

# Novice Training Check List

Before attending the first novice track practice, the following will be required:

- ◆ All Membership dues need to be paid in full.
- ◆ The novice driver needs to know the meaning of the flag colors and how they are used.
- ◆ Driver's safety equipment will be inspected.

Driver's suit - must be SFI 3.2A/1

Helmet- must be SA2000 or newer or SFI 24.1 youth spec

Neck brace- must be SFI 3.3

Driving gloves- must be SFI 3.3/5

Arm restraints- must be adjusted to keep hands close to wheel

*-All safety equipment will be checked for proper fit-*

- ◆ Drivers must know location and purpose of on/off kill switch. They must be able to turn off switch without looking for it. With their helmet on, both hands on the wheel your instructor will ask child to turn off switch while looking forward. This is a must...
- ◆ Brakes must be operational and will be tested before car goes on track.
- ◆ Seatbelts must be replaced if more than two years old. And must be tight.
- ◆ A throttle stop will be required for all new drivers until the Novice Director feels they are comfortable enough to have more or full throttle.

## On the Track

### Phase one

- ◆ Flag colors and use will be reviewed.
- ◆ Steering wheel is your "best friend"
- ◆ Watch flagman not parents.
- ◆ Solo time on the track to review:
- ◆ The flags and their uses
- ◆ Exiting the track into the "hot chute"

## Phase two

- ◆ Learning to drive with multiple cars (bumper to bumper) under yellow.
- ◆ Learn how to be placed in line-up order by flagman while under yellow.
- ◆ Discuss and practice line up drills.
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***It's easy to run fast under green, but hard to go slow side by side under yellow!!***

## Phase three

- ◆ Discuss and practice racing patterns with cones.
- ◆ Discuss proper spacing while under yellow.
- ◆ Discuss common penalty calls.
- ◆ Learn common signals.

## Phase four

- ◆ Side by side line-up drills.
- ◆ Practice racing with use of all flags.
- ◆ Discuss and practice qualifying procedures.
- ◆ Getting the checkered flag.

## **Minimum Requirements before Racing**

The following are minimum requirements of your novice driver before they can go racing. However it is the Novice Director who will determine if your child is ready to race in the novice class.

- ◆ Have a minimum of 3 practices.
- ◆ Know how to obey all flags.
- ◆ Know how to line up quickly and maintain proper spacing.
- ◆ Must race safely.

The following are requirements of you the handler:

- ◆ Know the code of conduct policy.
- ◆ Be introduced to the responsibilities of the concession stand and scoring tower.
- ◆ Be introduced to the judging procedures- watching the QMA Judging Video.
- ◆ Understand this is a club. No one gets paid to "Run the Show" you must get involved with this club. This is a club that must be run by its members not just the operating officers!! Get involved with the club. You will be surprised the friends you will make. Take that first step.

**And Most Important -HAVE FUN!!!**