

3

The Basics of Driving

驾驶基础

Pre-drive basics

Walk around your vehicle before entering to check for children, pedestrians, and anything in your vehicle's path. Check your tires for proper inflation, as well as around and under your vehicle for fluid leaks and other problems that may affect the safe operation of your vehicle. When you are doing this while parked along a roadway, walk in a direction that allows you to see traffic coming toward you in the lane next to you.

After you have completed this check, you will be ready to take your place in the driver's seat and prepare yourself for safe driving.

Before driving do the following basic habits in this order:

1. Lock your doors.
2. Adjust your seat and seat back.
3. Adjust your head restraint.
4. Adjust your inside and outside rear view mirrors.
5. Fasten your seat belt.

Lock your doors

Lock your doors to prevent unwanted persons from opening your door or entering your vehicle. Locking the doors also reduces the possibility of the doors opening if you are involved in a collision.

Adjust your seat and seat back

Adjust your seat and seat back support properly so that you are at least 25 centimeters (10 inches) away from the steering wheel. This is the distance recommended by Transport Canada. Be sure you can see over the steering wheel. Many vehicles have a steering wheel that can be tilted or moved back and forth. Find a position that is comfortable for you and that does not block your view of the instrument panel. Your elbows should be slightly bent when your hands are properly positioned on the steering wheel. Placing your left hand at about the 9 o'clock position and your right hand at about the 3 o'clock position is recommended. (See Steering in this chapter for more information.) As well, your position must allow you to operate the brake pedal and the accelerator. In a standard transmission vehicle, you must also be able to push the clutch pedal all the way to the floor.

Be sure you can reach all the controls and can relax your arms when you hold the steering wheel.

Note: Newer vehicles are equipped with a driver-side air bag system that is part of the steering wheel.

开车前的基本要求

每次上车之前，围绕车辆检查是否有儿童、行人或其他任何障碍物。同时检查轮胎气压是否正常，车辆周围或和车下是否有液体泄漏的迹象，有没有其他可能会影响车辆安全行驶问题。如果车辆停在道路旁边，做这些检查时应该，应该按逆时针方向绕车行走，以使自己随时能够看到相邻车辆驶来的车辆，确保自己的安全。

检查完毕，就可以坐到驾驶座位上准备出发了。

出发之前，不用忘记以下基本习惯：

1. 锁上车门。
2. 调整座椅和靠背。
3. 调整头部靠枕。
4. 调整内外后视镜。
5. 系上安全带。

锁上车门

锁上车门可以防止他人未经允许打开车门闯入车内。锁上车门也可以在发生车辆碰撞时减少车门撞开的可能。

调整座椅和座椅背

调整你的座椅和靠背，加拿大交通部推荐司机和方向盘之间有至少 25 cm (10 英寸) 的距离。同时确保方向盘不会妨碍正常观察仪表。很多车辆的方向盘可以倾斜或者前后移动。调整到一个适合的位置，使自己既感觉舒适又不妨碍查看仪表盘。双手放在方向盘适当位置时，应该使肘臂微微弯曲，建议把左手放在 9 点钟的位置，把右手放在三点钟的位置。（本章关于方向盘部分有更详细的信息）。同样地，座椅的位置还应该使右脚能够灵活自如地踩控制刹车踏板和油门踏板，如果是手动挡车辆，左脚必须能够将离合器踏板踩到行程的末端（地板上）。

总而言之，要确保手握方向盘的时，双臂放松，并能对车辆所有的装置进行控制。

注：新款车辆在方向盘上配有安全气囊。

Adjust your head restraint

Use your head restraint correctly. Head restraints in the proper position greatly reduce the risk of injuries due to collisions and sudden vehicle movements.

- If your vehicle has an adjustable head restraint, it should be positioned so that the centre of the head restraint is level with the top of your ears.
- If your head restraint tilts, move it forward to decrease the space between your head and the restraint. Less than 10 centimeters (4 inches) is ideal.
- Always check that the head restraint for each passenger is adjusted to the correct height.



A properly adjusted head restraint protects the head and neck.

头枕调整正确可以保护头部和颈部。

Adjust your inside and outside rear view mirrors

Set your rear view mirrors in the correct position.

- Adjust your inside rear view mirror to show as much behind you as possible by having the rear window framed within the mirror.
- Adjust the outside rear view mirrors to reduce blind spots. You should be able to see your own vehicle in a small portion of the side view mirror closest to the vehicle.

Fasten your seat belt

Fasten your seat belt and shoulder strap correctly. Seat belts save lives and reduce injuries, and provide the greatest protection when worn properly. The law requires you to wear your seat belt.

- Wear the lap belt low and snug over your hips. The shoulder belt must fit over your chest and shoulder.
- Do not tuck the shoulder belt behind your back or under your arm.
- You are still required to wear your seat belt when in a vehicle with air bags.

调整头枕

正确使用头枕，头枕位置调整合适，能够大大降低在发生车辆碰撞时受伤的风险。

- 如果车辆配有可以调整的头枕，应该调整到它的中间部分和耳朵顶部持平。
- 如果头枕可以倾斜，向前调整从而减少头部与头枕之间的距离。理想距离是少于10cm（4英寸）。
- 同时检查每位乘客的头枕都调整到正确的位置。

调整内外后视镜

调整后视镜到正确的位置

- 调整车内的后视镜，把整个后窗框在后视镜内，可以尽可能多地观察后面的情况。
- 调整车外左右后视镜至能看到自己车身很少一部分即可，这样能最大程度地减少盲区。

系上安全带

正确使用安全带能够保护生命、减少受伤的风险。法律规定：你必须系上安全带。

- 腰带要系得低而帖服你的胯部。肩带必须贴附于你的胸部和肩膀。
- 不要把肩带置于背后或腋下。
- 尽管有安全气囊，系上安全带还是必须的。



Seat belt use is required by law

使用安全带是法律规定

COMPULSORY 义务

When you are ready to go, do the following:

- Check to be sure your intended path of travel is clear.
- Check your inside and outside rear view mirrors.
- Do a shoulder check to be sure your blind spots are clear.

