

SAFETY FIRST

“C” Class

WHAT EVERY RIDER NEEDS TO KNOW

- Ask if you do not know what to do
- Hydrate!!! NO CAFFEINE!
- Snack between sessions

RIDING GEAR

- Full gloves, no open fingers
- Boots or protective riding shoes
- Helmet
- Protective riding gear: pants, jacket etc.

FIRST TIME ON THE TRACK?

- Start in “C” Class
- Know your **FLAGS**

ALL CLASSES

including track, skid pan and dirt pit

**ENTRY TO TRACK
PROHIBITED
WITHOUT SIGNED
INDEMNITY**

www.redstarraceway.co.za



Motorsport at its best

You are responsible for
your own safety and all
those around you!

**ALCOHOL IS STRICTLY
PROHIBITED FOR ALL
TRACK USERS!!!**

Leave your "ego" in the
pit.

There is only space for
your bike on the
recovery vehicle.

THINK BEFORE YOU ACT!

5 STRAIGHTS 13 CORNERS

100 % THRILL

SAFETY FIRST Bike

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You as rider/owner of the bike are responsible to make sure your bike is in a safe riding condition.

IF UNSURE ~ ASK AN INSTRUCTOR

TYRES AND TYRE PRESSURE

- ✓ Front ~ 2.1 bar
- ✓ Rear ~ 1.9 bar
- ✓ Road Tyres:
Stick to recommended road tyre pressure

ROAD TYRES AND TRACK TYRES ARE NOT THE SAME

ENSURE TYRES IN GOOD CONDITION

BRAKES

- ✓ Ensure brake pads are in spec as per user manual for your bike
- ✓ Check brake fluid level regularly
- ✓ Check calliper's are fastened properly

OIL

- ✓ Check motor for correct oil level
- ✓ Check for oil leaks, if oil leak is found ~ **NO ENTRY ON TRACK**

FUEL

- ✓ Use the correct fuel
- ✓ Ensure enough fuel in the tank before the session starts

SUSPENSION

- ✓ Check for leaking fork seals, excessive leaking may result in brake failure if left for prolonged periods

GENERAL

- ✓ Ensure all body panels are securely fastened and that motorcycle is in a road worthy state
- ✓ Ensure that the exhaust canister is securely fastened.
- ✓ Check chain tension of motorcycle and if in poor state apply chain lube/wax
- ✓ Ensure that all grips and throttle tubes are in good order and not "sticky", as a sticky throttle may result in the motorcycle not reacting in the manner it is designed to do.
- ✓ Fold mirrors in before you enter the track.



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RSR IS THE MOST DIFFICULT TRACK IN SA
RSR IS A CLOCKWISE AND ANTI CLOCKWISE TRACK

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SUGGESTIONS

- ✓ White Chalk can be used to mark the cornering points for the "C" Class riders on the track should the instructors wish to do so
- ✓ No overtaking in the corners, unless the instructor shows you to pass
- ✓ First two lap sessions stay behind the instructor
- ✓ There are no winners at track days ~ so relax
- ✓ Pit lane speed **1st gear idle, max 20km/h**
- ✓ Be on time for the beginning of the session
- ✓ Exit pitlane only if it is safe to do so
- ✓ Exit the track with hand signals in the last strait before the last corner
- ✓ Ride within your ability
- ✓ Keep your line, don't make way for another rider
- ✓ Look in front of you all the time
- ✓ If you are going to run off the track, brake while on the tar then release brakes before going onto the grass. No braking on the grass
- ✓ Most corners are double apex. Look through the corners.
- ✓ If the next turn is to the left, stay on the right side of the track
- ✓ If the next turn is to the right, stay on the left side of the track
- ✓ Exit the track on the lap immediately after the chequered flag is displayed in the pit lane.

