

Here are some things that you will have to work on with your driver. If your driver knows most of the things below the training will be much easier. Go over some of these things when you are driving or just sitting around the house or wherever but don't get upset if your driver doesn't always remember. Also don't push too hard to learn everything - the training director will work with the driver and after they do it on the track, they will put it all together and it will click. When the driver has shown understanding of the procedures, exhibits driving, passing, and line-up skills, the trainer will schedule a testing for the training tasks. Successful testing earns your driver their license and they will then be ready to race!!

### **Purpose of the Program**

- To instruct drivers in the basic procedures of Quarter Midget racing.
- To promote driver safety from a driver's viewpoint.
- To offer all drivers an opportunity to improve their driving techniques through noncompetitive And competitive practice sessions with qualified adult supervision.
- To train newcomers in driver safety.
- This class is not here to teach you how to win. It is here to teach you how to race. For this reason the novice class will not be ran in a point's series.

### **Training Tasks:**

The following tasks must be completed during training sessions before a driver will allowed to compete in a race:

1. Consistent lap times (preferably above 12 seconds per lap),
2. Demonstrate the ability to line up in various positions for double line up and single line up.
3. Demonstrate the ability to come in the pits and stop in a pit stall.
4. Demonstrate the ability to follow flagging by the flag person.
5. Demonstrate the ability to cleanly enter the track from the pits (blend line).
6. Demonstrate proper response to hand signals.
7. Demonstrate the ability to take the checkered flag from the flag person at the end of a race.
8. Demonstrate the ability to safely exit the track.

### **1. Flags**

- A. Every driver and car owner/handler must know the meaning and color of each flag. A driver should not be allowed on the track until he/she has demonstrated that they know their flags and their meanings. Flags and hand signals are the only way to communicate with the driver when the car is in motion.
- B. Color and meaning of the POWRI QMRL flags now in use throughout the nation:
  - a. RED Stop Immediately
  - b. YELLOW Caution, Slow Down, No Passing
  - c. GREEN Start, Increase Speed, Go
  - d. BLACK Disqualified, Go To Pits
  - e. WHITE One Lap To finish.
  - f. CHECKERED The race is finished
  - g. BLACK & YELLOW flags together All Cars Slow Down And Exit Track

## 2. Hand Signals Used and Their Meanings

- A. Hand signals are as important as flags and care should be taken that all novice drivers are able to recognize those listed below. Give examples of the use of each hand signal:
1. Finger drawn across throat in slashing motion...Turn off switch and stop.
  2. Handheld flat in downward motion...Slow down.
  3. Thumb and index finger in open/close motion...Give it more throttle.
  4. Any flag held in furred position, with one or more fingers held above it...Take number of laps indicated by fingers, then take action required by flag.
  - 5 Arms extended to the front in an opening & closing motion...Move in or out as indicated.
  6. Finger pointing to top of head...Think about what you're doing.
  7. Hand or flag pointing to rear end...Move to the back of the pack.

## 3. Car Safety, Dos and Do Nots

- A. The car is definitely not a toy. It is not to be played with in the usual sense of the word.
- B. ALWAYS Obey the flag person. He is in charge out on the track. Do not take signals from the pit area during an event. (Explain why: disqualification, taking eyes away from track can cause accidents, etc.)
- C. Keep in mind what you are doing...not what you did last week or what you will do tomorrow.
- D. Do not watch or wave to the spectators, mother or father. Keep your eyes on what is happening on the track in front of you.
- E. Do not chew gum or candy while driving. If involved in an accident, you could choke.
- F. Before leaving the pit area for the track, always check your safety equipment to be sure it is in operating condition.
- Be sure your visor is clean and pulled down. Your helmet must be tight.
  - Be sure your safety belt, neck collar, and gloves are tight. When checking your belts try to pull the lap belt first then the drivers' right-side shoulder belt then the drivers left side shoulder belt. When tightening your lap belts snug them up enough that you cannot get your finger under them and on your shoulder belts no more than one or two fingers under the belts.
- G. When leaving the pit area and coming out onto the track follow these simple rules:
- Look for other cars already on the track; do not break into flow of traffic – stay above white line.
  - If flag person is on duty, await their signal before coming out onto the track.
  - Do not drop into the flow of traffic already on the track. Let the pack go by before dropping down to run your pattern.
  - Do not “play” with other drivers on the track. “Fooling around” can cause accidents.
  - If someone is standing in the on chute or pit lane area – STOP – do not run him or her over.

- H. Always keep your switch in the “off” position when the car is not in use.
- I. Do not remain in the car during refueling operation.
- J. Drivers should be cautioned to keep elbows and hands inside the car at all times.
- K. When leaving the track to enter the pit area:
  - Look quickly behind you for other cars before turning out of the traffic pattern.
  - Hold left hand up on the inside to signal to other drivers that you are pulling out and going to pits.
  - After leaving the traffic pattern, move up to the wall and follow it around until you reach the entrance.
  - The car handler should be waiting at the pit entrance for his driver.
  - Upon reaching the pit entrance, drive slowly to pit position, turn off switch and apply brake. Be sure to allow room for any other cars that may also want to exit the track.
  - Watch out for other drivers, handlers and cars as you go to your pit position.

#### 4. **Safety in the Pit Area**

1. Fuel and safety habit:
  - a. Before practice or racing make sure all fire extinguishers are in their proper location.
  - b. Whenever a car is being refueled, the driver is to leave car and stand to one side – this applies at all times.
  - c. NO smoking while refueling.
  - d. There will be no refueling on the track or in the “infield” or hot chute. Refuel in the pit area only. Except AA & Half’s
2. Playing and/or roughhousing: No playing in the pit area or out on the track. Drivers, etc, could be hit by cars.
3. Always stay near your car unless you have permission from your handler to leave the area. Always tell your handler where you will be...you could miss an event.
4. When watching the program always remain “behind” the fence. Do not sit on exposed walls at the entrance to the track or pit area.
5. Do not attempt to help push a car off/onto the track. Let the adult care handler or owner tend to that chore.

### **On Track Training Procedures**

The on-track training will be handled by the training director but you should put your driver in the car and point out switch and its function – Ask driver to look you in the eyes and remove hand from steering wheel to turn switch on. Hands back on wheel. Drill your driver several times until driver can confidently switch on & off without looking down. Example: Switch on (no peeking) – hands back on wheel. Switch off (no peeking) – hands back on wheel. Switch on (no peeking) – hands back on wheel. Switch off (no peeking) – hands back on wheel. (No fair if you peek.)

## **Attendance**

All handlers must be present at all training sessions

## **Zero Tolerance**

To ensure that your family's experience is a positive one, we have instituted a "[Zero Tolerance](#)" Policy.

A complete description of racing rules and procedures can be located at [www.powriqmr.com/rules](http://www.powriqmr.com/rules), and at [www.tvqma.org](http://www.tvqma.org)

QUESTIONS/NOTES: