ARIZONA DEPARTMENT OF TRANSPORTATION TRAFFIC CONTROL DESIGN GUIDELINES

2010



TRAFFIC ENGINEERING GROUP



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ARIZONA DEPARTMENT OF TRANSPORTATION

GUIDELINES for DESIGN of TEMPORARY TRAFFIC CONTROL for STATE HIGHWAY CONSTRUCTION, MAINTENANCE, UTILITY, and INCIDENT MANAGEMENT OPERATIONS

A INTRODUCTION

This Traffic Control Design Guide is intended to provide design guidelines for the Arizona State Highway System and should be used in addition to the MUTCD, not as a stand alone document. Construction, utility and maintenance operations in the State of Arizona are diverse and, in many respects, unique due to the vast variations in terrain one is likely to encounter on many projects. From mountain grades and curves to level desert plains, roadway construction and maintenance traffic control requires a tailor-made plan for the situation encountered. While the MUTCD provides the foundation and the basis for the application and use of traffic control devices, this Design Guide is intended to provide additional guidance to designers, field and maintenance personnel, and contractors in establishing implementing safe, efficient, well conceived traffic control plans. It should be used as an extension of the MUTCD in the day to day implementation of the standards. It is the intent of this document to provide additional information which is applicable specifically to the practices, policies, and procedures currently being implemented on the Arizona State Highway System.

If for any reason information presented in this document can be interpreted as conflicting with the MUTCD, the contents of the MUTCD shall take precedence and govern the design or application of the standard. The Typical Application (TA) Figures contained in the MUTCD, in general, apply to most construction and maintenance projects. Additional Supplemental Application (SA) Figures are provided herein for those applications which are encountered frequently on State work and are not adequately addressed in the MUTCD.

B <u>FUNDAMENTAL PRINCIPLES</u>

Temporary Traffic Control (TTC) should be based on the design speed of the facility whenever possible. When this is not feasible, the off-peak 85th percentile speed or posted speed limit prior to construction should govern the design. When a detour is required to carry traffic around a construction zone, the detour shall be designed in accordance with ADOT's standards for construction, speed zoning, signing and pavement markings to establish a temporary facility which provides a design comparable to the existing facility.

Depending on the nature and duration of the traffic control needs, a traffic impact study may be appropriate to identify operational changes to accommodate existing vehicular and pedestrian traffic. Areas to consider include roadway capacity, peak hour requirements, traffic signal operation and timing, routing of pedestrians, bicycles and trucks, and emergency vehicle access.

As provided by Department directives, the District Engineer or his/her duly authorized representative is empowered and shall have the authority to determine when construction or maintenance activities have progressed to a point where roadway conditions warrant a reduction of speed through all or part of the construction or maintenance project. The necessary speed reduction shall be established in the interest of public safety and convenience and for the protection of workers and equipment through the use of standard speed limit signs placed or caused to be placed by the Arizona Department of Transportation (ADOT).

From Chapter 6C.01 of the MUTCD:

Reduced speed limits should be used only in the specific portion of the TTC zone where conditions or restrictive features are present. However, frequent changes in the speed limit should be avoided. A TTC plan should be designed so that vehicles can reasonably safely travel through the TTC zone with a speed limit reduction of no more than 16 km/h (10 mph).

A reduction of more than 16 km/h (10 mph) in the speed limit should be used only when required by restrictive features in the TTC zone. Where restrictive features justify a speed reduction of more than 16 km/h (10 mph), additional driver notification should be provided. The speed limit should be stepped down in advance of the location requiring the lowest speed, and additional TTC warning devices should be used.

Reduced speed zoning (lowering the regulatory speed limit) should be avoided as much as practical because drivers will reduce their speeds only if they clearly perceive a need to do so.

Research has demonstrated that large reductions in the speed limit, such as a 50 km/h (30 mph) reduction, increase speed variance and the potential for crashes. Smaller reductions in the speed limit of up to 16 km/h (10 mph) cause smaller changes in speed variance and lessen the potential for increased crashes. A reduction in the regulatory speed limit of only up to 16 km/h (10 mph) from the normal speed limit has been shown to be more effective. When a speed reduction greater than 10 mph is considered appropriate, the transition to the lower speed limit should be made in steps of not more than 10 mph. When conditions no longer require a reduction in the speed limit, the signs shall be removed or caused to be removed by ADOT. Documentation as to the reason for reducing the speed limit through a construction or maintenance project shall be maintained.