If you are moving away from the right side of the road, use your left turn signal to indicate that you are entering traffic. If you are on the left side of a one-way road, use your right turn signal. In this situation, it can be difficult to see traffic clearly from the driver's seat.

Driving a vehicle with an automatic transmission

A vehicle with an automatic transmission allows the driver to place the vehicle in a gear that will allow the transmission to change the vehicle's forward gears automatically as speed increases and decreases.

Automatic transmissions have a lock release button or control built into the gear selector to reduce the possibility of shifting incorrectly. The lock release provides the following safety features:

- It must be used to move the gear selector from Park to Reverse or any forward gear while the brake pedal is pressed.
- It must be used to shift the vehicle from Drive to a lower gear (first or second).
- It must be used to shift into Park from any gear.

Refer to your owner's manual for more information about the transmission lock release.

P PARK

To be used when starting the engine and when leaving the vehicle parked. The Park position locks the transmission, which prevents the wheels from turning. The vehicle's engine will start when the transmission is in Park.

R REVERSE

To be used when backing or reversing the vehicle. When the vehicle is in reverse gear the white or clear lights at the rear of the vehicle will be lit. The vehicle's engine will not start in Reverse.

N NEUTRAL

To be used when the transmission is in a position that no gear is selected. The wheels are not locked, and there is no power to the wheels. This position is used for towing the vehicle. The vehicle's engine will start in Neutral.

当准备就绪准备出发前，需做以下的几件事情：

- 检查确认前方道路无障碍。
- 查看内外后视镜。
- 回头看盲点，确认盲区内无障碍。

如果是从路的右侧出发，打开左转向灯表示即将向左驶入车流中。如果从单向道路的左侧出发，则打开右转向灯，在这种情况下，从司机的位置可能很难看清楚路上的交通状况。

驾驶自动挡车辆

自动挡车辆在速度变化时(前进)，变速箱能自动变换档位。

自动挡车辆在变速杆(挡把)上有一个解锁按钮用以减少挂挡失误的可能。此按钮具有以下安全特点：

- 当踩刹车时，必须按下此按钮才能使变速杆从停车（P）挡转换成倒车（R）挡或任何前进挡。
- 必须按下此按钮才能从前进（D）挡换成低挡（1或2）
- 必须按下此按钮才能从任意挡位转换成停车（P）挡。

想获得更多关于变速器解锁功能信息，请参考随车手册。

P 停车挡

此挡位在启动发动机和停车熄火时使用。一旦挂到停车挡位，车轮即被锁住不能转动。另外只有当变速器在停车（P）挡时，车辆的发动机才可以启动。

R 倒车挡

此挡位在倒车的时候使用。当车辆在倒车（R）挡时，车尾的白灯或无色的灯将亮起。在倒车（R）挡时，车辆的发动机不能启动。

N 空挡

挂入空挡就意味着没有任何变速齿轮被连接。车轮未被锁住但也不会有任何动力，通常在被拖车时使用。在空挡（N）时，车辆的发动机可以启动。

D DRIVE

To be used for normal forward driving. The transmission will change up and down through the driving gears automatically. The vehicle's engine will not start in this gear.

3 THIRD 2 SECOND AND 1 FIRST GEAR

To be used when you require more power but less speed and to prevent the transmission from shifting to a higher gear. These gears may be used when going up or down hills and on road conditions like slush, loose gravel, snow, sand or ice, where you need more power but less speed. The vehicle's engine will not start in this gear.

O OVERDRIVE (IF EQUIPPED)

To be used for driving at higher speeds. This gear helps to save fuel. Not all vehicles have this option. The vehicle's engine will not start in this gear.

For more information about gear selection and use, refer to your vehicle's owner's manual.

Driving a vehicle with a manual (standard) transmission

Shifting gears in a vehicle equipped with a manual transmission is a skill requiring considerable practice. You must operate a clutch pedal with your left foot while using a gear shift lever with the right hand to manually select the desired gear.

When the clutch pedal is pressed down, the connection between the transmission and the wheels is disengaged. This prevents the transfer of engine power to the wheels. It is while the clutch pedal is pressed down that the driver changes gears.

The clutch pedal is used to connect and disconnect the vehicle's engine and transmission. When the clutch pedal is not pressed down, there is a connection between the engine and transmission, and the power of the engine is transmitted to the wheels of the vehicle.

When starting the engine of a vehicle equipped with a manual transmission, the gear shift lever should be in the neutral position and the clutch pedal should be pressed down completely.

As you begin to release the clutch pedal by slowly lifting your left foot, the connection between the engine and the transmission will begin to be felt before the pedal is fully released. The point where this occurs is called the **friction point**.

It is at the friction point that you must slowly

D 前进档

车辆前进行驶时使用此前进档。根据车辆的速度变速箱将自动变换前进的高低挡位。在前进（D）挡时，车辆的发动机不能启动。

3 三档 2 二档和 1 一档

当需要增加引擎的动力并防止变速器变换到更高的档位时才会使用到这些档位。例如当上坡或者下坡以及泥泞路面、松散的砂砾、沙子或者冰雪时，车辆需要更多的动力但是更低的速度，就可以使用这些档位。在这档位时，车辆的发动机不能启动。

O 高速挡 (有些车辆没有)

在车速较高的时可以使用此档位，这样可以节省燃油。不是所有的车辆都有此装置。在高速（O）挡时，车辆的发动机不能启动。

想获取更多关于挡位选择和使用的信息，请参阅车主手册。

驾驶手动挡车辆

驾驶手动挡车辆，在合适的时机变换挡位需要相当多的练习。必须用左脚踩住离合器踏板，同时用右手操作换挡杆选择挡位。

当踩下离合器踏板时，变速箱和车轮之间的连接被分开。这样防止发动机动力传送到车轮。踩下离合器踏板就是变换挡位的时机。

离合器踏板用于连接和分开发动机与变速箱之间的连接。当没有踩下离合器踏板时，发动机和车轮之间还有连接，发动机的动力就会被传送到车轮。

手动挡车辆启动时，换挡杆应在空挡位置而且离合器踏板要完全踩下。

当慢慢抬起左脚开始松开离合器踏板时，到完全松开离开之前的某一刻会感觉到发动机和变速器之间开始有连接，这个位置被称做 **Friction point (摩擦点)**。

到达摩擦点，松开离合器踏板必须非常缓慢以防止发动机堵转。另外，在这一时刻轻轻踩下油门

release the clutch pedal to prevent the engine from stalling. At the friction point, carefully using the gas pedal with the slow release of the clutch pedal will help achieve a smooth start. To learn to use the clutch smoothly, new drivers should practice using the friction point without the use of the gas pedal.