"NEVER STOP ON THE TRACK"

FLAGS

- ✓ KNOW YOUR FLAGS!!!
- ✓ Always pay attention to the marshalls and flags for caution and warnings

MARSHALLS

- ✓ Always keep an eye on the Marshalls
- ✓ Instructors to keep an eye on the marshals and report if any are not operating correctly



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KNOW THE TRACK

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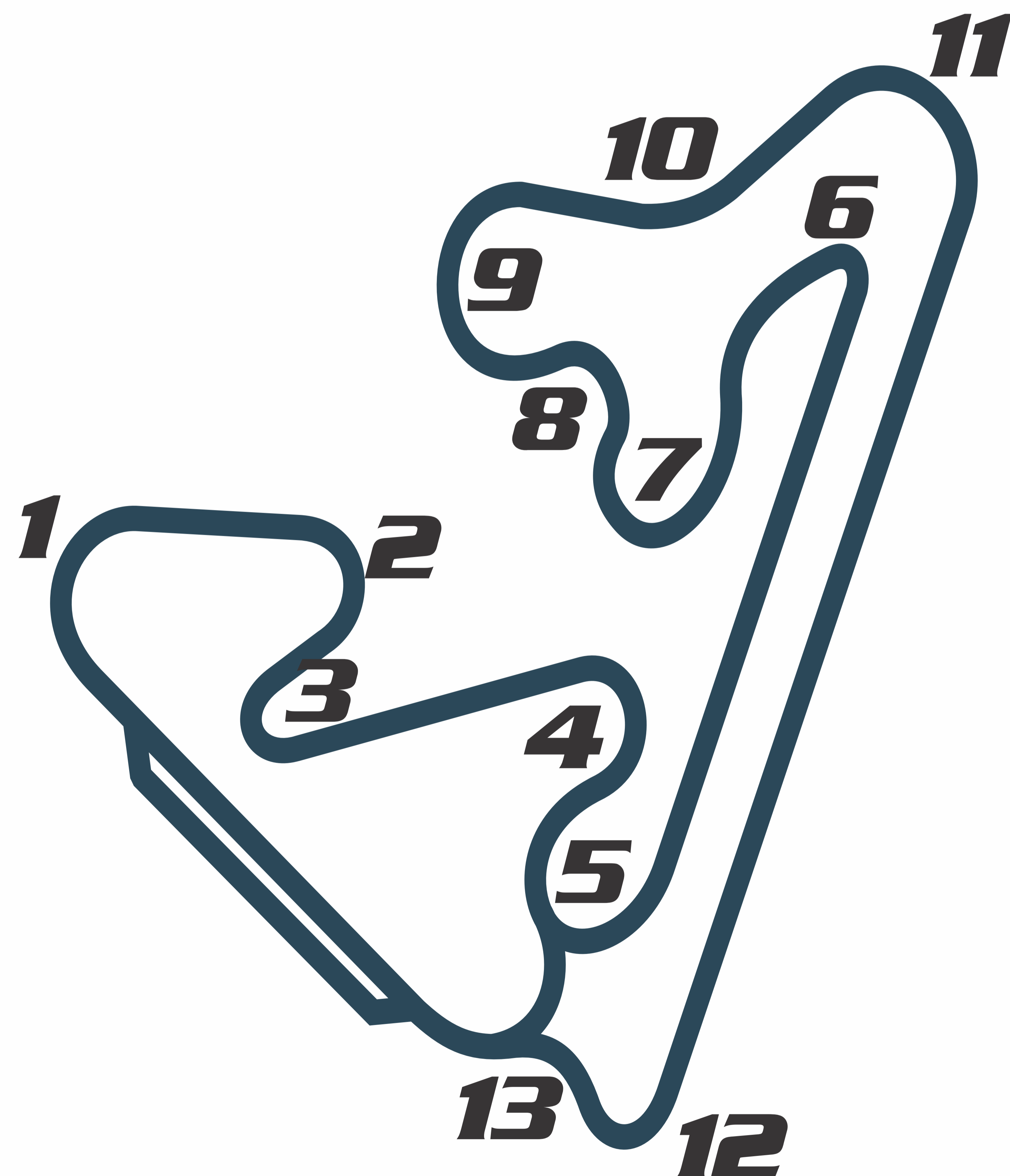
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100 % THRILL

