

Alfa Romeo Owners Club of Australia (Victoria Division) Inc.

Circuit Training and Driver Safety Day

Winton Motor Raceway

Saturday 4th February 2017

General Supplementary Regulations

AUTHORITY

The meeting is a club event; Driver Education Program and Circuit Training Day conducted under the provisions of the CAMS, these General Supplementary Regulations and any Further Regulations which may be issued. This meeting will be conducted under organisation permit No. **XXXXX**

PROMOTER

The promoter will be the Alfa Romeo Owners Club of Australia (Victoria Division) Inc and the organising committee will consist of:

Event Director	Neil Choi 41 Fairbank Crescent, Lower Templestowe. 3107. Telephone 0433 11 66 47.
Clerk of Course	TBA
Safety Officers	Evan Bottcher and Ross Flood
Chief Scrutineer	Bruno Colautti

All correspondence should be addressed to the Event Director.

Please ensure that you read and fully understand all regulations and requirements relating to your chosen activity; either the Driver Education Program or Circuit Training.

1.0 REGULATIONS - GENERAL

- 1.1 The promoter reserves the right, in the event of insufficient entries, to cancel the event. The promoter reserves the right to exclude any entrant (with a full refund) at the discretion of the Event Director.
- 1.2 The promoter reserves the right to issue Further Supplementary Regulations that will have the same effect as these regulations
- 1.3 Entries open on the publication of these Supplementary Regulations
- 1.4 Entry closes **27th January 2017**
- 1.5 The maximum number of entrants for each activity will be 48 accepted in order of receipt.
- 1.6 The consumption of alcohol in the pits or paddock is forbidden while the day is in progress. Any entrant adjudged by the Event Director to be affected by alcohol (or having consumed alcoholic liquor before competing on the day of the meeting) shall be excluded forthwith from the event and incur such penalties as may be deemed appropriate.
- 1.7 Our instructors are experienced drivers and motor sport competitors, and between them have accumulated many years of motoring experience. You need to have an open mind and listen carefully. Please appreciate that our instructors are not trained teachers but fellow club members who have volunteered their time.

2.0 REQUIREMENTS FOR DRIVER SAFETY PROGRAM ONLY

- 2.1 AROCA is conducting a Driver Safety Program primarily targeting new or novice drivers. Driver Safety Program's practical activities will be conducted on the Winton "long circuit extension". The day will comprise a range of theory and practical-based activities that promote structured learning, personal development and allow participants to apply theoretical learning in a structured and practical environment along with the practical aspects of car control, braking and cornering.

- 2.2 Drivers aged 14-18 years of age must have a licensed adult competitor in the vehicle at all times.
- 2.3 **Licence** for driver participants is required.
- 2.4 **Helmet** must be worn at all times whilst participating in on-track activity.
- 2.5 **Clothing & Footwear.** All participants must be covered from wrist to ankle. Wear comfortable long legged trousers and long sleeved shirts (preferably wool or cotton). Closed footwear only. No thongs, high heels or sandals permitted.
- 2.6 **Vehicle Requirements.** Your vehicle must be in a roadworthy condition. Seat belts must be fitted and in good condition. Inertia-reel seat belts must operate correctly. Vehicles will be scrutineered.

3. PERSONAL REQUIREMENTS FOR CIRCUIT TRAINING PARTICIPANTS ONLY

- 3.1 **Personal.** Your vehicle and personal clothing will be checked (scrutinized) at the start of the day to ensure safety requirements are met. Failure to comply could mean exclusion from the event without a refund.
- 3.2 **Helmet.** Must comply with Australian Standard AS1698 or another approved standard. Helmets must be worn for the Circuit Training morning exercises, and are compulsory for all Circuit Training sessions during the afternoon.
- 3.3 **Clothing & Footwear.** In the interest of drivers' safety, all competitors must be dressed in long legged trousers and long sleeved shirts of non-flammable material (woolen or cotton). No thongs, high heels or sandals. Enclosed footwear must be worn. No competitor will be allowed to compete with exposed limbs.
- 3.4 **Passenger Attitude.** Our instructors are experienced drivers and motor sport competitors, and between them have accumulated many years of motoring experience. You need to have an open mind and listen carefully. Please appreciate that our instructors are not trained teachers but fellow club members who have volunteered their time.
- 3.5 **Licence.** Drivers must have a CAMS Club Licence, or higher. Personal Accident Insurance will be provided.

