



2023 Road Course Racing  
**COMPETITION**  
**LICENSING SCHOOL**

Conducted By The Northern Alberta Sports Car Club



# Content

- Critical Track Protocols
- In Car Instruction Guidelines
- Lead/Follow Instruction Guidelines
- On-track curriculum for each session

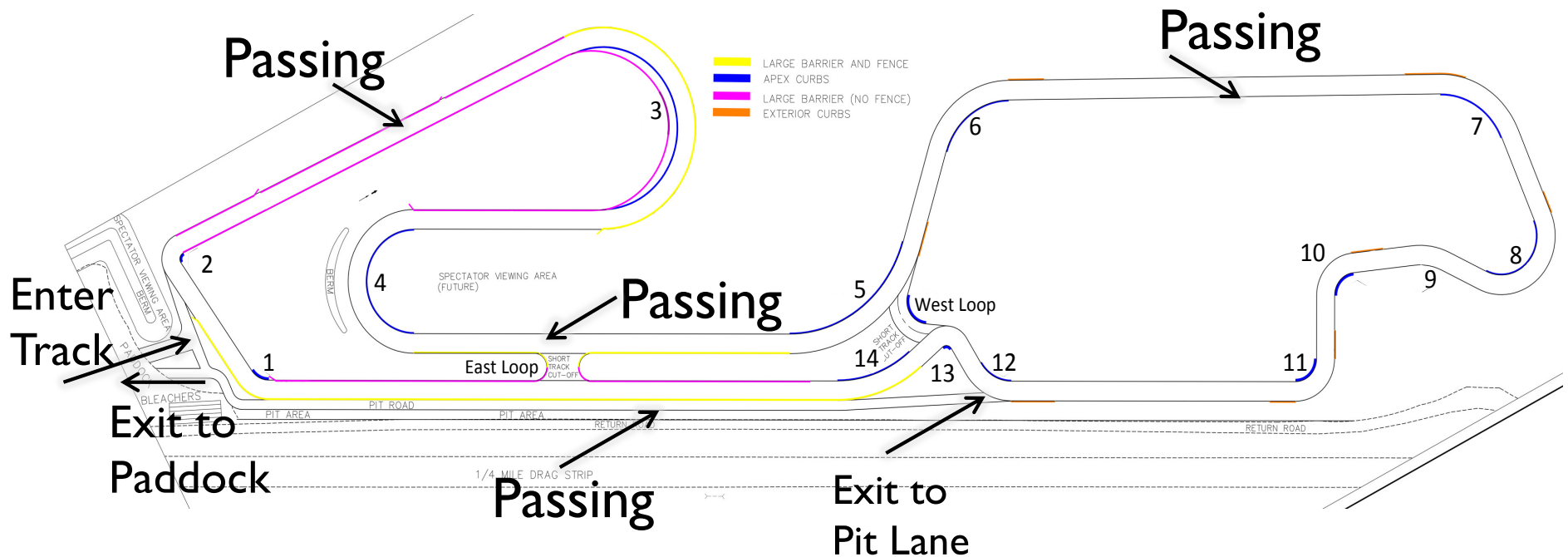
# Review track protocol

- Helmets on for all sessions
  - Students will have a green, blue or red sticker on the window & grid in paddock in their colour run group
  - Lead/Follow instructors try to Grid with your students in the paddock
- Always wait at track entrance to be waived on
- Enter the track under acceleration and keep left
  - don't hesitate once waved on
- Instructor may use hand signals to communicate
  - If wheels off – mandatory pit stop
    - 2 wheels off - talk with instructor in hot pit lane
    - 4 wheels off or spin – talk with Chief Instructor in the hot pit lane

# Instructor/Student protocols

- We offer a choice, up to each individual
- In car instruction
  - if both student and instructor agree to be in the car together
- Lead/Follow with instructor in a separate car
- Both student and instructor should write to indicate their choice, **at least a week in advance of the school**
  - [nascc.events@gmail.com](mailto:nascc.events@gmail.com)
- Some of what follows applies only to lead/follow, most applies to all.