TRACK MAP

✓ Explain what is regarded as turn/corner and layout

CLOCKWISE



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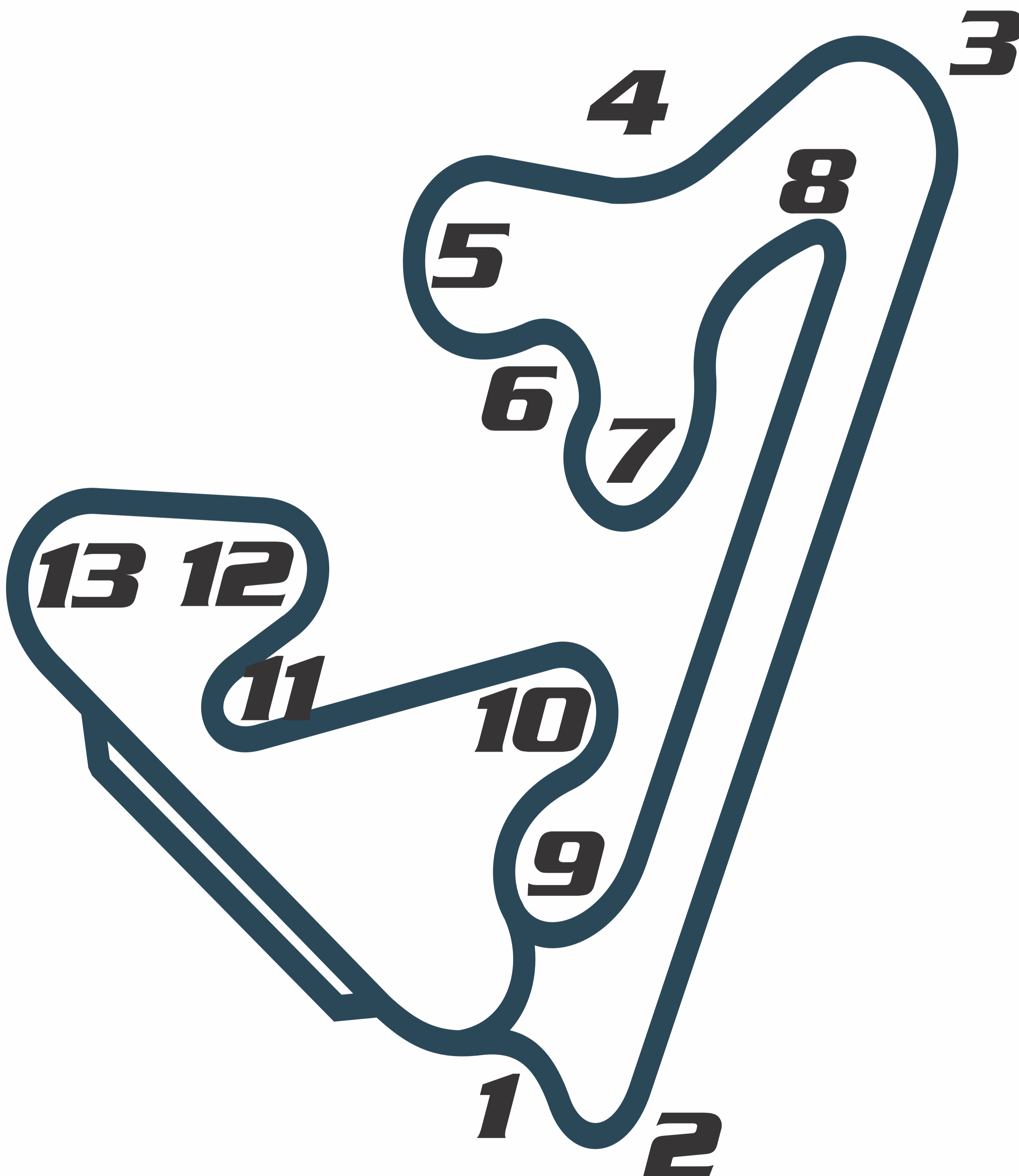
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TRACK MAP

✓ Explain what is regarded as turn/corner and layout

ANTI-CLOCKWISE



SAFETY FIRST EMERGENCY PROCEDURE

RSR IS A CLOCKWISE AND ANTI CLOCKWISE TRACK

- ✓ The medic should be situated on track close to TURN 7. This is the middle point of the track and the point where the medic can respond the fastest to an accident.
- ✓ The RSR ambulance is not to leave the RSR premises with a patient.
- ✓ Netcare 911 must be contacted. They can get to RSR faster than we can get to the hospital.
- ✓ If very serious injuries are suspected the rider should be stabilised on the scene and not moved until the ALS arrives.
- ✓ Instructors and management can assist the medic as per medic's request. Please keep in mind that you cannot act as a medic without the necessary qualifications.

EMERGENCY NUMBERS



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