4. VEHICLE REQUIREMENTS FOR CIRCUIT TRAINING

- 4.1 **All** participating cars must be in a roadworthy condition and pass scrutineering.
- 4.2 **Seat Belts.** Must be in good condition and mounted securely. Inertia-reel belts **MUST** operate correctly. Where multi-point racing harnesses are fitted, they must be securely fastened to a suitably reinforced panel or structural member and comply with current standards.
- 4.3 **Fire Extinguisher.** All cars must be fitted with a fire extinguisher (AS1841), securely mounted on a metal bracket and within easy reach of the driver whilst he/she is strapped in. Expiry date (three years from date stamp on extinguisher body).
(**Note:** BCF/Halon type extinguishers [yellow] are illegal.)
- 4.4 **Steering and Suspension.** Must have no significant wear in ball joints, tie rod ends, shock absorbers, bushes, wheel bearings.
- 4.5 **Brakes.** Must have a firm pedal with the engine running. You will be using the brakes continuously and heavily during the day, so it is important that you start the day with at least 75% of brake pad materials intact. All brake stop lights must be operating properly. It is recommended that you have the brake fluid changed before the event.
- 4.6 **Wheels and tyres.** Hubcaps **MUST** be removed. Wheel nuts must be tight. Tyres must be roadworthy.
- 4.7 **Tyre Pressures.** Inflate tyre pressures to 40 PSI all round. If you have a pump or a gauge, then bring them along. Your instructor will advise on specific pressures for you car and/or conditions.
- 4.8 **Car Interior and Boot.** Remove all loose items. Eg: tools, spare tyre, etc.
- 4.9 **Body/Chassis.** No rust in structural areas. Driver's door and front left passenger door must be openable from inside and outside the car. The windows on these doors must work.
- 4.10 **Bonnet Fastening & Under Bonnet.** Cars must be fitted with at least 2 independent fastening systems, of adequate strength and limited extensibility, which simultaneously holds the bonnet or panels closed. Bodily unmodified production cars manufactured after 1/1/1973, and other cars as specifically approved and which are fitted with forward hinged bonnets may utilise the original,

unmodified manufacturer's component for closing the bonnet, without the use of a secondary restraint mechanism. Under bonnet (engine bay) must be clean and tidy with all lines, wiring etc. all secure and safe. The battery MUST be securely mounted with clamps. All fluids (oil, water, brake and clutch) should be at their MAX levels with no leaks.

- 4.11 **Throttle Springs.** For cars fitted with carburettors, a secondary return throttle spring is required.
- 4.12 **Blue Triangle.** Positioned on exterior panel to indicate position of battery, 150mm sides.
- 4.13 A vehicle noise limit of 95dB (A) to 30 metres drive-by will apply. No vehicle which exceeds this limit will be allowed to continue to participate.
- 4.14 A speed limit of 10 km/h will apply in the pits, paddock and spectator areas.

5.0 **SCRUTINY FOR CIRCUIT TRAINING CARS**

- 5.1 Scrutiny will commence at 7.45am and be performed by your instructor in the carport.
- 5.2 Current club membership card, Competition licence, Competition Record (If issued), and Log Book (if issued) must be presented at scrutineering.

6.0 **CONDUCT GUIDELINES**

The following conduct guidelines are required for safety reasons and are broadly based on Australian Motor Racing Regulations. We insist that these guidelines are adhered to, and breaches may result in exclusion from the event. This will be at the sole discretion of the Event Director.

- Watch your mirrors regularly during all activity sessions.
- The driver's window must be wound down during all activity sessions.
- Drivers who are about to be overtaken must signal clearly with the appropriate hand motions on which side of their vehicle the overtaking vehicle(s) should pass on.
- Drivers who are exiting the track either at the Pit Return Lane or at the Racing Pits must signal by having their right arm straight up as they start to slow down.
- Do not pass other vehicles in corners until your instructor has given you the OK to do so. This is because the car in front may not have seen you.
- If you leave the track unintentionally at any time, then stop your car completely. Ensure the track is clear before rejoining the track slowly to avoid bringing dirt and debris onto the track.
- If your car suffers a mechanical failure, try and stop in a safe area, preferably on the inside of any corner and well off the track. **You are forbidden to work on the car.** Leave the car and stand well away from the track (either to a flag point bunker, or the safe side of the circuit wall, or generally in a safe position).