Standard enhancement to traffic control signing should include flashing warning lights and flags to the sign assembly whenever the traffic control sign is in place overnight or whenever the traffic control is set up during the early morning hours or construction extends into the late evening hours. An exception to this standard is for sections of roadway that are continuously lighted where warning lights will not be required. An additional exception to this standard is for the G20-2AZ "END ROAD WORK THANK YOU" sign which does not get either the light or the flags. Flags are also omitted from signs set immediately adjacent to the traveled way.

On some projects which the Department has determined will result in significant impacts to the traveling public, it will be necessary for project personnel to make certain measurements of these impacts (i.e. travel delay, queue lengths) and document the results. These measurements, if necessary, should be identified in the project documents.

C <u>TEMPORARY TRAFFIC CONTROL ELEMENTS</u>

C-1 Advance Warning Area

A minimum of two signs shall be placed in advance of the transition or activity area of the traffic control zone. For divided highways, the advance warning signs shall be located on both the right and left sides of the highway.

C-2 Tapers

When determining the length of taper, speed in the formula is either the design speed, the off-peak 85th percentile speed or the posted speed prior to construction.

When the taper length is a fraction of L, the value of L is based on W, the width of offset relative to the required taper. For example, shoulder taper is 1/3L (minimum) where L is based on the width of the shift. L is further adjusted to the next highest multiple of the spacing of the channelizing device.

C-3 One Lane, Two Way Traffic Control

In addition to the Typical Application Traffic Control Figure for the Flagger Method of traffic control, the designer should be aware of the potential for a need to employ the Pilot Car Supplemental Traffic Control Figure SA-3 to augment Flagger control when the Pilot Car Method or traffic control is deemed appropriate.

The Flagger station and pilot vehicle turn around area should be located where these operations are the safest. In rolling or mountainous terrain, the Flagger station and pilot vehicle turn around areas should be located at the top and bottom of the grade whenever possible. A brake check area should be established in conjunction with the Flagger station at the top of the grade. Supplemental Application Figure SA-4 represents the Brake Check traffic control requirement.

D <u>TYPES OF DEVICES</u>

D-1 Signs

All traffic control signs shall conform first to the design and size of the respective series listed in the ADOT Traffic Engineering Manual of Approved Signs (MOAS). Signs not in the MOAS shall then conform to Part VI of the MUTCD.

Table 2C-4 located in section 2C.05 of the MUTCD titled *Guidelines for Advance Placement of Warning Signs* should be used when other guidelines are not applicable.

Warning signs for difference in elevation between travel lane and shoulder should be provided under the following conditions:

(a) LOW SHOULDER Sign (W8-9) – The LOW SHOULDER sign should only be used when the drop off between edge of pavement and shoulder is less than 2 inches.

(b) SHOULDER DROP-OFF Sign (W8-9a) – The SHOULDER DROP-OFF sign should be used when the drop off between the travel lane and the shoulder is 2 inches or more. Furthermore, a fillet of aggregate base material shall be placed adjacent to the drop off at a slope of 3:1 for the protection of run-offthe-road vehicles.

(c) UNEVEN LANES Sign (W8-11) – The UNEVEN LANES sign should be used to identify a difference in elevation between travel lanes of 2 inches or more. These signs should be placed at frequent intervals to warn traffic of the uneven edge between lanes.

D-2 Channelizing Devices

General

Spacing of channelizing devices should, as a minimum, comply with the guidelines set forth in the MUTCD.

Typical ADOT practice for highways with design or offpeak 85th percentile speeds of 40 mph or greater prior to construction is to space channelizing devices at 40 feet on tapers and 80 feet on tangent except for cones. The spacing for highways with design or off-peak 85th percentile speeds less than 40 mph prior to construction is the actual speed, in mph, for tapers and twice the actual speed, in mph, for tangent sections.

