



Rivercity Motors 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

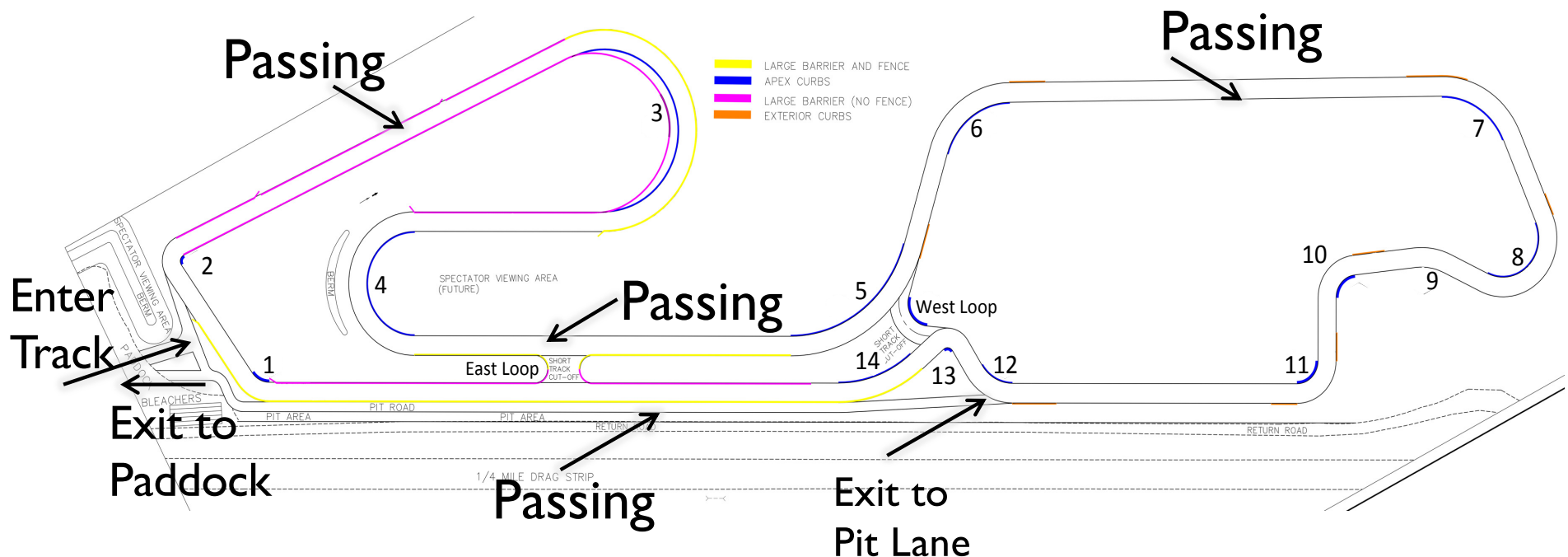
- Helmets on for all sessions
 - Students will have a green, blue or red sticker on the window & grid in paddock in their colour run group
 - Lead/Follow instructors try to Grid with your students in the paddock
- Always wait at track entrance to be waived on
- Enter the track under acceleration and 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
 - Common choice
- Lead/Follow with instructor in a separate car
 - Required if car has only one seat
- Write immediately to indicate if you are lead/follow nascc.events@gmail.com
- Some of what follows applies only to lead/follow, most applies to all.

