

Ontario Safety League and Fleet Safety International

Ontario Online Novice Driver Course Syllabus

A. Course Assessment and Policy

- There are progress assessments intermittently throughout the program. You need at least 80% on each of these to proceed to the next section. *The grades on these quizzes do not count towards a final grade.*
- After you have successfully completed all of the modules, you will be able to attempt the final exam.
- You need a grade of 80% or higher on this final exam to pass the course and receive a certificate.
- You have 3 attempts for the final exam. If you do not pass after 3 attempts you need to talk to your instructor or driving school.

B. Privacy Policy

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C. Ontario Online Novice Driver Course Syllabus with Objectives and Learning Outcomes

Module 1: Introduction and Instructions for Participants

Objective: To provide learners with the information and resources needed to successfully complete this program.

Learner Outcomes:

At the end of this module, learners:

- will become familiar with the equipment needed to successfully complete the program.
- will become familiar with an overall view of course content.
- will become aware of where to obtain additional resources.
- will become familiar with the history of the automobile and its impact on society.

Module 2: A Life Time of Safe Driving

Objectives:

- To reinforce the following overarching themes: safety and risk, benefits of social responsibility, benefits of environmental responsibility, self-awareness of personal values, attitudes, and motives.
- To develop knowledge, appreciation, and skills related to driver behaviour and how it contributes to safe and responsible driving.
- To develop knowledge, appreciation and skills related to respectful and responsible driving attitudes and how they contribute to safe and responsible driving.
- To develop knowledge, appreciation and skills related to effectively interacting with other road-users and how it contributes to safe and responsible driving.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- reasons to take a driver education course.
- the importance of practice time; as much as 120 hours before trying your test.
- the types of future programs that a learner can take to continually improve their driving knowledge and skill.
- the concepts of teens and risk that includes: inexperience; lack of skill by novice drivers; impulsiveness; exposure.
- risk strategies and the difference between healthy risks and unhealthy risks.
- the importance of attitude and keeping an open mind during the program.
- the various social trends towards safer driving including avoidance of: distracted driving; road rage; texting and driving.
- the influence of advertising on driving that can lead to distraction and that advertising can impact your attitude.
- the impact and influence of peer pressure.
- the impact and influence of other people's driving habits.

Modules 3 – 7: The Ontario Driver Handbook

Objectives:

- To develop knowledge, appreciation and skills related to the rules of the road and how they contribute to safe and responsible driving.
- To develop knowledge, appreciation and skills related to the vehicle and its basic components and how they contribute to safe and responsible driving.
- To develop knowledge, appreciation and skills related to vehicle handling and how it contributes to safe and responsible driving.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- GDI licencing.
- driver licence classification.
- road test requirements.
- demerit system.
- vehicle walk around and inspections.
- under the hood inspections.
- vehicle blind spots.
- driver set up.
- instruments and controls.
- traffic control such as signs and lights.
- road markings.

- various types of intersections: controlled, uncontrolled, t-intersections and circle intersections.
- right of way rules.
- driving downtown and types of turns downtown.
- u-turns.
- appropriate lane positioning.
- dealing with school busses.
- dealing with emergency vehicles.
- safe backing techniques.
- safe parking: curb, angle, up hill, down hill and parallel parking.

Module 8: Driving Philosophy

Objective: To develop knowledge, appreciation and skills related to the rules of the road and how they contribute to safe and responsible driving.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- why a defensive driving program is worth taking.
- Ontario and world collision statistics.
- the importance of seatbelts.
- the core philosophy of this program.
- the driver competency model.