Type A flashing warning lights shall be placed on each end of each type III barricade whenever the type III barricade will remain in place overnight or whenever the barricade is set during early morning hours or construction extends into the late evening hours. Type C steady burning lights shall be placed on every vertical panel, type I and II barricade and drum during the same periods. The exception to this standard is for sections of roadway that are continuously lighted where neither type of warning light will be required for channelizing devices.

Cones shall be a minimum of 28 inches high for all highway and maintenance operations under high speed traffic conditions of speeds greater than 40 mph

Flexible vertical markers, 36 inches high and 3 inches wide either white or yellow, may be used as a substitute for tubular markers provided they possess the same retroreflective qualities.

Portable Barriers

Set-ups of portable barriers (Temporary Concrete Barrier) shall be designed in accordance with ADOT adopted design standards following the Length of Need and Offset formulas found in the AASHTO Roadside Design Guide (RDG).

D-3 Markings

Temporary (interim) striping or pavement markings should be installed at the end of each day of work on roadway segments where the existing markings have been obliterated or covered leaving the roadway unmarked overnight. At a minimum, center lines, lane lines, no passing zones, channelized areas, special markings such as railroad crossings, and stop bar locations should be installed.

Interim Markings

Interim markings are divided into two categories. The first category describes marking requirements during construction where additional work will be performed on the roadway before the project is complete. An example of this category is a project which has several layers of paving requiring markings to be placed on each subsequent pavement layer. The second category describes markings which are allowed to remain in place until the earliest date when it is practical and possible to install pavement markings that meet the MUTCD Part 3 standards for pavement markings.

For the first category, the temporary pavement markings section of Part VI of the MUTCD shall apply. In general, minimum markings to be installed for up to a two week period should be the 4 foot stripe over a 40 foot distance (2 foot stripe over a 20 foot distance) for center lines and lane lines and special markings and stop bars. If the interim period is to be longer than two weeks before any additional work is to be done on the roadway, full centerline and lane line striping would be required in addition to special markings and stop bars. In addition, gore and edge lines should be considered on freeway and high speed multi-lane highways.

For the second category, the roadway shall be fully striped in accordance with the permanent pavement marking plan except that turn lane "only" legend may be omitted.

Temporary Pavement Markers may be used to delineate the center line or lane line for both categories when they will be in place for two weeks or less. Any markings needed for more that two weeks shall be either paint or preformed plastic pavement markings.

Delineators

Delineator placement and spacing shall be determined in accordance with ADOT Standard Drawings.

D-4 Other Devices

Portable Barriers

The effect of striking the ends of barriers should be mitigated by the use of an impact attenuator, placing the end of the barrier through and existing guard rail section, or abutting the end against or into the side of an embankment. The end of the barrier need not be protected if the end is located outside the clear zone.

E <u>TYPES OF TEMPORARY TRAFFIC CONTROL</u> ZONE ACTIVITIES

E-1 Duration of Work

Work duration is a significant factor in the selection of a supplemental or typical application. There are five categories of work durations.

- 1) Long-term stationary work is work that occupies a location for more than three days. Intermediate-term stationary work is work.
- 2) Intermediate-term stationary is work that

occupies a location more than one daylight period up to 3 days, or nighttime work lasting more than 1 hour.

- Short-term stationary is daytime work that occupies a location for more than 1 hour within a single daylight period.
- 4) Short duration is work that occupies a location up to 1 hour.
- 5) Mobile is work that moves intermittently or continuously.

E-2 WORK OUTSIDE THE SHOULDER

Supplemental Application Figure SA-1 depicts a typical blasting zone traffic control plan for rural or arterial two lane or multi-lane highways. All blasting and rock scaling activities require full road closures adjacent to the blasting site or scaling operation at the time of the blasting or scaling activity. Advance warning signage is extremely important to forewarn motorists of the time and duration of the delay and advise on alternative routing, if appropriate.

E-3 WORK WITHIN TRAVELED WAY-RURAL TWO LANE

a. <u>Detours</u>

Supplemental Application Figure SA-2 depicts required through, right, and left turn lane closures for a full road closure on the departure side of the intersection. If local traffic is allowed into the closed roadway, the appropriate signage and barricading must be added to these figures.

b. <u>One-Way Traffic Control</u>

Pilot Car Method – Supplemental Application Figure SA-3 depicts a typical pilot car traffic control plan as an enhancement to Typical Application TA-10, depicting flagger traffic control. Supplemental Application Figure SA-4 depicts a Brake Check Area frequently needed as part of Flagger or Pilot Vehicle traffic control on projects where the terrain is rolling or mountainous.

