

Accompanying Rider's GUIDE

PASSENGER VEHICLE



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1

TO BECOME AN accompanying rider



Being an accompanying rider is an important role to play, one that demands time and energy. Take the time to read the guide; it will help you carry out your task. In the guide, you will find:

- advice on how to carry out your role as an accompanying rider;
- practical exercises and points to watch for during the various manoeuvres.

The accompanying rider guides and helps the learner during practice sessions over eight or twelve months, depending on the learner's decision about taking a course in a driving school recognized by CAA-Québec or the Ligue de sécurité du Québec (Québec Safety League) de l'Association québécoise du transport et des routes.

■ Requirements

An accompanying rider must;

- have held a valid **class 5 driver's licence** (passenger vehicle) for at least two years;
- have mastered driving techniques and be able to explain them to the learner.

The holder of a probationary licence is not allowed to act as accompanying rider.

In addition, the years during which a person holds a probationary licence cannot be counted as part of the two years of necessary experience.

■ Role of accompanying rider

An accompanying rider is called upon to serve as a trainer. You must:

- teach driving techniques that respect traffic rules;
- have the learner practice the techniques on the road;
- help the learner adopt safe driving behaviour.

The accompanying rider must be seated next to the learner so as to be in a position to give assistance and advice to the learner, and to encourage good driving habits.

With good accompaniment, a learner will not merely develop techniques to handle a passenger vehicle properly. These are important, but no less critical is a responsible attitude toward driving and other road users. The accompanying rider must provide the learner with the necessary information for evaluating accident risk and making decisions. Driving calls for a good judgment and anticipation of real or possible danger.



SET AN EXAMPLE

Drive safely

The way you drive is just as important as your advice.

Show the learner that road safety is not just theoretical, but that it matters to you.



You must discuss road safety with the learner, in particular speeding, impaired driving and road courtesy behind the wheel.

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HOW TO carry out the role OF ACCOMPANYING RIDER



Learners must put these principles into practice:

- Know and observe traffic rules.
- Apply safe driving techniques.
- Signal intentions.
- Adapt to the road and weather conditions.

■ Show a positive attitude

Stay calm. If the learner makes a few mistakes, do not panic! Explain the situation calmly. The learner needs to understand the mistake so as not to repeat it. If the errors are serious, ask the learner to park in a safe spot and take over the steering wheel.

Maintain a dialogue. Ask the learner his or her opinion on how to drive safely. In particular, talk about road signs and traffic signals, sharing the roadway, and on safety questions such as driving and the use of alcohol or drugs, speeding, fatigue, etc.

Respect the learner's rhythm and trust him or her. Allow your learner sufficient time to complete each exercise. A hurried driver can be a dangerous driver. Don't give learners too many instructions. They have to learn to make their own decisions.



REFRESH YOUR KNOWLEDGE

To prepare yourself and get a detailed description of driving techniques, traffic rules, road signs and traffic signals, read *Driving a Passenger Vehicle* and the *Driver's Handbook*, available in Publications du Québec outlets and most bookstores.



■ Proceed by stages

To fully benefit, learners should be brought into situations gradually and as they are ready for them:

- Give learners more instructions at the beginning of the training period and decrease as time goes on, so that they become self-sufficient more quickly.
- Begin practice with basic driving manoeuvres in an area where there is light, slow-moving traffic.
- For the first few training exercises, drive during the day and don't go over 45 minutes.
- Do practical exercises regularly, to be sure that the learner maintains those skills and continues to make progress.
- Ensure your learner is watchful for pedestrians on the roadway from the very beginning.

- Go over the safety rules that apply when in the proximity of **different types of vehicles**: passenger vehicles, bicycles, motorcycles, school buses, public transit vehicles, light and heavy trucks.

Once basic manoeuvres have been mastered and the learner has gained confidence, he or she can be taken into heavier traffic with more challenging conditions. For example, drive:

- at times of the day when there is more traffic;
- on a main road or boulevard;
- on an expressway;
- under different conditions, such as when it is sunny, at night, or when it is raining or snowing.

Remind the learner to slow down when:

- there are pedestrians;
- visibility is reduced;
- the roadway is wet, snow-covered or icy.