When driving a manual transmission vehicle, it is important to select the proper gear so that the engine does not lug (move in rough, bumpy fashion) or race (rev the engine but not move the car effectively). The vehicle's owner's manual will provide the approximate speeds at which you should change gears.

Shifting patterns vary between vehicles as do the number of gears. Your vehicle's owner's manual will describe the shifting pattern for your vehicle. A pattern is usually found at the top of the gear shift lever.

You can practice moving the gear shift lever, when the vehicle is not running and the clutch pedal is pressed all the way down, into the various gears until you are sure of the gear locations. You need to be able to find each gear without looking at the gear shift when you are driving.

When you are driving, be sure to remove your foot from the clutch pedal each time you finish changing to another gear. Leaving your foot on the clutch pedal unnecessarily is called "riding the clutch" and can cause extra wear on the clutch.

When you wish to brake or come to a stop, do not coast to a stop while pressing the clutch pedal. Pressing on the clutch pedal like this prevents you from being able to use the accelerator.

When turning corners, be sure your vehicle is in the proper gear for the speed of the turn, and that your foot is off the clutch pedal.

Only use the clutch pedal to start the vehicle, change from one gear to the next, and just before you stop to prevent stalling.

Steering

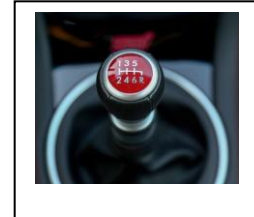
Think of the steering wheel as a clock. To have the best vehicle control, place your left hand at about the 9 o'clock position. Your right hand should be at about the 3 o'clock position. If this is not possible due to the design of the steering wheel, place your left hand at about the 10 o'clock position and your right hand at about the 2 o'clock position.

When turning a corner, steer using the hand-over-hand method. When returning the wheel from a turning position, use the hand-over-hand method. You can also let the steering wheel slide through your hands back into position by loosening your grip

踏板加上慢慢松开离合器踏板将会有助于平稳启动车辆。学习平稳使用离合器踏板，新手驾驶员应该在不用油门的情况下反复进行摩擦点练习。

驾驶手动挡车辆时，选择正确的档位非常重要，这样发动机就不会拖挡（不平稳、闯车）或者发动机空转（发动机转动很快但车辆前行速度不够）。车主手册当中的手动章节将提供换挡的合适速度。

不同的车辆，相同的档位可能在不同的位置，档位的数量也可能不同。车主手册中的手挡章节将会详尽说明你车子的换挡位置。通常情况下，一个档位图会刻在换挡杆的顶端。



当车辆没有运行，而且离合器踏板完全踩下时，可以练习变换档位，练习在不同的档位之间变换，直到熟悉每一个档位的位置。驾驶车辆的时候，无需查看也能够找到每一个档位。

驾驶时，在每一次完成换挡后，一定要把左脚从离合器踏板上移开。不必要地把左脚放在离合器踏板上叫做“Riding the clutch”，这会导致离合器额外磨损。

当需要刹车或者停车时，不要踩下离合器踏板滑行。离合器踏板被踩下后，油门就不会起作用了。

转弯的时候，档位一定要适合于转弯的速度，左脚离开离合器踏板。

唯有启动车辆时、从一个档位换到另一个档位时、和车辆停止之前（防止发动机熄火）才使用离合器踏板。

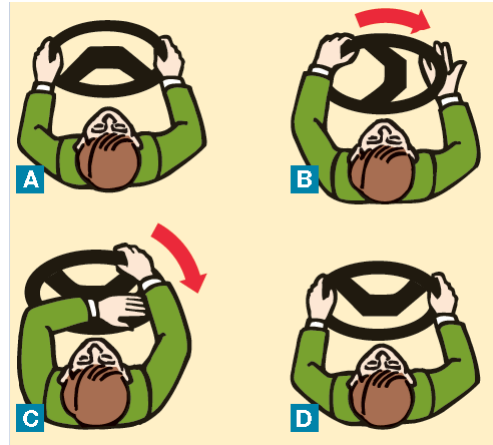
方向盘

把方向盘想象成一个钟表。要能够更好地控制车辆，把左手放在9点钟位置，右手放在3点钟位置。如果因为方向盘的设计不可能这样做，也可以把左手放在10点钟位置，右手放在2点钟位置。

转弯的时候，使用一手交一手（一手推一手接）的方式转动方向盘。当转回方向盘时，也是使用一手交一手（一手推一手接）的方式。也可以轻轻松开握住方向盘的手，让方向盘自行滑过你的手，回到原来的位置，这期间手不能离开方向盘。

slightly, but keeping contact with the steering wheel.

HAND PLACEMENTS DURING A RIGHT TURN:



- A.** Hand position to begin a left or right turn.
- B.** For right turns, the left hand applies turning power. Right hand releases the steering wheel, and moves to the top of the steering wheel.
- C.** Right hand takes new position and applies turning power.
- D.** Left hand releases the steering wheel, and returns to 9 o'clock position.
- E.** Reverse the steps to complete the turn and return the steering wheel to the normal position. Turn completed, return hands to driving position.

Signalling

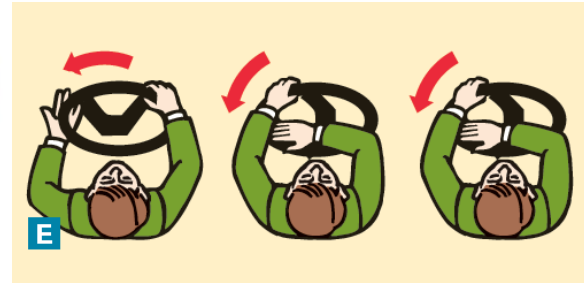
Signal lights and brake lights tell other drivers what you are going to do.