Track layout for protocols

Passing zone is from corner exit to braking zone

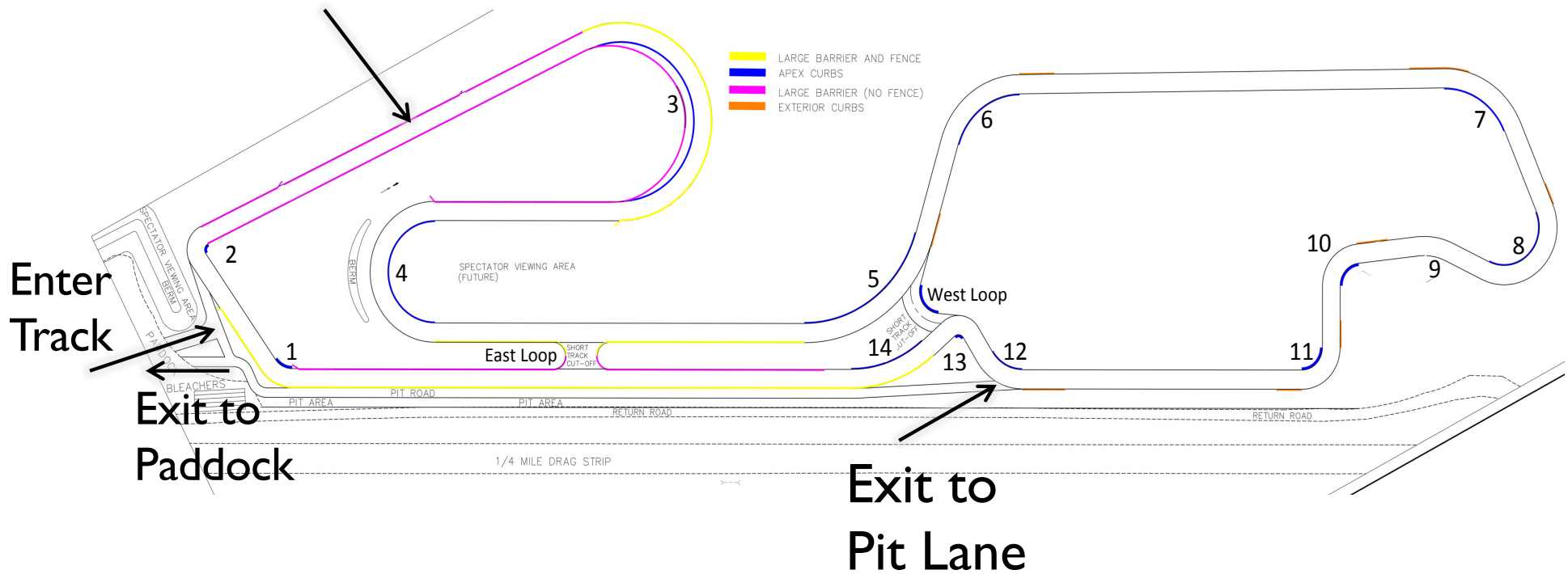


Passing requires a point by

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

- 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
- 2nd through 5th Track Session
 - Students drive with instructor in car
 - **debrief with instructor after each session**, if they do not have another student right away
- 6th Session
 - Students drive with instructor in car, unless permission to run solo has been obtained from the Chief Instructor (Jed or Brooke) by student and 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
- 2nd Track Session
 - Students will lead instructor
 - **debrief with instructor after each session**, if they do not have another student right away
- 3rd (after lunch) & 4th 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**
- 5th Session
 - Lead/follow instructors will observe students from corners, (or may serve as pace car) and provide feedback during debriefing
- 6th 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>Follow Instructor or Catch-Up:</p> <p><i>Tapping Roof</i></p>	 <p>Roof Tap Follow Me</p>
<p>Back Off to 3-car lengths:</p> <p><i>Open Hand Out Window</i></p>	 <p>Back Off to 3-Car Lengths</p>



Hand signals 2

10

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

Student- Instructor Interactions

- **Lead/Follow Instructors Advice**
- There are 2 levels of pace when driving the Lead car:
 - 1. Medium
 - 2. Moderate (sort of the same, right!)
- There are no high-speed L-F sessions.
- Note both in car and lead/follow will be on track simultaneously.
-
- As a Lead/Follow instructor, you must drive the ideal line, while observing your student(s) in your mirrors.
 - Drive at a pace that you can do both at a high level, even if that means you slow down.
 - It's more important to demonstrate the right line and techniques, and to be a model for your students, than it is to drive quickly.