3

SUGGESTIONS FOR **training** EXERCICES



It's quite normal to be somewhat nervous about beginning practical exercises with a learner who has had very little if any experience behind the wheel. Nevertheless, you should convey a sense of trust, essential to the learner's success.

■ Familiarization exercise

Before starting road exercises, learners should be familiar with the vehicle and its safety features. They should be able to use accessories and features without searching for them and locate them easily when driving.

■ Before going on the road

Learners must adopt the proper position and good driving habits before going on the road. Make sure that the learner checks that:

- the vehicle is free of danger and all features work properly;
- objects in the vehicle are hung securely and will not shift, that there is nothing hindering his or her line of sight;
- the seat, headrests and mirrors are adjusted for his or her size,
- he or she is buckled up.



YOU SHOULD ALSO:

- decide which exercises to do;
- choose the best route for practicing those exercises;
- describe the manoeuvre to be done, telling your learner which points require particular attention.

■ Don't forget to make sure

- you are carrying your driver's licence.
- the learner is carrying his or her licence.
- the learner's licence is valid.

To find out if a licence is valid, don't hesitate to call **1 900 565-1212**. There is a charge. This could save you from having the vehicle seized and impounded.

Please note that the learner must also comply with the zero alcohol rule.

■ During the road exercises

- Give instructions well in advance in order to avoid abrupt manoeuvres that could be dangerous;
- Guide the learner through each step of the manoeuvre;
- Stay alert and ready to intervene in case of a difficulty;
- Stop the exercise as soon as you or the learner become nervous, tired or irritable.

Ask the learner to park the vehicle in a safe location if you want to open up a discussion or give explanations.

■ At the end of the exercise

- In general, encourage the learner after a practice session by underlining the progress you have observed.
- Go over strong and weak points in driving techniques and behaviour.
- Decide when the next practice session will be.

Remember that at the end of the training period, your learner must:

- master the skills necessary to control the vehicle in different situations;
- have learned good driving habits;
- exercise safe driving behaviour.



As in arts and sports, learning takes place through practice.

You should schedule as much practice time as possible to help your learner succeed.

Don't hesitate to have the learner drive under different road and weather conditions.



Below are a series of practical exercises to help the learner acquire good driving habits.

The exercises are arranged progressively, from the easiest to the most difficult. Wait until the learner has mastered an exercise before going on to the next one.

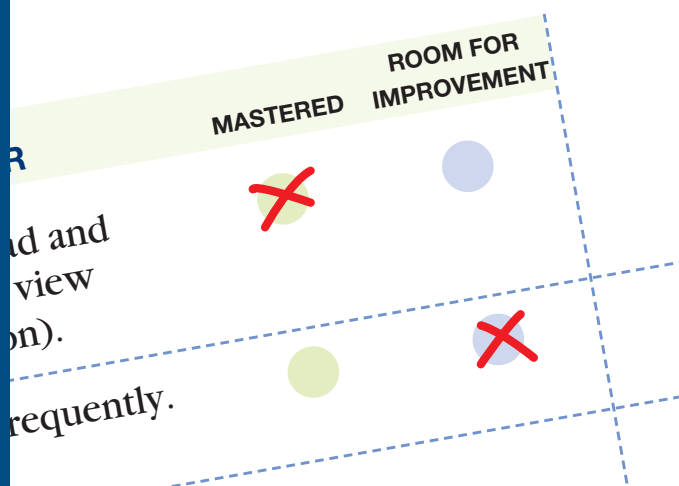
The exercises are presented as checklists and include:

- the desired goal;
- a series of points to watch for that you should discuss with the learner;
- a section to help you evaluate the learner's progress at each step.

Don't hesitate to use the checklists. They will help you evaluate the new driver's progress in terms of which manoeuvres the learner has mastered and which need more work. Use the "Mastered" or "Room for improvement" columns for the manoeuvres the learner performs. Record your observations for the points which need more work.

For safety's sake, do the evaluation **after the practical exercises**. Don't write your comments while the learner is driving.

We suggest that you do the evaluation every month. It is important to give learners time to improve between the evaluations.



■ The importance of vision

Drivers gather a lot of important information through sight.