You must use your signal light when you are:

- moving away from the curb or parking lane
- turning left or right
- changing lanes

When you apply your brakes, your brake lights are activated to alert other drivers that you are slowing or stopping.

转右时手的位置：



- A.** 开始转左或者转右时手的位置。
- B.** 转右时，用左手握着方向盘向右转动，右手松开方向盘，并且放到方向盘的顶部。
- C.** 右手握着方向盘向右转动。
- D.** 左手松开方向盘回到 9 点钟位置。
- E.** 完成转弯后，用相反的步骤让方向盘回到原来的位置。方向盘复原后，把手放回原来驾驶的位置。

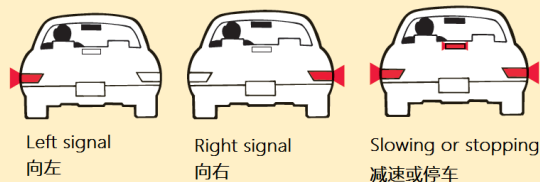
信号灯

信号灯(左转、右转灯)和刹车灯告诉其他车辆你将要做什么。

以下几种情况，必须使用信号灯：

- 离开路边车道进入主路
- 转左或者转右
- 变换车道

当脚踩刹车踏板时，车尾的刹车灯会亮起提醒其他车辆此车正在减速或准备停车。

ELECTRICAL SIGNALS 信号灯：

Do not confuse other drivers by signalling too early or too late. Remember to turn off your turn signal light if it does not turn off automatically.

Accelerating

When you are driving your vehicle, your ability to control your speed depends on looking where you want to go and using the accelerator correctly. Gradually press on the accelerator to move the vehicle, and then hold it at the proper position for the selected speed. This will take some practice. Keep the following in mind:

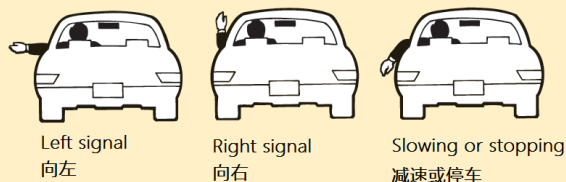
- Accelerate smoothly.
- Adjust to the weather, road and traffic conditions.
- Do not accelerate or reduce speed unnecessarily.
- Never exceed the posted speed limit.
- Do not accelerate so quickly that the vehicle's tires spin.
- Drive with the flow of traffic to reduce the risk of being in a collision. Driving too slowly can be a hazard.
- Glance occasionally at your speedometer to check your speed.

Stopping time and distance

Knowing how much time and distance it takes to apply your brakes to completely stop your vehicle can help avoid errors in judgment that can lead to a collision. Three factors determine the time and distance it takes to stop.

PERCEPTION TIME:

Perception time is how long it takes to recognize a situation and understand that you need to stop. This can take about three-quarters of a second. Drivers with less experience often take longer to realize a danger exists. Perception distance is how far a vehicle travels during this time.

REACTION TIME:**HAND SIGNALS 手势信号：**

不要过早或者过晚发出信号，因为这样其他车辆会感到迷惑。如果你的信号灯不是自动关闭的话，转弯后请切记关闭信号灯。

加速

当你驾驶车辆的时候，你控制车速的能力取决于你要去哪里和正确使用加速器。慢慢地踩下加速器使车辆前行，然后保持在一个正确的位置作为选择的速度。这需要练习。请记住以下几点：

- 平缓地加速。
- 要根据天气、路面和交通状况来调节
- 不必要的时候，请不要加速或者减速
- 不能超过限制的时速
- 不要突然加速，预防轮胎打滑
- 按路面交通流量驾驶，减少碰撞的风险。时速太慢是一种风险。
- 要偶尔看一下测速仪，看看你的时速。

停车时间和距离

知道了需要用多少时间和距离去实现从踩下制动器到车辆完全停止，将有助于避免判断失误导致的碰撞。有三个因素决定停车需要的时间和距离。

感应时间

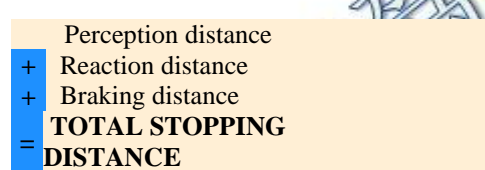
感应时间就是从你认知状况到明白你要停车所需要的时间。这可能需要 0.75 秒。经验少的驾驶员通常需要长一点的时间去发现危险的出现。感应距离就是感应时间里车辆走的距离。

反应时间

Reaction time is how long it takes to respond to a situation by moving your foot from the accelerator pedal to the brake pedal. The average reaction time is three-quarters of a second. **Reaction distance** is how far a vehicle travels during this time.

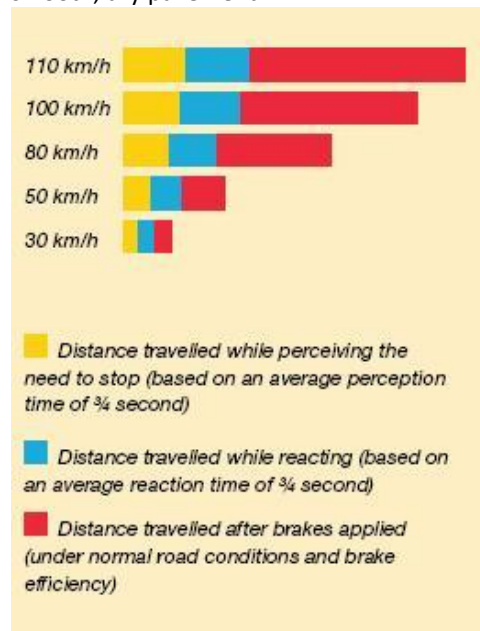
BRAKING TIME:

Braking time is how long it takes a vehicle to stop after the brakes are applied. **Braking distance** is how far the vehicle travels during this time.



The chart below illustrates the minimum stopping distance for various speeds.

The stopping distances are averages for stopping on smooth, dry pavement.