Modules 9 & 10: SAFER Defensive Driving

Objectives:

- To develop knowledge, appreciation and skills related to the rules of the road and how they contribute to safe and responsible driving.
- To develop knowledge, appreciation and skills related to driver behaviour and how it contributes to safe and responsible driving.
- To develop knowledge, appreciation and skills related to respectful and responsible driving attitudes and how they contribute to safe and responsible driving.
- To develop knowledge, appreciation and skills related to effectively interacting with other road-users and how it contributes to safe and responsible driving.
- To develop knowledge, appreciation and skills related to attention and how it contributes to safe and responsible driving.
- To develop knowledge, appreciation and skills related to perception and risk management and how they contribute to safe and responsible driving.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- the acronym SAFER: Space, Attitude, Foresight, Eyesight and Responsibility.
- the key points of Space including: proper following distances and the reasons why it is important, driving with the intention of space, building space in a congested situation, the relationship between speed and space.
- the key points in Attitude including: choosing your attitude; managing anger; types of distractions (visual, manual & cognitive); sharing the road with other users; attitude collision causes; speeding and the consequences of speeding; what do to when pulled over by the police.
- the key points of Foresight including: The Definition of Foresight and Situational Awareness; visual scanning; ground searches and visual scanning patterns including the Horizon Method of scanning.
- the key points of Eyesight including: Vision zones; Inattention Blindness and strategies for preventing it including the Triple Look System.
- the key points of Responsibility including: overcoming negative motives; using physical objects such as pictures to reinforce

positive actions; strategies of staying in a mentally active state.

Modules 11 & 12: Adverse Conditions

Objective: To develop knowledge, appreciation and skills related driving in adverse conditions.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- the six conditions that can impact driving: light, weather, road, traffic, driver and vehicle.
- the key issues and strategies concerning light conditions including: sunlight; types of sun glasses; fresh fallen snow; dirty windshields; water on road surface; night driving; types of headlights and keeping them clean; yellow night driving glasses; overdriving your headlights; proper place to look when there are oncoming cars at night; the Moth or Firefly effect; proper use of visor.
- the key issues and strategies concerning weather conditions including: the basic speed law; hydroplaning; dealing with fog; driving in the winter and the using the WINTER acronym; driving in snow and ice; getting unstuck; what to do if trapped in a blizzard; mountain driving; winter following distances; not using cruise control in the winter.
- the key issues and strategies concerning road conditions including: road design; dealing with gravel roads; rural roads; dealing with black ice.
- the key issues and strategies concerning traffic conditions including: rush hour traffic; highway traffic; night time traffic; weekend traffic; driving across provincial borders; intersections; strategies to avoid intersection collisions.
- the key issues and strategies concerning vehicle conditions including: ensuring the vehicle is properly maintained; dealing with a vehicle breakdown.
- the key issues and strategies concerning driver conditions including: choosing your attitude; expecting the unexpected; being active/proactive and avoiding intoxications; the importance of being patient; use of smooth steering and braking techniques; staying mentally and physically healthy.
- the idea that more than one condition can happen at any given time.



Modules 13 – 15: Collisions

Objective: To develop knowledge, appreciation and skills related to types of collisions and the defences needed to deal with them.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- the most common types of collisions (following too close collisions, backing collisions, intersection collisions and wildlife collisions).
- the causes of following too close collisions including: reasons for this collision to occur such as distraction; improper following distance and the unexpected.
- the strategies to avoid following too close collisions such as using information from the SAFER defensive driving section of the program including: staying mentally active; avoiding distractions; using proper scanning techniques; proper following distances; driving with the intention of space and the basic speed law.
- the causes of backing collisions including: the contributing hazards to backing and distraction.
- the strategies to avoid backing collisions including: the acronym BACK (back up rarely, always look back, circle check, keep slow); be aware of vehicle dimensions; take a backing course if you require additional skill.
- the strategies to avoid intersection collisions including: using key concepts from the SAFER System of Defensive Driving section (Mentally active driving, triple look system, building space, the basic speed law, checking the rear-view mirror, not passing in intersections, watching for stale green lights); using S or offset turns for safe left turns at lights.
- the issues concerning wildlife collisions including: statistics of wildlife collisions; watching for deer crossing signs; being more aware at dusk and dawn; deer are more active during hunting season; deer are herd creatures.
- the strategies for avoiding wildlife collisions including: reducing speed in wildlife areas; staying mentally alert; watch for horizontal shadows during dusk and dawn; watch for eye shine; expect more than one deer.
- strategies if a deer appears directly ahead of the vehicle including: brake hard, but do not swerve; flashing your headlights and honking the horn in short bursts; do not depend on deer whistles; always wear your seatbelt.
- strategies to take if you cannot avoid an animal collision including: hit it straight on; do not brake to keep front end from

diving down.

