

## Driver - Trackside Preparation Sheet

The purpose of this document is to assist Drivers to be prepared for and during their 1 day Trackside Flag Training day.

It is important that you are fully prepared for your day trackside day by assuring you have all the necessary equipment, person protection gear and information. If in doubt of any of the following points, please contact your organiser asap or senior on the day.

**Clothing:** It is important that the you wear the appropriate clothing to suit the weather conditions, long trousers(jeans)and warm long sleeve tops and jackets for cold, wind protection and sun, it is best to layer, so dress up so you can dress down. All clothing should be Neutral colours, please, no red, yellow or green clothing to be worn trackside, including heavy wet weather gear.

**Wet Weather:** Appropriate top to toe waterproof wet weather gear should always be taken in case of inclement weather as our weather can change several time a day. If you have no wet weather gear a Plastic Poncho is recommended.

**Footwear:** Enclosed, good fitting footwear should be worn at all times, you may be standing for long periods, so it is important that your shoes are comfortable and please no open toe footwear to be worn at the circuit or trackside. Runners are acceptable. Waterproof shoes are best in wet weather.

**Personal Protection:** Sunscreen 30+, Sun Glasses and a Hat are essential trackside.

**Medical Conditions and or Medication:** Please report to the Chief Marshal or Senior on point any Medical condition or Medication that you are on that may affect your ability to perform track side duties or in case of an emergency.

**Food & Drink:** Lunch and a Drink will be provided on the day, however it is best to bring additional food if you feel you may require more. It is important to maintain your hydration during the day, water is best rather than soft drinks or juices.

**Behaviour:** Inappropriate behaviour will not be tolerated, remember you are working as part of a team.

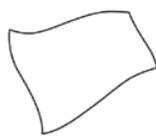
**On Point Instructions:** You will be given an on point briefing prior to the commencement of the day's activities. Flag colours and method of use will be explained by the senior on point or their delegate together with hand signals.



**BLUE**  
Overtaking signal



**GREEN**  
All clear ahead



**WHITE**  
Slow moving vehicle or service vehicle on the track ahead



**BLACK & WHITE DIAGONAL**  
Warning flag, displayed to a driver behaving in an unsportsmanlike manner



**YELLOW**  
Danger ahead – slow and be prepared to take avoiding action



**BLACK WITH ORANGE DISC**  
Mechanical problems: stop at pit on the next lap



**YELLOW WITH RED STRIPES**  
Deterioration of adhesion / slippery surface ahead



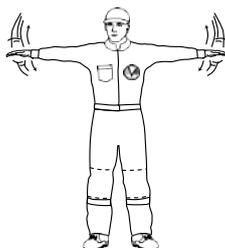
**BLACK**  
Enter pit lane on the next lap



**RED**  
Stopping the race or practice



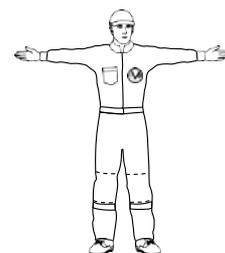
**BLACK & WHITE CHEQUERED**  
Finishing flag – end of race or practice



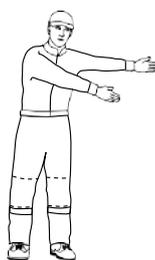
Lift low required  
Arms raise and lower repeatedly



Medical attention required  
Cross arms over head



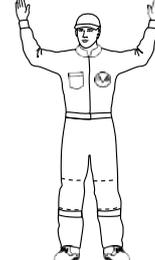
Flat low required  
Arms form a 'T'



Fire marshals required  
Arms form an 'F'



Assistance required  
Pat top of head



Rescue equipment required  
Arms form a 'W'



Fluid on the track  
Point to the fluid and 'spread soaker' with the other hand



The driver is OK  
Thumbs up



Is it safe to cross the track?  
Arm vertical: Wait (not safe)  
Arm lowered: Cross (safe)