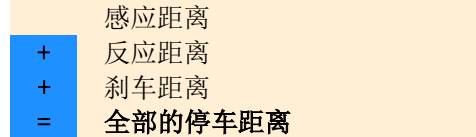
Many factors affect your stopping time and distance. These include road and weather conditions. Some factors you can control are:

- your visual search skills as you scan the roadway ahead
- your decision-making ability
- your alertness and level of fatigue
- your use of alcohol or other drugs
- your vehicle's speed
- the condition of your vehicle's brakes and tires

反应时间就是把你的脚从加速踏器板上移开，放到制动器踏板上，这种对情况做出反应的时间。平均的反应时间是 0.75 秒。反应距离就是反应时间里车辆走的距离。

刹车时间

刹车时间是指从踩下制动器踏板到车辆停驶需要的时间。刹车距离就是刹车时间里车辆走过的距离。



下面的图表显示各种时速的停车距离。停车距离是在平坦、干燥的路面上的平均距离。

黄色：感知需要停车走过的距离（以感知时间是 0.75 秒为基础）

蓝色：反应时间走过的距离（以感知时间是 0.75 秒为基础）

红色：踩下制动器后走过的时间(以在普通路面状况下的有效刹车为基础)

很多因素会影响你的停车时间和距离。这些包括路面状况和天气。一些可以控制的因素如下：

- 你对前方路面的观察能力
- 你的判断能力
- 你的警觉和疲劳程度
- 你是否喝酒或者吃药
- 你的时速
- 你车子制动器和轮胎的状况。

Braking

- When stopping, begin braking early. If you brake too late, your braking distance may not be sufficient.
- Release pressure on the accelerator before applying the brake to reduce your speed.
- To finish braking smoothly, release pressure on the brake pedal slightly and then reapply pressure on the pedal just before you come to a stop.
- If you must stop quickly, use **threshold braking**. This is applying the brakes without locking the wheels. This is where braking efficiency is at its maximum while still allowing you to steer your vehicle. If the wheels lock, release your pressure on the brake pedal slightly. Applying the brakes hard enough to lock the wheels will cause a loss of steering control. For vehicles with anti-lock brakes (ABS), see information in Chapter 6 under emergency braking.

Reversing

All reversing must be done at a crawl or slow walking speed. Before reversing, look behind the vehicle and only drive in reverse when your path is clear of traffic, pedestrians and obstacles. Before reversing out of a driveway, walk around the vehicle and check for possible dangers behind the vehicle.

To reverse in a straight line, do the following:

- Place your left hand at the top of the steering wheel and shift slightly onto your right hip. For support, place your right hand on the back of the passenger seat.
- Look over your right shoulder through the rear window. Reverse slowly while covering your brake pedal.
- Glance to the front to be sure that the front of the vehicle does not contact anything.
- To correct your steering, turn the steering wheel no more than a quarter turn in the same direction that you want the rear of your vehicle to go.

When reversing to the left or right, do the following:

- Use both hands on the steering wheel at about 9 and 3 o'clock if you need to turn more than one-half turn.
- To reverse to the left, look over your left shoulder with frequent glances to the front.
- To reverse to the right, look over your right shoulder with frequent glances to the front.
- Turn the steering wheel in the direction you want the rear of the vehicle to go.

Remember: The front of the vehicle will

刹车

- 当需要停车，需要提前刹车。如果太迟，你的刹车距离可能不够。
- 应先松开油门，踩刹车踏板进行减速。
- 要完成平稳停车，需轻轻地松开刹车踏板的压力，然后在你完全停下之前重新轻踩刹车踏板。
- 如果你必须快速停车，使用极限制动。这样不会将车轮锁住。这是能让司机仍可以控制车辆方向的最大制动力。如果车轮锁住了，则稍微松开刹车踏板使车轮能继续转动。用力踩住刹车踏板就会锁住车轮，从而导致方向盘失控。配置了 ABS 系统(防锁死制动)的车辆，请参考第六章里面的紧急刹车。

倒车

所有的倒车必须要在爬行或者慢走的速度完成。倒车之前，查看车辆后面的情况，只有在确认车后没有其他交通车辆或行人的情况下，才可以倒车。从自家的车库或院子倒车出来之前，应该围绕车辆一圈，观察车辆后方是否有潜在的危险。

直线倒车，注意以下步骤：

- 把你的左手放在方向盘的上部正中间，身体向右转动使中心落在右侧胯部。为了支撑身体，把右手放在副驾驶座位后方。
 - 向右后回头使自己能够通过后窗看到车辆后方情况。右脚放在刹车踏板上，控制速度、缓慢倒车。
 - 倒车时间断地、快速地瞥视车辆前方，确认不会碰到任何物体。
 - 方向盘转动方向与想要车尾所去的方向一致，调整方向转动方向盘时，转动幅度不要超过 1/4 圈。
- 向左侧或右侧倒车时，应：
- 如果转动方向盘超过半圈，双手应放在方向盘 9 点和 3 点的位置。
 - 向左侧倒车时，回头向左观察，并间断快速瞥视车辆前方。
 - 向右侧倒车时，回头向右观察，并间断快速瞥视车辆前方。
 - 转动方向盘的方向与想要车尾所去的方向一致。

记住：车头的方向是和倒车的方向相反的

move in the opposite direction from the direction the rear of the vehicle is moving.

OTHER TIPS FOR REVERSING:

- When reversing out of a driveway, steer your vehicle into the nearest traffic lane and then go forward. Do not reverse into a second traffic lane.
- It is illegal to move your vehicle in reverse into an intersection or a crosswalk.

If you see white reverse lights on a vehicle, be aware that it may move backwards. These lights show that the vehicle is in reverse gear.

Parking

Parking requires good control of the vehicle, accurate judgment and steering skill. The next three sections will explain different types of parking.

Parallel parking

This type of parking may seem difficult at first and will require practice. To park in a space between two vehicles at the right side curb, follow the steps illustrated.

Note the position of the front tires (in red).

When approaching your intended parallel parking space, check behind you for traffic.

Gradually apply your brakes well in advance of the parking space to begin slowing. Your brake lights alert other drivers of your intent to stop.

Determine if the parking space is large enough for your vehicle.