E-4 WORK WITHIN TRAVELED WAY-RURAL OR URBAN, MULTI-LANE DIVIDED ANDUNDIVIDED, NONACCESS CONTROLLED

Lane Closure or Lane and a Half Closure – Right or Left Lanes

Supplemental Application Figure SA-5 depicts a typical lane closure with a partial lane shift

for freeway or divided multi-lane highways with shoulders on both sides of the traveled way. This application is used when work within the lane extends up to the center line of the roadway with the potential for equipment and workers to encroach onto the adjacent travel lane. For a divided multi-lane highway with less than a 10 foot shoulder adjacent to the right lane and a 4 foot shoulder adjacent to the left lane, considerable care must be exercised in developing a travel lane with a minimum width of 10 feet without lateral constraint and 11 feet with lateral constraint. Uniformed officer control may be needed to reduce the speed throughout the constrained area.

Supplemental Application Figure SA-5 is applicable as well for a lane closure where a shift is not needed adjacent to the work zone.

Supplemental Application Figure SA-12 depicts traffic control in the "<u>Fines are</u> double in the work zone where workers are <u>present</u>" configuration.

E-5 WORK WITHIN TRAVELED WAY-INTERSECTIONS

Supplemental Application Figure SA-6 depicts work on the approach side of the intersection requiring the use of the left turn lane for through traffic with appropriate left turn prohibition.

Supplemental Application Figure SA-7 depicts work in the right through lane on the approach side of the intersection with channelization shifting traffic into adjacent lanes through the intersection with appropriate left turn prohibition.

Supplemental Application Figure SA-8 depicts work in the right through lane on the approach side of the intersection with channelization shifting the right through lane into the right turn lane with appropriate right turn prohibition.

a. Problem Areas - Rural

The most prevalent problem associated with work within the traveled way on rural freeway segments is the lack of interchanges and the lack of alternate routes off the freeway for detouring traffic. Invariably, all work must be performed with traffic routed to some segment of the existing freeway. For single lane closures, traffic is frequently shifted around the work area onto the shoulders as depicted in Supplemental Application Figure SA-5. For full closures in one direction, traffic is routed to the opposing lanes by way of a median crossover. The gore areas of the median crossover and the high speed two-way operation introduces safety concerns which should be considered in the development and implementation of the traffic control plan.

Traffic Engineering must take a proactive role in the design of the traffic detour and the median crossover as suggested in the MUTCD.

a. Problem Areas – Urban

The most prevalent challenge associated with work within the travel lanes in urban areas is high traffic volumes. This condition usually dictates that any work requiring a lane closure be performed at night when traffic is at its lowest volume. For multiple lane closures, a full freeway closure should be considered with all traffic exiting the freeway onto the local arterial street system. A detailed detour plan should be developed and discussed with the local jurisdiction(s) for approval. Supplemental Application Figure SA-9 depicts the traffic control requirements for a full freeway closure.

b. <u>Crossovers</u>

In addition to the implementation of Figure TA-39, consideration should be given to the installation of Temporary Concrete Barrier (TCB) within the gore areas and along the full length of the two-way section with appropriate end section attenuation. In addition to the TCB, a glare screen should be considered, especially where vehicle headlights aim directly at opposing traffic.

c. Interchanges

When an interchange is going to be closed for a period of time to perform work within it, advance notification and alternate routing should be an integral part of the traffic control plan. Once the date of the closure has been determined, the advance notification should be displayed for at least one week to inform all users of the impending inconvenience. Supplemental Application Figure SA-10 depicts the proper advance notification and the signing and traffic control to be employed at the time of the closure. Advance notification can be developed through permanent signing or a variable message sign.

d. Median Crossover

For construction activities on a multi-lane limited access divided highway or freeway where the interchanges are several miles apart, it may be advantageous to develop and use median crossovers to allow construction vehicles to get from one side of the freeway to the other. The deceleration lane in advance of the crossover and the acceleration lane onto the freeway shall be protected by closing each lane to freeway traffic as shown on Supplemental Application Figure SA-11.

