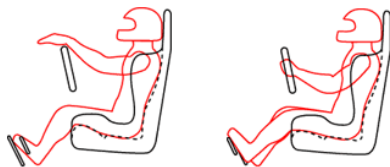


Introduction

- Safety is first priority
- Injuries or car damage are NOT WANTED
- This is a DE – Not racing
- No trophies, no pressure to win
- Focus on learning
- Enjoy your car at speed on a real track
- NOTE: You are not expected and do not have to drive at speeds that you feel are unsafe. The goal is safe, high-speed fun but this does not mean that you have to go any faster than you want to.
- Listen to your instructor.

Driving Position

- **Hand Position** - 9:00 and 3:00
- **Seat Position**



- **Rear View Mirror** should be centered to see directly behind the car.
- **Side View Mirrors** should cover all the remaining areas behind the car.

Flags

- Know all flags – Absolutely
- Flags are communication to you
- Know what they mean
- Know what to do
- Look at every corner station every lap
- Corner workers – Wave at session end and thank them at lunchtime

Tires, Wheels & Brakes

- Tire pressure should be in the 30-40psi range and should be checked frequently.
- Tighten lug nuts before the first run of the day. A torque wrench is critical.

Pits and Paddock

- Be Slow in paddock, 8 MPH
- Watch for inattentive people
- Exit the track via the hot pits
- Hot Pits – keep center clear for traffic
- Staging out to track on right or left offline and enter cautiously
- Do driver changes, etc. in the pit boxes
- Track exit signal – arm out, up, closed fist



Passing

- Passing Zones – The straights
- Watch your mirrors
- What is a faster car?
 - One that caught up to you
- Point by the faster car
 - Drivers arm out the window – BE ASSERTIVE
- Stay on line and back off the throttle a little
- Do not pass without a point by
- Never pass outside of the passing zones

Emergencies

- If you lose brake pressure or notice any problems with the car, immediately slow down, tell your instructor and go to the pits.
- If you have a BIG problem (smoking, etc.) get off line and head back to the pits. If you cannot make it back to the pits get off line and off track near a corner worker - DO NOT GET OUT OF YOUR CAR UNLESS IT IS ON FIRE!
- If you stop wait for the corner worker signal
- Spins – Any spin – Both feet in
- One spin is learning, two means you're not
- Off Track
- Drive off straight, look before continuing
- If you stop – Wait for corner signal
- Proceed to pits for checkout / discussion

Techniques of High Speed Driving

There are several cardinal rules which should be learned and never compromised if you wish to stay in control on the track:

- Keep your eyes up and look ahead.
- Braking, shifting and hard acceleration should only be done when the wheels are in a straight line.
- Never lift your right foot unless your wheels are in a straight line.
- Check your mirrors.