Stop when the rear bumper of your vehicle (vehicle A) is in line with the rear bumper of vehicle B. Your vehicle should be parallel with vehicle B, with about one metre (3 feet) of space between the two vehicles. Place your vehicle in reverse gear. Look over your right shoulder and behind you to make sure nothing is there and the space is still available.

关于倒车的一些提示:

- 从自家的车库或院子倒车出来时, 应把车辆倒入最近的一条车道, 然后前行。不要倒车进入第二条车道。
- 倒车进入交叉路口或者人行横道属于违法行为。

当看到其他车辆的白色倒车灯亮起时, 小心该车会随时向后倒车。将档位挂进倒车档, 这些灯白色倒车灯就会亮起。

泊车(停车/驻车)

泊车进入车位需要对车辆有很好的控制, 要有精确的位置判断和转向控制。以下三个小节会对几种不同的泊车进行解释。

平行泊车

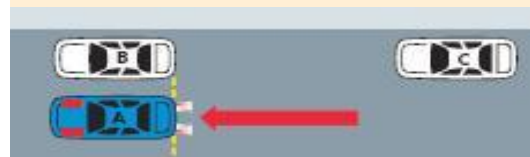
开始的时候, 这种停泊类型看起来很有难度, 需要多多练习。要在右侧停泊在两辆车之间的位置, 请参考以下图示步骤。

请留意前车轮的方向(红色)。

当靠近车位时, 观察后面的交通状况。

尽早、轻轻地刹车减速, 红色刹车灯会提示后方车辆自己的停泊意图。

判断一下车位空间是否足够。



保持两车平行, 间距约为一米, 当车辆后保险杠(车辆 A)和车辆 B 的后保险杠对齐时, 挂入倒挡, 观察右侧及后方确认车位没有其他车辆或行人。



Reverse straight very slowly (crawl speed) about one-half metre (1.5 feet). While still moving slowly, steer sharply to the right until your vehicle is at about a 45-degree angle to the curb. Continue to look in the direction you are moving while glancing to the front. Your steering wheel should now be in line with the rear bumper of vehicle B.

While reversing very slowly, straighten your front wheels and continue reversing until the right corner of your front bumper is in line with the rear bumper of vehicle B. Be careful not to make contact with this vehicle.

Turn the wheel sharply to the left. Continue to look in the direction you are moving while glancing to the front. Reverse until your vehicle is parallel with the curb. Be careful not to make contact with the bumper of the vehicle behind you. The law requires that the wheels of the parked vehicle not be more than 50 centimetres from the curb.

When you are leaving a parallel park position with a vehicle parked in front of you, do the following:

- Check all mirrors to see if it is safe to leave the parking location.



- Reverse while looking over your right shoulder through your rear window, until you are close to the vehicle parked behind you, without making contact.
- Turn on the left turn signal.
- Before moving forward, look over your left shoulder for traffic and cyclists not visible in the mirrors.
- Move forward slowly about one metre (three feet) while steering sharply all the way to the left.

慢慢地向后倒车（爬行速度）大约半米（1.5英尺）。保持慢速继续倒车，同时快速向右转动方向盘，直到与车辆 B 或与路崖成 45 度角。注意自己倒车方向的同时，快速瞥视前方。此时的方向盘应该与车辆 B 的后保险杠在同一条线上（如图所示）。

缓慢倒车的同时，转动方向盘使两个前轮朝向正前方，继续向后直到前保险杠的右角和车辆 B 的后保险杠齐平。注意不要碰到车辆 B。



快速转动方向盘使前轮朝向最左边。时刻注意车辆的后方，偶尔快速瞥视前方，直到你的车辆与路崖平行。注意不要碰到后面的车辆 C。法律规定，停泊车辆的轮胎和路崖之间的距离不能超过 50 厘米。



当离开路边平停车位时(有其他车辆停泊在车前)，按以下步骤操作：

- 通过所有的后视镜观察驶入行车道是否安全。
- 回头通过后车窗观察后方，缓慢倒车靠近但不碰触到停在后方的车辆。
- 打开左转灯。
- 向左回头观察盲区内是否有其他车辆或自行车，然后向前行驶。

When it is safe, drive into the nearest travel lane parking care not to make contact with the vehicle parked in front.

- Be alert for traffic approaching from the rear.

ENTERING AND EXITING A VEHICLE PARKED PARALLEL TO THE CURB ON A TWO-WAY STREET:

When leaving a vehicle parked parallel to the curb, check all mirrors carefully for any traffic or cyclists approaching from behind. Do a shoulder check to your blind spots to the left. When it is safe, open the door no wider than necessary to get out and leave the vehicle quickly. Walk to the rear of the vehicle facing traffic to get to the curb.

When entering a vehicle parked parallel to the curb, always approach from the front of the vehicle. Look for traffic passing in the nearest lane before you open the door. Open the door no wider than necessary to get in and close the door quickly behind you.

Angle parking

Angle parking is most often used in parking lots. The spaces may be on an angle of approximately 45 degrees to the traffic lane.

The following steps should be used to enter an angle parking space on the right:

- Turn on your right turn signal and reduce your speed.
- Drive parallel to the curb and remain about 1.5 metres (five feet) away from the rear of the parked vehicle.
- When you can see along the left side of the vehicle parked to the right of the vacant parking space, steer sharply to the right. Look through the centre of your stall while moving your vehicle slowly ahead. Your vehicle should be centred in the space.
- At about the mid-point of the parking space, straighten your wheels and continue to move forward slowly. Check the left front bumper and the right rear bumper of your vehicle, making sure they are not too close to the parked vehicles on either side.
- Keep moving slowly forward until the front wheel makes light contact with the curb or is within 50 centimeters (20 inches) of the curb.