# Track layout for protocols

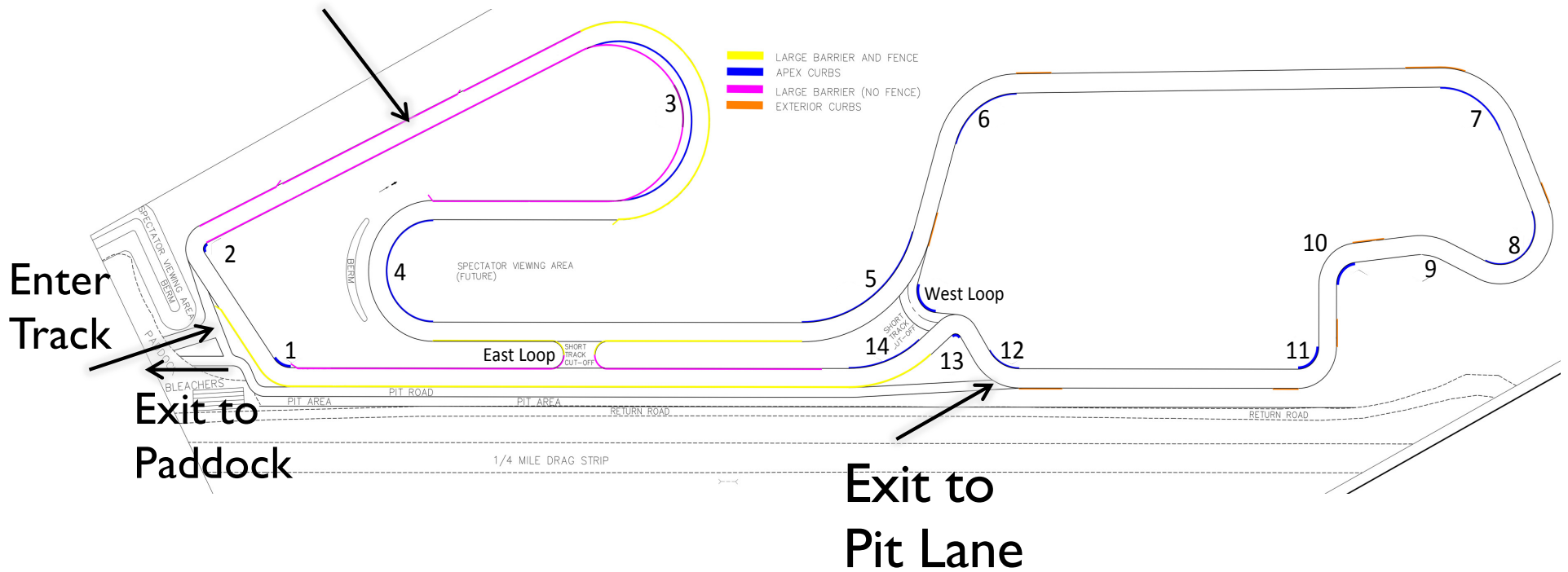


**Passing requires a point by**

Remember there will be several cars in some passing groups due to lead/follow

# Lead/Follow protocols

Lead/Follow student car/instructor car position switch



# On Track Instruction

## – Instructor in Car

- In-car instructing is allowed if both Instructor & Student agree in advance, otherwise Student and Instructor will do lead/follow as described below
- Helmets worn on track for all sessions
- First Track Session
  - Instructors may drive student car for first 2 – 3 laps to illustrate the line and braking points, stop in hotpits to change seats and then students drive.
  - **debrief with instructor after each session**, if they do not have another student right away
- 2<sup>nd</sup> through 5<sup>th</sup> Track Session
  - Students drive with instructor in car
  - **debrief with instructor after each session**, if they do not have another student right away
- 6<sup>th</sup> Sessions
  - Students drive with instructor in car, unless permission to run solo has been obtained from the Chief Instructor