- the six positions of a two-car crash including: the vehicle ahead, the vehicle behind, passing, being passed, intersection and head on collisions.
- the reasons why collisions with the vehicle behind occurs: sudden stops, improper signalling, tailgating and risky left turns
- the strategies to avoid collisions with the vehicle behind including: active driving; choose lanes that have an escape route if possible; check your rear-view mirror whenever you are stopping; allow extra space between you and the vehicle in front when stopped; provide warning to drivers behind you if you are stopping, by tapping your brakes a couple of times; always drive using the building space and driving with an intention of space strategies.
- strategies for dealing with tailgaters such as slowing down and encouraging them to pass or allowing additional room between you and the vehicle ahead.
- the actions a driver should take when being passed and what is the legal responsibility.
- strategies to prevent collisions while being passed by moving over and establishing eye contact.
- proper passing techniques and what the legal requirements of passing are.
- why head on collisions occur which includes the other driver avoiding problems in their own lane; faulty maneuvering or loss of control.
- the four-step strategy for avoiding head on collisions: Read the Road Ahead, Ride to the Right, Reduce Speed and Ride off the Road.
- last minute decision choices that can be made to avoid head on collisions.
- train collisions and the statistics that surround them.
- strategies to prevent train collisions including: expect a train on any track at any time; next get trapped on a crossing; watch out for a second train; never race a train; watch out for vehicles that must stop at crossings; stop if you have if you are having trouble estimating the speed of a train.
- issues and strategies to avoid collisions with pedestrians including: pedestrians do not always know or follow all of the rules; new technologies are being invented to help prevent pedestrian collisions; being our "brother's keeper" to proactively look for pedestrians and prevent collisions.

- issues and strategies to avoid collisions with cyclists including: statistics; making an entire lane change when passing cyclists; understanding that young cyclist may not know or follow safe cycling laws and habits; working with others to promote helmet use.
- issues and strategies to avoid collisions with motorcycles including: statistics; using the Triple Look System to avoid Inattention Blindness; using proper shoulder checks; increase your following distance and looking for inexperienced riders as they may not be as stable as experienced ones.
- issues and strategies to avoid rollover collisions including: the five types of rollover collisions (collision caused rollovers, Lateral force rollovers, skid rollovers, Ramp rollovers and Side slope rollovers); slowing down before a curve and accelerating smoothly through the curve; not slamming and maintaining the brake on in an emergency as it hinders steering control; strategies to safely re-enter the roadway after a wheel drop off event, driving to suit the conditions; ensure items in the vehicle are secure so they do not interfere with vehicle operation; road angle can impact driving and lead to a possible rollover; speed; weather; tire quality and type of road can impact the possibility of a rollover

Module 16: Emergency Driving Techniques

Objectives:

- To develop knowledge, appreciation and skills related to reacting in an emergency.
- To develop knowledge, appreciation and skills related to vehicle handling and how it contributes to safe and responsible driving.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- what emergency driving is and when the techniques might be used and that they may or may not prevent a collision.
- information about the techniques used in emergency driving which include: visual targeting, emergency braking, collision avoidance and skid control.
- the idea that understanding your vehicle and its capabilities assists in proper emergency driving.
- the acronym WYLIWYG (Where you look is where you go).
- the concept that in order to unlock your brakes in an emergency you have to unlock your eyes from the hazard.
- general vehicle dynamics including: tire patches and the law of tire patches, grip and that grip constantly changes, the dynamic of vehicle weight transfer.
- hints and tips that help maintain vehicle control including: when possible brake in a straight line, while cornering slight acceleration keeps tire patches more consistent, slow down before a curve accelerate through a curve.
- the impact on weather on vehicle dynamics and car balance.
- the concept that snow, mud, ice gravel, rain oil will reduce tire adhesion and could lead to loss of control.
- types of emergency braking including: four-wheel lock up, anti-lock brakes, control or threshold braking, progressive squeeze braking.
- the capabilities when using anti-lock brakes which allows you to brake and steer at the same time.
- progressive squeeze braking technique of squeezing the brakes to just before lock up and that it takes practice towards making it a habit.