Entering angle parking space from the right

WHEN LEAVING AN ANGLE PARKING SPACE:

Reverse carefully and slowly. Be sure there is nothing

- 向前行驶大约 1 米 (3 尺)，快速转动方向盘到左侧最终位置。安全时，驶入相邻车道，注意不要碰到前面停泊的车辆。
- 注意道路上后方驶来的车辆。

双向道路上，进入和离开路边停泊的车辆(上下车):

停泊在路边的平行停车位后，查看所有的后视镜，小心从后面驶近的车辆或自行车，向左回头查看盲区，安全时，快速打开车门(不要开得太大，足够自己下车即可)，下车并向后方、面向后方来车方向走到人行便道上。

上车前要从车辆的前方走向司机门的位置。打开车门之前留意后方驶来的车辆。没有必要将车门打开太大，够用即可，上车后要迅速关门。

斜角停泊

在停车场内，斜角泊车比较普遍。一般情况下车位与通道成 45 度角左右。

进入右侧的斜角停车位时按以下步骤操作，

- 打开右转灯并减速。
- 直行向前，与右侧停放的车辆保持 1.5 米 (5 英尺) 左右的距离。
- 当你见到停泊位右边停泊的车辆的左边，直接右转。当你的车子慢慢向前，你要看停泊位的中间。你的车子会在停泊位中间。
- 大约停泊位中间位置，继续慢慢直行你的车子，检查一下你的钱保险杠左角和后保险杠的右角，确认它们都不会太靠近两边的已经停播的车辆。
- 继续向前慢驶，直达前轮轻轻碰到路缘，或者离路缘不超过 50 厘米(20 寸)。



从进入右侧斜角停泊车位

behind your vehicle. Reversing can be hazardous because it is difficult to see traffic as you move out of the space. Yield the right-of-way as you back out and look carefully behind your vehicle.

Move slowly and be prepared to stop if necessary. If the vehicle on your right is longer than your vehicle, stop when the rear of your vehicle is even with the rear of the longer vehicle. Check for traffic and pedestrians. Continue reversing straight until you can see past the parked vehicle.

When your front bumper clears the rear of the vehicle to your left, turn the steering wheel sharply to the right. Continue reversing into the first lane behind the parked vehicle. Stop when your vehicle is parallel with the curb.

Drive ahead in your present lane. Watch for other vehicles moving out of angle parking stalls in front of you.

Perpendicular parking

Perpendicular parking (spaces at a 90 degree angle to the curb) to the right can be difficult. As you approach your parking space, keep about two metres (six feet) between your vehicle and the rear of the vehicle parked to your right. Travel very slowly. When your front bumper is even with the left side of the vehicle parked to the right of your intended space, look through the vacant space. While you are driving very slowly, turn your wheels quickly all the way to the right. Check the left front corner and the right side of your vehicle as you enter the parking space to be sure you do not contact any parked vehicles. Look through the vacant space, and drive in slowly. Be sure your vehicle is centered and completely in the stall.

Entering a perpendicular parking space from the right.

Entering a 90-degree angle parking stall in a parking lot on the left is easier than on the right because you have more room to achieve the proper angle. Be sure to check for oncoming traffic before you cross the oncoming traffic lane. Look through the center of your stall as you turn and enter it. This is similar to turning left onto another roadway.

Only enter a perpendicular or angle parking stall to your left when you are in a parking lot.

离开斜角停车位:

小心地、慢慢地倒车，确认后面没有任何车辆或行人。刚开始向外倒车时比较危险，因为有旁边停放的车辆遮挡自己的视线，很难看清后方是否有车辆驶来。时刻注意后方情况，让行其他车辆和行人。

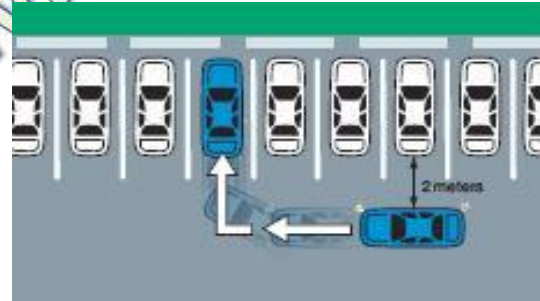
慢慢地移动并随时准备停车。如果右侧停放的车辆更长，当后保险杠与其齐平时，停车观察车辆和行人后再继续倒车。

当前保险杠躲开左侧停放车辆的尾部时，方向盘直快速右转，倒车进入过道的右侧，车辆平直时停车。

在过道内前行，留意前方两侧是否有其他车辆从斜角停车位向外倒车。

直角泊车

向右直角泊车(车位与过道成 90 度)比较困难。与右侧停放的车辆保持 2 米(6 尺)左右的距离，缓慢靠近车位，当你前保险杠与车位右侧停放车辆的左侧车身持平时，快速把方向盘转右到极限位置，缓慢进入车位，注意前保险杠不要碰到左侧停放的车辆，车身不要碰到右侧停放车辆的车尾，缓慢将车辆停放在车位中间。

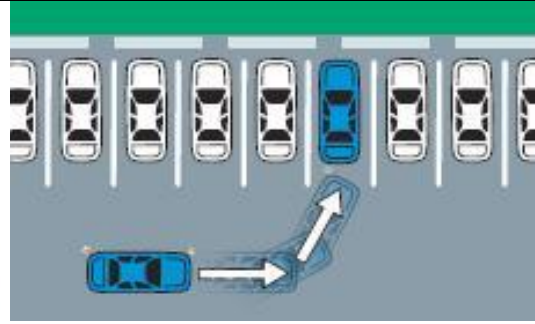


进入右侧直角车位

进入左侧 90 度直角车位要容易一些，因为有更大的空间。观察让行对面的驶来车辆后向左进入车位，这种泊车与路口左转类似。

只有在停车场内，才可以泊入左侧的斜角或直角停车位。

Entering a perpendicular parking space from the left.



进入左侧直角车位。

Hill parking

The following information applies to parking on the right side of the road.

When parking facing uphill on a street with a curb, turn the front wheels to the left (toward the centre of the road). With the wheels turned, allow your vehicle to roll back slowly until the right front tire is touching the curb. This helps to prevent the vehicle from rolling into traffic if it starts to move.

斜坡泊车

以下的信息适用于在右侧路边泊车。

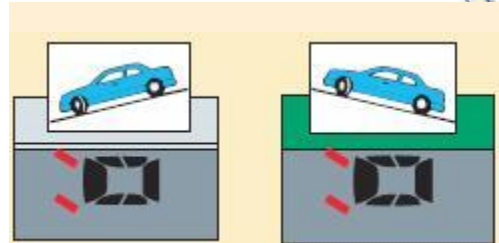
上斜坡右侧有路崖时，泊车前把方向盘转左使前车轮朝向道路中间。挂入空档，慢松刹车使车辆慢慢向后溜直到右前车轮碰到路崖，这样就可以避免车辆在刹车失灵(虽然极少发生)的状况下自行溜车到道路中间。

When parking facing uphill on a street without a curb, turn your front wheels to the right (toward the edge of the road). By doing this, if the vehicle starts to move it will go off the road and not into traffic.