YOUR SAFETY IS PARAMOUNT AND IS OF MORE CONCERN TO US THAN YOUR CAR. The car will be towed back to the pits at the end of the session.

- The above also applies if you go off the track and get bogged.
- If you want a break or wish to swap drivers with your instructor, then you must return to the dummy grid where you can affect the changeover. You will then be able to access the track safely when directed by an official. **WATCH OUT FOR APPROACHING CARS.**
- In actual racing, there are many flags used. For the purposes of today only two flags will be used

RED FLAG - Slow down and exit the track via the PIT RETURN LANE. This flag will be used if a dangerous situation occurs and is also used to indicate the end of the session.

BLACK FLAG - The Event Director wishes to speak to you. Slow down and exit the track via the PIT RETURN LANE. This flag will be used if there is a problem with your car, or if you have been driving in a discourteous or dangerous manner. If the situation is serious you may be excluded from the rest of the session and/or other sessions.

7.0 **Circuit Training Program**

- Any alterations to the program will be announced either over the PA or during Drivers' Briefings.

<u>Time</u>	<u>Component</u>	<u>duration</u>
7.30am	CIRCUIT OPENS/check in - Proceed to the pit area and park in the bays provided. PADDOCK OFFICE OPENS - Check in. <u>Please bring your driver's licence, Club membership card, CAMS Licence, Log Book and Competition record (if issued) with you for identification.</u> Meet your instructor. Start preparing your car for scrutineering by your instructor.	15 min
7:45 am	SCRUTINEERING COMMENCES.	
8.30am	Welcome - outline of days activities. All entrants and instructors must attend. Key Objectives of the day. LECTURE - ATTITUDE, APPROACH / SAFETY / PREPERATION.	20 min
9.05am	BENCHMARK - 5 laps. (Group A)	10 min
9.15am	BENCHMARK - 5 laps. (Group B)	10 min
9.25am	LECTURE - CORNERING LINES	15 min
9.40am	Group A - Cornering lines practice	15 min
9.55am	Changeover	5 min
10.00am	Group B - Cornering lines practice	15 min
10.15am	Feedback to groups	10 min
10.25am	LECTURE - SKILLS DEVELOPMENT	15 min
10.40am	Group A - skills development practice	20 min
11.00am	Changeover	5 min
11.05am	Group B - skills development practice	20 min
11.25am	Changeover	
11.30am	Group A - skills development practice	15 min
11.45am	Group B - skills development practice	15 min
12.00pm	LUNCH BREAK & LECTURE - VEHICLE DYNAMICS	45 min
12.45pm	Group A - practice session 1	20 min
1.05pm	Changeover - short debrief	5 min
1.10PM	Group B - practice session 1	20 min
1.30pm	Changeover - short debrief	5 min
1.35pm	Group A - practice session 2	20 min
1.55pm	Changeover - short debrief	5 min
2.00pm	Group B practice session 2	20 min
2.25pm	Changeover - short debrief	5 min
2.30pm	Group A Practice session 3	20 min
2.50pm	Changeover - short debrief	15 min
2.55pm	Instructor rotation	5 min
3.00pm	Group A - Final practice	20 min
3.20pm	Group B - Final practice	20 min
3.45pm	Training close	

OPEN PRIVATE PRACTICE

3.45pm till 5.00 pm **Afternoon open practice available to all members. No Passengers allowed.**

Open practice is available to all members, (Cost \$40) who must hold a current CAMS or Competition Level 2 Licence (or higher).

All participants of this session are at the discretion of the Event Director.

A \$40 fee will apply to those entrants who participated in the Circuit Training Day.

5.00 pm **TRACK CLOSES.**

Circuit Map

- This map shows the general layout of the Winton Circuit.
- The circuit direction of travel is CLOCKWISE.
- Note that we are only using the Short Circuit for Circuit Training.
- Driver Safety activities will take place in Area 2 (long circuit extension)

KEY AREAS:

Location of each Exercise in the morning session as marked.

- (1) Pit garages. Park in any unoccupied space.
- (2) Paddock Office. For Check In and Drivers' Briefing.

1: Circuit Training

2: Driver Safety