In the course of training, the accompanying rider should insist that the learner **learn how to look** by practising visual exploration. Have the learner practice the following visual techniques:

1

OBSERVE

- Scan the roadway, looking far ahead and above.
- Keep the field of vision wide.
- Keep the eyes moving.
- Check blind spots.
- Make sure of being seen by other road users.
- Keep a margin of safety.
- Make sure to have a way out.

2

EVALUATE

- Identify possible problems.
- Anticipate the risks of collision.
- Choose the appropriate manoeuvre, meaning the safe one (slow down, stop, change direction, sound horn).

3

ACT

- Perform the appropriate manoeuvre.

■ Exercise to develop visual exploration

To teach the learner to see what is happening on the road, use this tracking exercise. At the same time, you can check if he or she knows the traffic rules, such as road signs, road markings and traffic signals.



- Ask the learner to name the road signs.
- Teach him/her to look as far ahead as possible.
- Correct and complete the answers, if necessary.
- Question the learner to ensure that he or she knows which driving manoeuvres are appropriate to each sign.
- Ask the learner to indicate situations which could present risks.



CHECK BLIND SPOTS TO GET A FULL FIELD A VISION BEFORE:

























- pulling out into traffic;
- pulling over;
- changing lanes;
- turning at an intersection;
- reversing;
- pulling out of a parking space.

■ Driving in a straight line

Learners need to develop their ability to drive in a straight line. They must also learn to keep the vehicle in the middle of a lane, without straying over into another lane or onto the shoulder.

Have your learner perform certain vehicle handling **exercises**, such as starts and stops at slow speed.

Then repeat the exercise at a higher speed.

POINTS TO WATCH FOR	ROOM FOR IMPROVEMENT		COMMENTS
	MASTERED		
Scan the road far ahead and to each side (to get a view of the overall situation).			
Check the mirrors frequently.			
Use a proper handling, that is:			
• grasp the steering wheel properly.			
• keep the vehicle in the middle of the lane.			
• correct vehicle direction as needed.			
Increase or reduce speed gradually.			
Adjust the vehicle's speed to different situations:			
• traffic density;			
• presence of other road users;			
• visibility;			
• road conditions;			
• curves, hills.			
Maintain attention while performing basic manoeuvres.			

■ Stopping

The learner must respect mandatory stops as required under the Highway Safety Code.

POINTS TO WATCH FOR	MASTERED	ROOM FOR IMPROVEMENT	COMMENTS
Obey road signs and traffic lights such as:			
• stop signs;	●	●	
• mandatory stops at intersections;	●	●	
• pedestrian crossings;	●	●	
• stop lines.	●	●	
Check traffic in front and behind before stopping.	●	●	
Reduce speed gradually.	●	●	
Come to a full stop at stop signs.	●	●	
Obey stop lines and pedestrian crossings.	●	●	
Do visual checks before proceeding.	●	●	
Respect the right of way.	●	●	



STOPPING AT AN INTERSECTION OR A RED LIGHT















- Come to a full stop.
- Obey the stop line and pedestrian crossing.

■ Turning

The learner must be in control of the vehicle when turning.

Start with the easiest types of turns and increase the level of difficulty:

- turning right in a single lane;
- turning left in a single lane;
- turning right in multiple lanes;
- turning left in multiple lanes
- turning right on a red light.

POINTS TO WATCH FOR	MASTERED	ROOM FOR IMPROVEMENT	COMMENTS
Switch on the turn signals at the right time, that is, neither too soon nor too late.			
Do the following checks;			
<ul style="list-style-type: none"> • Look far ahead, behind and on each side to get an overall view of the situation. 			
<ul style="list-style-type: none"> • Look several times. 			
<ul style="list-style-type: none"> • Check blind spots. 			
Slow down, adjust speed and get into the proper lane for turning.			
Look left and right, and check blind spots.			
Accelerate to resume speed, turn and get into the appropriate lane.			



Turning right on a red light

BE ESPECIALLY CAREFUL

Right turns on a red light are only allowed:

- at the authorized times, that is, outside the hours indicated on the sign;
- if the way is clear.

Before turning right on a red light, drivers must come to a full stop.

