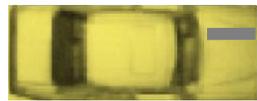


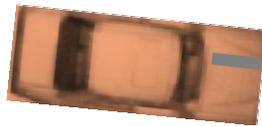
In-Car Activity

On Target!

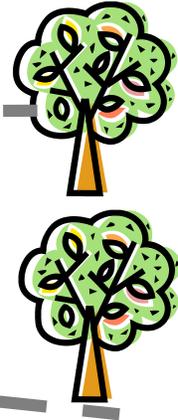
A target is a fixed object that appears in the center of the path you intend to drive. Your car will follow the path of your eyes. Therefore, you need to look to where you want the car to go. Choose an object in an empty parking lot and practice lining up the steering wheel with your target to get the car *On Target!*



This driver is *On Target!*



This driver is off target.



1. Selection of Target

The target should be a stationary object in the center of your intended driving path.

2. Use of Central Vision

Central vision is a narrow 3-5 degree cone of clear visibility which allows us to make identifications. See the target to the environment with your central vision.

3. Use of Fringe Vision

Fringe vision surrounds the central vision. While looking straight ahead we are able to see with our upper, lower and side fringe vision. However, we cannot make identifications of details with the fringe vision. What we can do is keep track of an object with our fringe vision, after we identify it with the central vision. See the target to the steering wheel with your fringe vision.

4. Aiming for Targets

Aiming for targets will help keep the car straight in its travel path, will help to make accurate turns, and will help to get the eyes ahead of the vehicle. The use of targets is an important skill necessary to avoid and recover from a skid situation.

5. Looking Into Turns

Develop the habit of turning your head in the direction you want to go, before turning the steering wheel.

6. Use of Steering Wheel

Use the steering technique that was discussed and practiced during your classroom session.