上斜坡右侧没有路崖时，则把方向盘转右使前车轮朝向道路右边泊车。这样即使刹车失灵车辆也不会自行溜车进入道路中间而是溜入道路外侧。

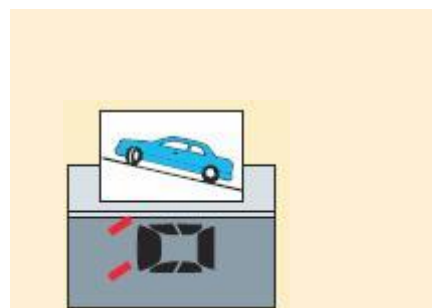
When parking facing downhill, always turn your front wheels to the right. If there is a curb, allow your vehicle to roll to the point where your right front tire is making contact with it. With the tires turned to the right, if the vehicle starts moving it will go off the road and not into traffic.

下斜坡泊车时，总是把方向盘转右。如果有路崖，则使车辆右前轮抵住路崖。车轮朝右，车辆就不会自行溜车进入道路中间而是溜入道路外侧。



Downhill 下斜坡

Uphill without curb
上坡，没有路崖



Uphill with curb
上坡，有路崖

To prevent a parked vehicle from rolling down a hill, always set your park brake and place your transmission in park (for an automatic transmission) or low gear (for a manual transmission).

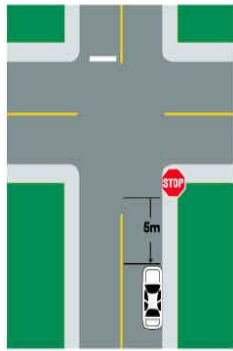
为防止停泊的车辆滑下斜坡，总是要使用手刹/脚刹，并且把变速箱设置在泊车档位(P档-自动挡车辆)，如果是手动档车辆，则低速档位。

When parking on the left side of the road, turn the front wheels in the opposite direction.

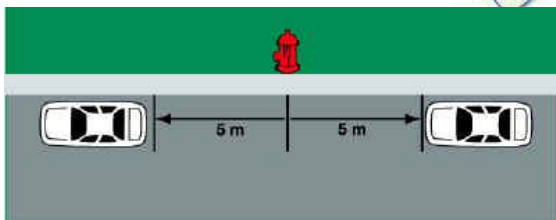
Do not park here

Do not park your vehicle:

- on a sidewalk or boulevard
- on a crosswalk or on any part of a crosswalk
- within an intersection
- within 1.5 metres (5 feet) of access to a garage, private roadway or driveway
- alongside or opposite any street construction or obstruction when stopping or parking would obstruct traffic
- on a bridge or underpass or the approaches to a bridge or underpass
- where a traffic control device prohibits stopping or parking



No parking within 5 metres (16 feet) of a stop or yield sign. 停牌或让牌 5 米范围内不准泊车



No parking within 5 metres (16 feet) of a fire hydrant.

- within five metres of a stop sign or yield sign
- within five metres (16 feet) of the nearest side of a marked crosswalk
- within five metres (16 feet) of a fire hydrant.

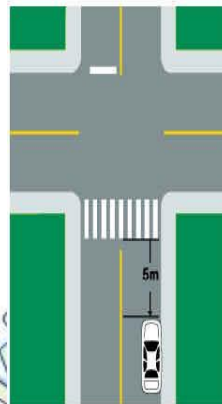
When the hydrant is not located at the curb, do not park within five metres of the point on the curb nearest the hydrant.

如果在道路的左侧泊车，把前车轮转到相反方向。

不允许泊车的位置

不要在以下的位置泊车：

- 在路边人行便道上或者主路上
- 在人行横道上
- 在交叉路口内
- 离车库、私人车道的 1.5 米（5 尺）范围内
- 在任何施工区域及停车或泊车会阻塞交通通行的任何其他位置
- 在桥梁或者地下通道或者靠近桥梁或者地下通道的地方
- 在有交通标志限制停车或者停泊的位置



No parking within 5 metres (16 feet) of a crosswalk. 人行横道 5 米范围内不准泊车

- 在停牌或让牌标志 5 米范围内
- 有标线的人行横道 5 米范围内
- 消防栓 5 米（16 尺）范围内，如果消防栓不在路边，则消防栓所对应的路边位置 5 米范围内

<ul style="list-style-type: none">• beside other vehicles where you may be double-parked• closer than five metres (16 feet) of the edge of the intersecting roadway, except where there is an indication that parking is permitted, such as with a parking meter• at or near the site of a fire, explosion, motor vehicle crash or other incident, where parking would obstruct traffic or emergency response personnel and equipment <p>On a roadway outside an urban area, do not park:</p> <ul style="list-style-type: none">• on the roadway, parking lane or shoulder of a primary highway except where:<ul style="list-style-type: none">· your vehicle is incapable of moving under its own power,· an emergency arises, or· it is permitted by law• unless there is a clear passage for other motor vehicles, and• your vehicle can be seen for 60 metres (200 feet) along the roadway in both directions	<ul style="list-style-type: none">• 其他停泊车辆的旁边• 交叉路口 5 米（16 尺）范围内，除非有标志提示允许停泊，比如停泊咪表。• 在火灾、爆炸、机动车碰撞事故或者其他事故现场会堵塞交通或者阻塞急救人员和设备进入的位置。 <p>郊外道路上以下位置停泊：</p> <ul style="list-style-type: none">• 在高速路停车道或者路肩，除非：<ol style="list-style-type: none">1. 车辆出现故障不能继续行驶2. 出现紧急状况，或者3. 法律允许• 除非有非常明显的通道使其他机动车辆可以通过• 并且其他车辆司机能够在道路前后至少 60 米（200 尺）处看到自己的停泊车辆
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Frank Driving

平安驾校