# On Track Instruction



## - Lead Follow

- Student and Instructor do lead/follow as described below
- First Track Session
  - Instructors will lead student
  - Typically 1 instructor, 1 student
  - **debrief with instructor after each session**, if they do not have another student right away
- 2<sup>nd</sup> Track Session
  - Students will lead instructor
  - **debrief with instructor after each session**, if they do not have another student right away
- 3<sup>rd</sup> (after lunch) & 4<sup>th</sup> Track Session
  - Instructor leads 3 laps, then switch so students lead
  - **Passing car goes off line, car in front slows a bit so they can fit back in**
- 5<sup>th</sup> Session
  - Lead/follow instructors will observe students from corners, and provide feedback during debriefing
- 6<sup>th</sup> Session
  - Instructor leads 3 laps, then switch so students lead, unless unless permission to run solo has been obtained from the Chief Instructor
  - **Passing car goes off line, car in front slows a bit so they can fit back in**



# Hand Signals 1

## Lead/Follow Instructor Hand Signals



<p><b>Follow Instructor or Catch-Up:</b></p> <p><i>Tapping Roof</i></p>	 <p>Roof Tap Follow Me</p>
<p><b>Back Off to 3-car lengths:</b></p> <p><i>Open Hand Out Window</i></p>	 <p>Back Off to 3-Car Lengths</p>

# Hand signals 2

arm out straight, making circular motion – like wheels

Student moves in Front of instructor, on straight between corner 2 & 3

Headlight flash – pay attention to hand signals

<p><b>Move to Specific Track Location:</b></p> <p><i>Pointing Down</i></p>	 <p><b>Place Car Here</b></p>
<p><b>Go to Pit:</b></p> <p><i>Vertical Fist Out Window</i></p>	 <p><b>Fist Out: Go To Pit Lane</b></p>

# Session 1 – Learn the Line

- Optimum path called “the line”
  - maximize radius of corner
    - general rule, some corners are special
  - Primary focus is on allowing early acceleration
  - Secondary focus is on carrying maximum corner speed
- Importance of braking points
- In-car instructors may ask to drive student’s car to demonstrate for the first 3 laps or so

# Session 2 – Focus on braking

## Importance of braking points

- the braking points
- the acceleration points
- Reinforce and refine “the line”
  - Consider car attitude
    - – angle of attack to corners

# Session 3 – Emphasis on Vision

- Importance of **VISION**
  - Car goes where you are looking
  - Look further down the track, look ahead
  - Look **past** the turn-in to apex when turning in
  - Look **past** the apex to track out, before the apex
  - Look **past** track out toward the next corner once at the apex.
- Awareness – towards situational awareness
  - Green flags thrown students expected to call out when they see them – feedback on how quick they are
  - Towards end, ask students what car is behind, what is front

# Session 4 – weight transfer

- Importance of balancing the car
  - Applying brakes, throttle or steering shifts weight (load) around the tires
  - Smooth application of inputs helps keep the car balanced
  - Abrupt inputs unsettle the car, reducing grip
  - Braking loads the front, enhancing turning grip
  - Throttle loads the rear, keeping the back end pinned to the track and reducing sliding
  - Turning reduces grip for throttle or break

# Session 5 – Rolling Starts

- **Student Side-by-Side & Rolling Starts**
  - **Instructors in car or observe from corners**
- Sub-groups of 5 or 6 cars within the colour run group, organized in paddock
- Pace car for every sub-group of cars (so 3 Pace cars)
- Rolling start practice,
  - Follow pace car, maintain speed when it jack rabbits away before the start line.
  - Continue side by side run until green is thrown, then race to the checker flag
  - Regather behind the pace car side by side, and follow pace around track maintaining side by side and keeping up with pace.
  - Repeat, and run the side by side faster each time.
- After about ten minutes
  - Black Flag All will bring you through the hot pit lane,
  - and then back on track for a short regular session
  - (wait to be collected by instructor if you are a lead/follow student/instructor team)

# Session 6 – Smooth is Consistent

- Build speed up over the session
- **Students use the feedback they have been given**
  - VISION is still the key – look further ahead
    - Smooth application of brakes, squeeze on, release gently
    - Smooth application of throttle, squeeze on, release gently
    - Get to the apex, use all the track