F APPLICATION OF DEVICES

F-2 SUPPLEMENTAL APPLICATIONS

In addition to the typical applications found in Part VI, ADOT Construction and Maintenance consistently uses several additional typical traffic control applications for various types of work activities. These typical applications are labeled as Supplemental Application Figures SA-1 through SA-12.

F-3 GENERAL NOTES

a. Work Performed on the Roadside (Outside Shoulder)

Many projects require rock scaling or blasting either to improve safety within the right-of-way or for the purpose of widening the roadway section for adding through or auxiliary traffic lanes. Supplemental Application Figure SA-1 should be used as a guide for the times when blasting is a part of the project activity. The most important aspect of the Blasting Zone traffic control is the advance signing and advance notification of the time and dates of intended roadway closures so that the motoring public is adequately informed on the amount of delay they can expect and to provide alternate routing, if available. In many instances, uniformed officers are used in conjunction with Figure SA-1 especially if the blasting takes place at night during very light traffic volume periods.

b. Lane Closures on Multilane Roads

The Lane and a Half Supplemental Application Figures SA-5(L) and SA-5(R) should be used on all construction activities where it is necessary to first channel traffic out of one of the through lanes and then to shift the traffic onto the shoulder adjacent to the work zone to provide added protection to the workers without unduly constraining traffic operations. This application is most commonly used for roadway paving, concrete slab pavement removal and replacement, open trench underground construction across the roadway, and other activities where the work zone extends right up to the roadway centerline.







ONE LANE CLOSURE OF A TWO-WAY ROADWAY

UTILIZING PILOT CAR

NOTES:

- 1. FOR THE DISTANCE BETWEEN SIGNS, REFER TO PART 6 OF THE MUTCD.
- * 2. WARNING LIGHTS ARE TO BE INSTALLED FOR NIGHT WORK ONLY.

















* 4. WARNING LIGHTS ARE TO BE INSTALLED FOR NIGHT

WORK ONLY.

- DIRECTION OF TRAVEL

 \sim \sim - flags $-\overset{1}{\otimes}$ - flashing light (see notes)

FIGURE SA - 10

EXIT RAMP CLOSURE ADVANCED NOTIFICATION AND ACTUAL CLOSURE





NOTES:

- ** I. THESE SIGNS SHALL BE PLACED ONLY WHEN WORKERS ARE PRESENT IN THE DOUBLE FINE AREA, AND SHALL BE REMOVED IMMEDIATELY WHEN WORKERS ARE NOT PRESENT IN THE DOUBLE FINE AREA. EXISTING SPEED LIMIT SIGNS IN DOUBLE FINE AREA SHALL BE COVERED WHEN THESE SIGNS ARE VISIBLE.
 - 2. THE SPEED LIMIT IN THE DOUBLE FINE AREA CAN BE THE SAME AS THE SPEED LIMIT OF THE ENTIRE PROJECT WORK-ZONE. THE SPEED LIMIT CAN ALSO BE REDUCED WITH JUSTIFICATION PER ADOT TRAFFIC GROUP POLICIES GUIDELINES AND PROCEDURES.
 - 3. MORE THAN ONE DOUBLE FINE AREA COULD EXIST IN THE PROJECT WORK-ZONE LIMITS.
- * 4. WARNING LIGHTS ARE TO BE INSTALLED FOR NIGHT WORK ONLY.

SYMBOL LEGEND:

____ - SIGN MOUNTED ON SPRING STAND

- DIRECTION OF TRAVEL

✓ ✓ - FLAGS
→ - FLASHING LIGHT (SEE NOTES)

FIGURE SA - 12

TRAFFIC CONTROL SIGNING: FINES ARE DOUBLE IN THE WORK-ZONE AREA WHERE WORKERS ARE PRESENT.

ADDENDUM TO ADOT MUTCD CHAPTER VI SUPPLEMENT







FIGURE SA - 15 SHOULDER CLOSURE FOR CHANGEABLE MESSAGE BOARD