Be very vigilant:

- Respect pedestrians' right of way.
- Be even more careful if there are children, senior citizens, handicapped people or anyone who is crossing slowly.

Turning right on a red light is not required. Respect drivers who choose not to make the turn. Do not sound the horn to make them turn.

There are three steps to turning right on a red light. Watch to make sure that the learner follows the steps below:

• **Stop**

A full stop is mandatory.

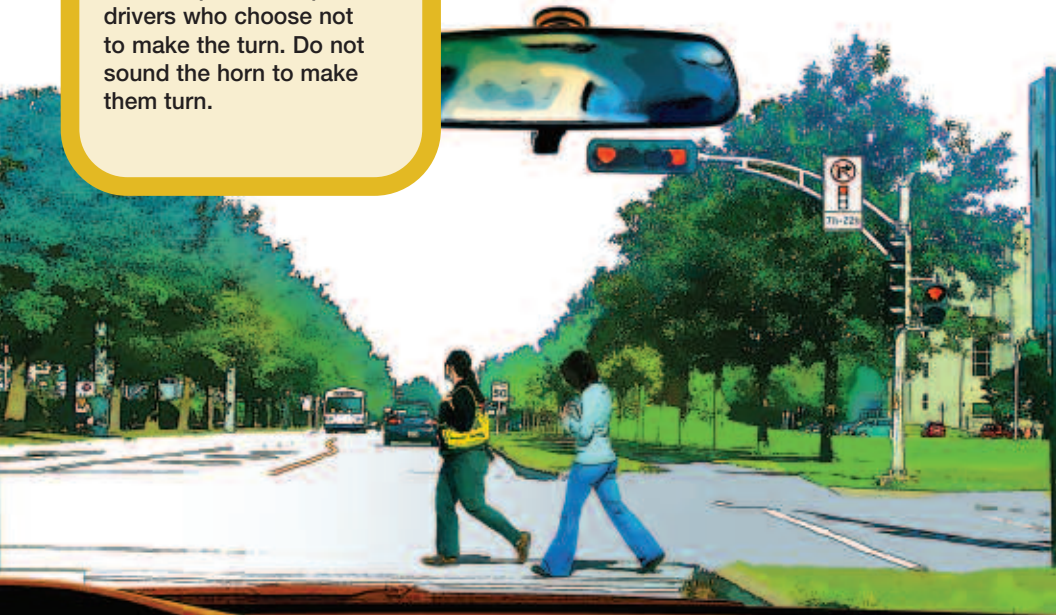
- The car must stop moving before the stop line or pedestrian crossing. Do not block a crosswalk.

• **Look**

- Check to make sure that right turns are permitted at a given intersection.
- Yield the right of way to pedestrians on the road and road vehicles, or cyclists who are about to or are crossing the intersection.
- Use the turn signal.
- Double-check. Look left, ahead, right, blind spots on the right and look once more to the left.

• **Decide**

- Turn only if the way is clear.



■ Backing up and parking

The learner must be able to reverse the vehicle in different trajectories:

- in a straight line;
- turning right;
- turning left.

Note that drivers can legally unbuckle their seatbelts in order to back up.

Begin with exercises to practice **backing up in a straight line in an area other than a roadway** in order to facilitate steering and speed control.

Then, have the learner park the car in forward gear and in reverse gear in various types of parking spaces: 45°, 90° and parallel.



Parking manoeuvres are difficult for beginners. Do the first exercises in a place with little traffic.







POINTS TO WATCH



	MASTERED	ROOM FOR IMPROVEMENT
--	----------	----------------------



COMMENTS



Use the signal lights to indicate the direction of the turn.			
--	---	---	--



Make sure that the way is clear by scanning the field of vision ahead, on both sides and behind the vehicle.			
--	---	---	--



Turn the head and upper trunk in the direction of the manoeuvre.			
--	---	---	--

Check the vehicle's speed throughout the manoeuvre.			
---	---	---	--

As needed, turn the steering wheel in the desired direction.			
--	---	---	--

Look through the rear window while reversing.			
---	---	---	--

Give frequent, quick glances to the rear, to the front and to the sides throughout the manoeuvre, to make sure the way is still clear.			
--	---	---	--

Make sure that the car is parked so that it does not hinder traffic.			
--	--	--	--



IT IS IMPORTANT TO PRACTICE PARKING A VEHICLE IN REVERSE GEAR.