Session 1 – Learn the Line (part 9 live)

- 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

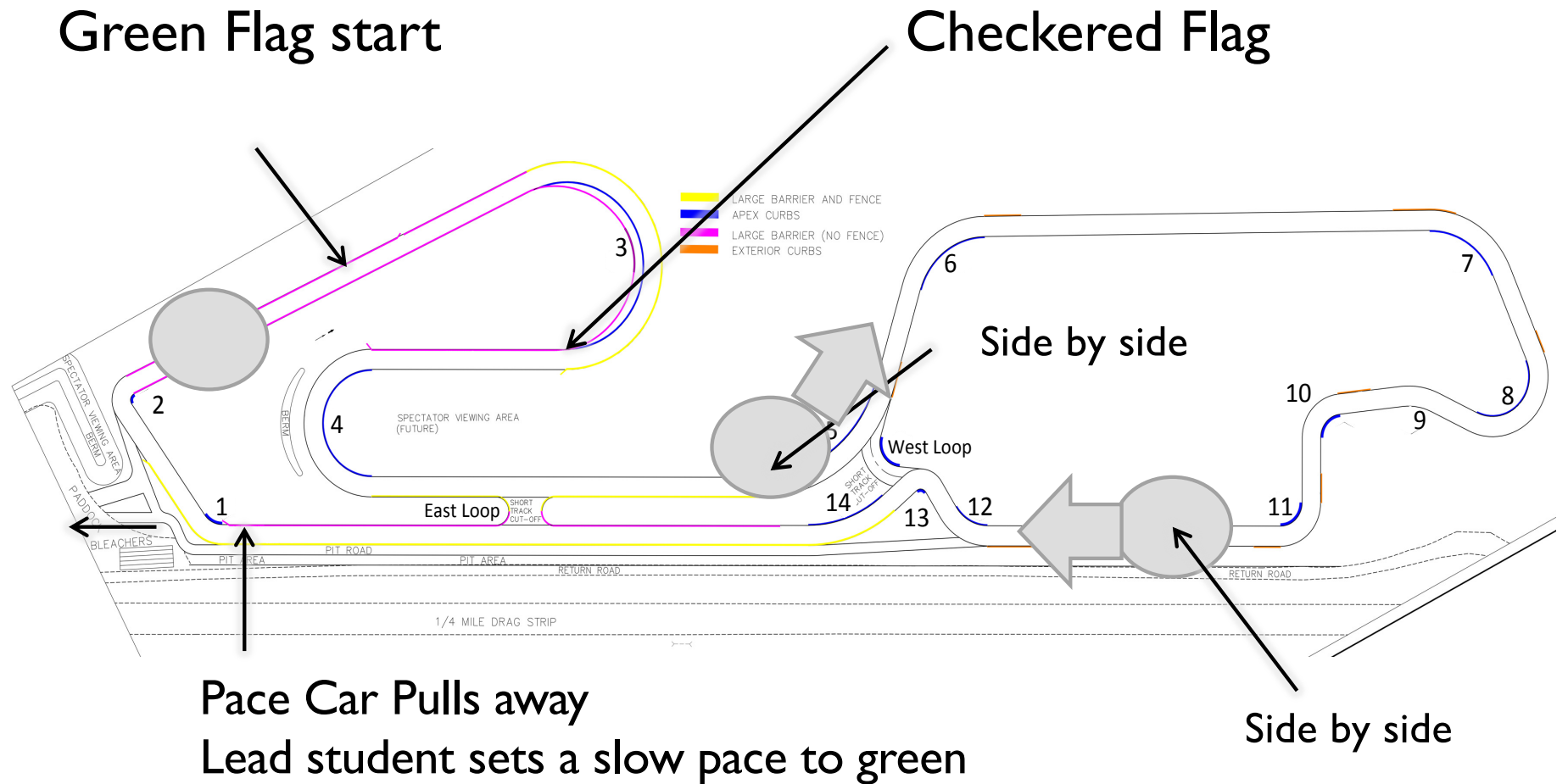
Session 4 – weight transfer

- 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 brake

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 regular session
 - Lead/follow students proceed to paddock to collect instructor car

Rolling Starts & Side by Side



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
- Solo runs – student and instructor must obtain approval from Chief Instructors Brooke or Jed