- the three types of skids: front wheel skid, rear wheel skid and all wheel skid.
- the reasons that skids can happen which includes: braking too hard on icy roads or driving too fast for the conditions.
- the techniques used to recover skids: look and steer where you want the front of the vehicle to go, do not brake and in a front wheel of 4-wheel drive vehicle, add a little throttle.
- the concepts and techniques associated with collision avoidance including: understanding the relationship between pitch and roll, pitch + roll + yaw and how the incorrect application of this can lead to the vehicle being de-stabilized and lead to a loss of control.
- the proper technique for a collision avoidance which includes: controlling pitch through not braking and maintaining throttle, looking to the escape route, use smooth controlled steering.
- the proper technique to be used in an emergency for a brake and avoid manoeuvre.
- how to handle other emergencies such as:
 - your brakes fail.
 - your gas pedal sticks.
 - your headlights go out.
 - your tire blows out.
 - you break down on the freeway.

Module 17: Social Issues

Objectives:

- To develop knowledge, appreciation and skills related to dealing with a collision when it happens.
- To develop knowledge, appreciation of insurance and driving.
- To develop knowledge, appreciation and skills related to buying a vehicle.
- To develop knowledge, appreciation and skills related to being environmentally conscious.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- the proper preparation that should be in place before a collision occurs including: proper insurance; having an accident reporting kit in your vehicle; take and maintain a first aid course; carry a first aid kit in your vehicle; have your cellular phone with you when driving.
- what the possible contents of an accident reporting kit.
- what to do when approaching an existing accident scene including what to do if you are the one of the first people on the scene.
- what to do if you are involved in a collision including: stop, do not panic stay calm.
- car crash safety measures including: do not move anyone who is injured; do not stand between two vehicles; if your vehicle is driveable and there are no injuries; move it to a safe area unless there is a serious injury, then protect the scend with cones, triangles or flares.
- obtaining the proper information from other drivers and giving them your own information such as drivers licence, contact information and insurance. Taking pictures is always a good idea.
- procedures around reporting the collision to the police and your insurance agent. Do not accept liability that is for the professionals to figure out.
- the importance of driving again after a collision even if you need some additional driving lessons to regain confidence.
- the different types of insurance including: third-party Liability; Statutory accident benefits coverage; direct compensation-

property damage coverage; uninsured automobile coverage.

- the essential information about third-party liability coverage including: minimum coverage in Ontario is \$200,000 but at least \$1,000,000 is recommended; protects you from liability imposed by law.
- direct compensation and that it covers damage to your own vehicle.
- uninsured motorist coverage that protects you if you are involved with someone who is not carrying insurance.
- Loss of or damage to the insured automobile and the four types of insurance related to this including: all perils; collision or upset; comprehensive; specified perils.
- the various insurance endorsements that are available.
- with the process of buying a vehicle which would include: choosing the right vehicle; shopping for a vehicle; buying the vehicle.
- the environment impact of owning and driving a vehicle.
- the importance of properly maintaining a vehicle.
- proper disposal of cars, fluids, batteries and tires.
- strategies for driving environmentally including: accelerate gently; anticipate traffic; maintain a steady speed; avoid high speeds; cost to decelerate.