Spend time on exercises to practice backing up so that the learner is comfortable with this manoeuvre.

Make sure that the learner

- looks through the rear window while steering the vehicle;
- gives frequent, quick glances to the front and the sides throughout the manoeuvre.

■ Changing lanes and passing

Changing lanes and passing are situations representing some degree of risk for all drivers. The manoeuvres require practice to be carried out safely.

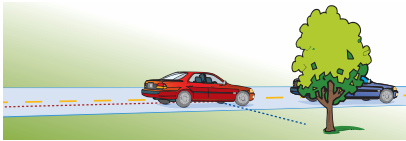
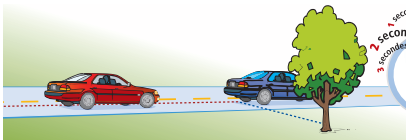
Ensure that the learner knows how to control the vehicle and that he or she has mastered basic techniques

before attempting to pass or change lanes.

The learner must be able to judge the speed of other vehicles and maintain a safe distance from them. He or she should also be able to estimate the braking distance for vehicles of different sizes (for example, cars, motorcycles and heavy vehicles).



TO MAINTAIN A SAFE DISTANCE BETWEEN TWO VEHICLES



Use the two-second rule.

- As a reference point, choose a stationary object by the side of the road a short distance ahead of the vehicle in front.
- When the vehicle in front passes the reference point, start counting the seconds (“one thousand one, one thousand two”) before your vehicle passes the reference point.
- There is a safe distance between your vehicle and the one in front if two seconds elapse before your vehicle passes the reference point (i.e. one has finished saying, “one thousand and one, one thousand and two”).
- If not, your vehicle must slow down in order to increase the distance between the two vehicles.

If road or weather conditions are difficult, the distance should be increased to as much as an eight-second interval.

POINTS TO WATCH

MASTERED ROOM FOR IMPROVEMENT

COMMENTS

Obey road signs, pavement markings and speed limits.



Signal intentions before making lane changes or passing.



Check the mirrors and blind spots.



Properly judge the distance and speed of other vehicles.



Adjust speed, move the vehicle smoothly into the other lane and obey the speed limit.

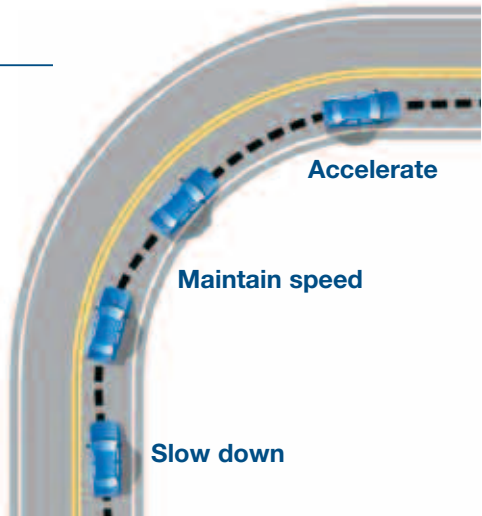












Switch off the turn signal once the lane change is complete.



Curves

The learner must learn to negotiate a curve and keep the vehicle in the middle of the lane.



POINTS TO WATCH	ROOM FOR IMPROVEMENT		COMMENTS
	MASTERCED		
Look far ahead before entering a curve.			
Slow down so as to be able to adjust vehicle speed, if necessary.			
Keep a constant speed in the curve to ensure vehicle stability.			
Stay in the same lane, without straying over into another or onto the shoulder.			
Increase speed if necessary once out of the curve.			

■ **Expressway entrance ramps and exit ramps**

The learner must be comfortable entering, driving on and exiting expressways. Carry out this exercise only when the learner has mastered changing lanes and passing on secondary roads or boulevards.



DRIVING ON AN EXPRESSWAY

Learners need to make frequent visual checks at every stage, whether entering, driving on or exiting expressways, or near interchanges.

Make sure that the learner checks:

- in front of the vehicle;
- in the rearview mirrors;
- blind spots.

