otherwise. To complete your turn, signal and stop for a red traffic light at the marked limit line. If there is no limit line, stop before entering the crosswalk. If there is no crosswalk, stop before entering the intersection. Yield to pedestrians, motorcyclists, bicyclists, or other vehicles moving on their green light. Once it is safe to proceed, you may make the turn.



Source: www.mta.gov.on.ca

If you are at a stop light with a red right arrow or a sign that says "No Right on Red," you may not complete your turn until the light turns green.

More Turns

U-Turns

A U-turn is when you redirect your vehicle in the street to go back in the direction in which you came. Uturns must be made from the far left lane or center left turn lane. You can make U-turns across double yellow lines when it is safe and legal. If you need to make a U-turn in a residential neighborhood, make sure there are no vehicles approaching within 200 feet, unless there is a sign or signal that protects you from oncoming traffic. You may make a U- turn at a green light or green arrow, unless there is a sign that prohibits it. When driving on a divided highway, you can make a U-turn if you come to an opening in the center divider.



Illegal U-Turns

U-turns are not allowed:

- At or on a railroad crossing
- On a divided highway without an opening (i.e. crossing over land or curbs)
- Double yellow lines
- When you cannot see clearly for 200 feet in each direction (i.e. hill, curves)
- When a "No U-Tum"" sign is posted
- On a one-way street
- In front of a fire station
- In business districts (areas with churches, apartment complexes, etc.)
- Anywhere that is not safe



Roundabouts

Intersections that travel around a central point are called roundabouts. Traffic moves in a counterclockwise direction and doesn't stop. Slow down as you approach the intersection and be sure to yield to any pedestrians or bicyclists who maybe crossing your path. You must enter the roundabout only when a large enough gap allows for you to safely merge with the other drivers. Signal before exiting the roundabout. If you miss your exit, circle around and try again.



Source: www.cscos.com

Simultaneous Turns

A simultaneous turn is when two vehicles approaching an intersection in opposing directions can, if it is safe to do so, simultaneously turn left. In order to safely clear the turn, both vehicles should start their turns at about 4 feet from the center of the intersection. Simultaneous turns can include two or more lanes turning in the same direction at the same time. For example, two right turning lanes or two left turning lanes on a green arrow, where two lanes of traffic are moving in the same direction at the same time.

Wide Turns

Big trucks need more room to turn corners, so that their rear wheels won't ride over the curb or hit parked vehicles. You should always take caution when you see a large truck on the road, watching for their signals. If the truck signals a turn, stay back, especially if the truck is turning right. Sometimes it is required for a large truck to turn from either the right through or left through lanes in order to make a safe turn. Never get in between a large truck and the curb or center divider. This is how many cars get stuck under a large truck.

Watch for blind spots. Although trucks are equipped with up to eight mirrors, it's still easy for a car to find themselves in the truck's blind spot. When following a truck you should keep safely behind them, avoiding their blind spots. If you can't see the truck's mirrors, the truck driver can't see you. You must use the same precaution with large recreational vehicles (RV's). Most RV drivers are inexperienced in handling such a large vehicle; therefore they may make wide tums without being aware of the space needed to complete the turn safely.

Judging Time to Make a Maneuver

Make your turns only when you have clearly determined it is safe to do so. On divided highways, or highways with several lanes, look for vehicles that are approaching in all lanes you must cross.

Choosing a Traffic Gap to Cross Traffic

When preparing to cross an intersection, you must look for a traffic gap, or space large enough for you to safety enter or cross in the intersection. To do so, you must first make sure that your view of the intersection is not obstructed. Look both ways, first to the left, since cars coming from the left are closer to you. Look to the right, and then take one more look to the left before you pull out, just in case there is someone you didn't see the first time.

Ending Turns

It is important to make sure you are ending in the correct lane when making a turn. For example, when a vehicle is preparing to make a left turn in the far left lane, they will need to end in the far left lane when their turn is complete. Below are some scenarios for completing a turn, showing the lane your turn should end in.

If you are turning left, and the car in the oncoming lane is also turning left, you must turn left before the center of the intersection.



Source: www.apps.dmv.ca.gov

If you are turning left from a one-way road, onto a two-way road, keep in mind that a one-way road may have one, two, or more lanes. You must be in the left lane before making your left turn. In this situation, you may turn into any of the lanes that are open.

When making a left turn from a one-way road into a one-way road, you should approach then turn in the left lane. Keep an eye out for others, such as pedestrians and bicyclists that may also be using the roadway. Complete your turn be entering the lane that is safely open in the road you are turning onto.

In situations where you may be turning into your office building that is in the middle of the block, for example, you may be required to turn left between intersections. In such cases, you are allowed to cross the lines to make the turn.

You should approach the turn as close to the centerline of the road as possible when turning left from a two-lane road to a four-lane highway. You should make the turn before reaching the center of the intersection, in any lane of the cross street when it is safe to do so.

1.16 Pedestrians

A pedestrian is someone on foot or who uses a means of travel such as roller skates, skateboard or wheel chair. In this lesson, let us examine the role of pedestrians as it relates to motor vehicle drivers. More specifically, we will look at the rules that pedestrians must obey.

Right-of-Way at Crosswalks

At a crosswalk, the driver of a vehicle must yield to a pedestrian crossing the roadway. This rule applies when the pedestrian is crossing in a marked or unmarked crosswalk. The pedestrian however, is responsible for his or her own safety. It is not lawful for a pedestrian to suddenly enter into the roadway in such a manner that it would cause a traffic delay or hazard. (CVC 21950)



Source: www.mlive.com

Crossing Between Controlled Intersections

Pedestrians are not allowed to enter the roadway at any place except in a crosswalk, when crossing between adjacent intersections controlled by a traffic signal or by police officers. (CVC 21955)

Pedestrians on the Roadway

Pedestrians are required to walk on certain sides of the roadway when there is no sidewalk present. Pedestrians may only walk close to his or her left-hand edge of the roadway when walking on a roadway outside of a business or residence district.

Additionally, pedestrians may only walk close to his or her right- hand side of the roadway if a crosswalk or other means of safely crossing is not available. They may also cross on the right-hand side if other conditions would compromise their safety in attempting to cross the road. (CVC 21956)

Blind Pedestrians

A totally or partially blind pedestrian who is carrying a white cane with a red tip or using a guide dog has the right-of-way. It is a misdemeanor to fail to yield the right-of-way, or to take reasonably necessary precautions to avoid injury to a blind pedestrian. The driver will be punishable by imprisonment in the county jail up to six month, or by a fine of at least \$500, but not more than \$1000. (CVC 21963)



Conclusion

You have now completed the materials for session one. We hope that the information you have just reviewed will help you not only instruct your students in the way of safe driving, but also refresh your own skills as a driver. Driving is a dangerous task and it is important that you always be prepared for any situation that may arise behind the wheel.



Onenationdriving.com **510-780-6328**; **209-663-9977**

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