Module 18: Drinking, Driving and Drugs

Objective: To develop knowledge, appreciation and skills related various types of impairments and the learner's responsibility.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- impaired driving statistics.
- the myths around impaired driving.
- the effects of alcohol on driving ability.
- the impact an impaired driving collision could have personally and on family.
- the penalties for impaired driving in Ontario and Canada.
- the penalties for impaired driving as a graduated licence holder.
- the vehicle impoundment program.
- other drugs both illegal and prescription.
- how common is cannabis use?
- what are the effects of cannabis use?
- how does cannabis affect the driver?
- what are the risks for impaired cannabis drivers?
- what are the laws that relate to cannabis and driving?
- how do police detect cannabis in a driver?
- what guidelines can I follow in terms of cannabis and driving?

Module 19: Fatigue

Objective: To develop knowledge, appreciation and skills related to fatigue and the strategies to deal with fatigue.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- the definition of distraction.
- penalties for distracted driving.
- fatigue statistics.
- the definition of fatigue.
- fatigue causal factors including: tight schedules; insufficient sleep; driving at night when your body wants to sleep; driving on shifts with varied schedules; insufficient rest stops; feelings of helplessness.
- the concept of sleep loss and the impact of not getting enough sleep.
- circadian rhythms and the factors that can disrupt those rhythms.
- work and medical factors that can impact sleep.
- sleep cycles including: the stages of sleep and REM sleep.
- how age affects sleep.
- sleep disorders such as Insomnia, Sleep Apnea, Narcolepsy, RLS (Restless Leg Syndrome), DSPS (Advanced or Delayed Sleep Phase Syndromes) and others.
- rhythms of alertness and sleepiness including: the two peak times of sleepiness; two distinct zones of alertness; sunlight in the morning tells your body clock to wake up and be alert; darkness tells your body clock to decrease alertness and get ready for sleep; emergencies will temporarily increase your level of alertness and keep you awake.
- the impact that fatigue can have on your life.
- fatigue indicators.
- the impact on fatigue on night driving.

- the Stanford Sleepiness Scale as a way to judge your level of fatigue.
- the impact of physical health including proper nutrition and physical conditioning can have on fatigue and alertness.
- aids to better sleep including: having a dark room; comfortable temperature and mattress; quiet room or a constant white noise; avoid sleep interruptions.
- good sleep practices including: bedtime routines; taking time to relax and unwind before going to bed; keep bed for sleeping; inspect medications for impact.
- ways to manage time and stress management such as: balancing work, family and social obligations; making time for yourself; make good lifestyle choices; know your own limits.
- drowsy driving strategies that clearly work including: getting enough sleep; taking a break every 2 hours; track and react to sleep debt; staying hydrated.
- strategies for journey management including: factors that impact the driver; ensuring the vehicle is in good shape; being aware of road conditions.
- strategies that work minimally such as proper nourishment and caffeine.
- exercises that can assist as a short-term fatigue remedy.
- strategies the do not work such as: rolling down the window; nicotine; turning up the radio; adjusting temperature; odor or fragrances; driving faster or more aggressively.
- taking responsibility for yourself to ensure that you identify fatigue factors and take action to not drive or stop driving.

Module 20: Air Bags and Other Topics

Objectives:

- To develop knowledge, appreciation and use of anti-lock brakes and traction control systems.
- To develop knowledge, appreciation and skills related to changing a tire.
- To develop knowledge, appreciation and skills related to new technologies and their impact on driving.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- how anti-lock brakes work.
- How Electronic Stability Control (ECS) works
- how to use anti-lock brakes.
- traction control systems and how they operate.
- airbags and the statistics associated with them.
- the combination of seatbelts and airbags is effective in preventing head injuries.
- airbag strategies including adjusting seating position and where to place children.
- how to change a tire.
- new vehicle technologies and strategies for using them properly including: how to properly use technology; avoiding distraction; not depending on technology to save you.

Module 21: Course Conclusion

Objective: To summarize the final message of the program and provide details of the final exam.

Learner Outcomes:

At the end of this module, learners should be familiar with:

- the final responsibility message on what they have to do to get home safely from each trip which includes: that it starts with

them as the driver; having a good attitude; ensure that you have the competencies and are a life long learner; and that you drive consistently well.

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