Ensure that the learner makes only one lane change at a time.

POINTS TO WATCH

MASTERED ROOM FOR IMPROVEMENT

COMMENTS

Entering an expressway:

- Evaluate the speed at which vehicles are moving on the expressway when the learner is in the acceleration lane and adjust speed accordingly.



- Use the turn signal.



- Find a space to pull into the flow of traffic on the expressway.



- Adjust speed to that of the other vehicles and pull into traffic after the solid line.



- Switch off the turn signal.



Exiting an expressway:

- Get into the proper lane to exit in advance.



- Switch on the turn signals.



- Enter the deceleration lane and brake gradually.



- Look for the maximum speed limit sign and adjust speed accordingly.



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Driving BEHAVIOUR



At the end of the training period, the learner should have mastered not only driving techniques, but also have adopted safe driving behaviour.

Evaluate the learner's driving conduct on a periodic basis, and discuss the following points:

■ Sharing the road











POINTS TO WATCH	ROOM FOR IMPROVEMENT		COMMENTS
	MASTERED		
Obey traffic rules and right of way.	<input checked="" type="radio"/>	<input type="radio"/>	
Respect other drivers, pedestrians, cyclists and other road users.	<input checked="" type="radio"/>	<input type="radio"/>	
Yield the right of way.	<input checked="" type="radio"/>	<input type="radio"/>	
Be courteous at the wheel.	<input checked="" type="radio"/>	<input type="radio"/>	













TO COMPLETE THE TRAINING PERIOD

Tell the learner to evaluate his or her driving knowledge by using the online test on our Web site, at: www.saaq.gouv.qc.ca.

■ Foreseeing and anticipating

POINTS TO WATCH	MASTERED	ROOM FOR IMPROVEMENT	COMMENTS
Make a thorough visual exploration, Observe - Evaluate - Act.			
Signal your intentions.			
Maintain a safe distance from other vehicles.			
Choose the appropriate speed.			
Reduce speed at night and maintain a greater distance from other vehicles.			

■ Risk situations

POINTS TO WATCH	MASTERED	ROOM FOR IMPROVEMENT	COMMENTS
Anticipate the risks associated with traffic.			
Slow down in school zones.			
Adapt to weather conditions (bright sunlight, rain, snow or reduced visibility).			
Maintain your trajectory in cross winds:			
<ul style="list-style-type: none"> based on the state and angle of the roadway; 			
<ul style="list-style-type: none"> in the backdraft from a heavy vehicle. 			

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AT THE **end** OF THE TRAINING PERIOD

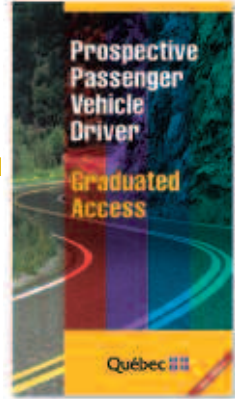


When the learner has mastered all of the driving manoeuvres and adopted safe driving conduct, he or she can make an appointment at one of our service outlets to take the mandatory road test to obtain a driver's licence.



REMINDER FOR THE ROAD TEST AT A SERVICE OUTLET

Consult *Prospective Passenger Vehicle Driver* so that the learner respects all of the requirements when taking the road test.



Also, don't forget to complete the form *Consent of a Person Having Parental Authority* if the learner is under 18.

The form is inserted in the above guide. The guide is also available on our Web site at: www.saaq.gouv.qc.ca.

TO CONTACT US



INTERNET

www.saaq.gouv.qc.ca



TELEPHONE

- Québec (city and vicinity): 418 643-7620
- Montréal: 514 873-7620
- From elsewhere in Québec, Canada, USA, toll free: 1 800 361-7620



TDD/TTY

Hearing-impaired

- Montréal: 514 954-7763
- From elsewhere in Québec, toll free: 1 800 565-7763



BY MAIL

Société de l'assurance automobile
du Québec
C.P. 19600
Québec (Québec) G1K 8J6



IN PERSON

At one of our service outlets.
Phone us before leaving; in most cases,
we can get the information to you
to save a trip.

Version française disponible sur demande.