F24 DRIVER TRAINING

First, select a safe place to train drivers. A school parking lot is OK but, to the extent possible, it should be cleared of cars. Never should a practice take place in parking lot with vehicles high enough that the front of an F24 car pass under the vehicle.

1. Have the driver being tested dress in full gear as required by the Rules: Long sleeves and pants, gloves, head sock, helmet and face shield or goggles.
2. With the power switch set to OFF, have each of the drivers that will participate in the test sit in the car and demonstrate operation of controls: power switch, brakes, throttle switch, steering. Push the car and have them demonstrate ability to use the brakes to stop the car, overcoming the pushers. Have them steer the car while being pushed.
3. In a clear area, set up a double row of large drinking cups with rows about 6 feet apart. Place cups spaced about 12 feet apart in right and left rows.
4. Have the driver drive through the course as above without hitting a cone. Then, carefully, return to the Start point.
5. Repeat for drivers 2, 3, etc.
6. Remove one row of cups, then remove every-other cup in the other row so that they are about 24 feet apart.
7. Have each driver drive through the course, passing cups on the right, then left, in a slalom style. Without knocking over cups. Repeat until they can do this successfully at least twice in a row.
8. Test ability to drive the car while checking rear-view mirrors. Make cards in three colors. Red, Green and Yellow work great as they are frequently used Flag colors in races. But three distinct colors. One foot square or a bit larger is fine. With the driver seated in the car, have them adjust the mirrors so they can see behind the car where a following car would be. Show them the three cards. Instruct them to drive the slalom course, without knocking over cups, while checking rear view mirrors to identify which color is being displayed. Display one card down low when the car is approaching the first cone, until it finishes the course. Have them return to the start and tell you what color was displayed. Repeat until successful.
9. Set up an oval course with the cups if it can be safely done in the area available. Use cups to define the inside edge and outside edge of the course, about 12 feet apart. Have each driver do several laps without running off course.
10. If the drivers can’t do the above, try to find different drivers.
11. Chose the drivers who performed best in the exercises as your race-day drivers.

Optional: Have drivers practice driver changes, while being timed with a stopwatch. Have the driver that is getting into the car stand by in full personal safety gear. With a driver in the car in full personal safety gear, plus seat belts in place, have the car pushed to the change point and have it stop. Have two crew members, one each side, aid the driver getting out and the new driver in. Fasten seat belts, and adjust the lap belt tight first, the shoulder belts. Have pushers move the car, stopping the watch at first movement. If you can think of different methods that might be faster, test them.

 PRACTICE SAFE, AND HAVE FUN