



JUNIOR DRIVER TRAINING PROGRAM

REGISTRATION FORM

DATE:(Training Day Date)

TRACK(On Track Training completed at)

SPEEDWAY AUSTRALIA FULL Licence No or ONE DAY licence No.....

JUNIOR DRIVERS NAME:.....

ADDRESS:

.....Post Code.....

Phone Number.....email address.....

MEMBER OF CLUB.....

DATE OF BIRTH:..... SCHOOL:

DO YOU HAVE YOUR OWN RACE CAR; (circle) YES NO

VEHICLE MODEL; Make..... Engine Size.....

PARENTS/LEGAL GUARDIAN CONSENT

NAME:

Please Print

I/We,of (address)

.....am the Guardian /Parent* of

..... the above named minor who is under 18 years old. I give permission for the minor to participate in the Junior Training Program and do agree to faithfully observe and abide by the rules and regulations of Speedway Australia in accordance with Racing Sedans Australia Junior Driver Training Program.

Sign:.....DATE:

Parent / Guardian * (*delete which ever does not apply)

The above named junior has successfully completed the junior driving program on

Date of training: On Track Training completed at.....

Signed (by junior trainer): Dated:

Print name of junior trainer:

Speedway Australia Licence No.....

(a copy to be sent to the RSA secretary when Junior has passed)

RSA Junior Training Procedure

1) Introduction

The RSA Junior Training Procedure is based on Speedway Australia's Kids to Grids (KTG) program. This document should be read in conjunction with the KTG manual.

2) Junior Drivers

1.1) Speedway Australia Rules - Extract from Speedway Australia Rulebook (Sept 2020 version):

2.2.5 A Junior Licence and Junior Driver's Infringement Card are issued to Drivers from 10 years of age for Junior Sedans.

a) All juniors must be under 17 years of age, at the time of applying for their licence, subject to State Government requirements.

b) If a Junior Licence is obtained at the age of 16 years old, the holder is eligible to finish the season on the junior licence, even if they turn 17 during the season.

2.2.6. Only persons 16 years or older may apply for a Senior Licence.

2.2.7. Once a Junior Driver has graduated to a Senior Licence category and races with a Senior Licence that Driver is ineligible for further competition as a Junior Driver.

2.2.8. Junior Drivers are not permitted to compete against Senior Drivers.

2.2.9. A Junior Licence holder is required to have a parent or guardian, who holds an Annual Speedway Australia Licence, with them whilst at a Race Meeting. These licences will be offered as a "noncompetitive" licence.

a) No Junior Competitor will receive prize money from competing in a junior event.

b) Parents/Guardians need to sign a release form allowing for photos/videos to be taken of their children while competing under a Junior Licence.

2.4.1. Clubs, Associations, Promoters and Speedway Venues cannot allow any Junior Events (practice or racing) to commence after 11.00pm.

2.4.2. Junior Drivers are permitted to participate in a Grand Parade.

2.4.3. Junior Drivers are permitted to "track pack", however they must not be on the track at the same time as any senior licence holder.

1.2) Requirements to be met before competing at a race meeting:

Must hold a Speedway Australia Junior Licence and Junior Driver's Infringement Card, available online from: <https://www.speedwayaustralia.org/licensing/licensing>

Must complete the beginner level of the Speedway Australia 'Kids to Grids' online training, at: <https://www.kidstogrids.org/training>

Must successfully complete a RSA Junior Training event and be registered as a RSA Junior driver. This can be organised through your local RSA affiliated club.

3) Parent/Guardian

- a) Must hold an Annual Speedway Australia Licence, available online from the SA website: <https://www.speedwayaustralia.org/licensing/licensing>
- b) Must attend RSA Theory and Practical training with their Junior Driver.
- c) Must accompany their Junior Driver at a race meeting – this includes in the pits, scrutineering and driver's briefing.

4) RSA Junior Trainers

- a) Must hold a minimum of a current Speedway Australia Level 2 Steward/Scrutineers licence and must complete the Speedway Australia training modules (including AIS modules) every 2 years.
- b) Must have a current WWC clearance.
- c) Must register with Speedway Australia as a Youth Coach via the Kids to Grids website at: <https://www.kidstogrids.org/coaching> website and filling out the form that doesn't exist yet.
- d) Must complete an RSA approved Junior Trainer program and be accepted by RSA as a Junior Trainer. Note: RSA must keep a record of all approved Junior Trainers for 7 years as required by NSW legislation.

5) Junior Training events

4.1) Organisation

- a) Any Junior training event must be run under a Speedway Australia practice permit. The Speedway Australia practice permit will include an overview of health & safety requirements that must be met. These include things like first aid personnel, fire extinguishers, emergency contact procedures and more.
- b) Every Junior driver taking part in this session must hold either a Day Licence or Full Licence for Junior Sedans.
- c) Participants must complete the 'Kids to Grids' beginner module prior to the training event and be able to show the certificate of completion from this module.
- d) All Junior Sedan cars to be used in the on-track part of the training must be registered as RSA Junior Sedans, and be checked by a RSA scrutineer before entering the track. This also includes a check of the Junior driver's licence and racing apparel for compliance with Speedway Australia specifications.
- e) Junior Trainers if training at an 'away' track must involve the host club for that track in the training event.

- f) Junior Trainers must use the old Speedway/NSW junior training program which consists of theory test + on tack drivers test these tests should take a full day to train a junior driver.

4.2) Session Plan – copied from Kids to Grids manual

- The rookie session plan is designed to give you an idea of how to run a coaching session. As mentioned previously, this is a working document as Kids to Grids evolves, so feedback will be sought from both coaches and parents over time. This plan is also designed for a wide range of youth classes, so it's important to focus the session on what's relevant to the class of the day.
- The timing of each session is a guide only and must be fluid to allow for any unique discussion to flourish. However, it's important to prioritize engagement of the competitors by keeping sessions to a reasonable length and also taking plenty of breaks. Breaks allow them to interact with parents and refocus on learning.

1) First classroom session - 30 minutes

- Indoor session, ideally with a whiteboard available.
- Start by explaining your own experience in Speedway. Keep it brief with the highlights, any embarrassing moments, what you love about the sport - be human. Talk about how you've learned things over several years.
- Next, go around the room and ask the competitors a few questions about themselves. One by one, ask them about their goals in Speedway, their favourite drivers, their favourite classes etc. This is more about making the youth comfortable to talk back and forth, then it is about what they're saying.
- Then again go around the room and ask what experience they all have in racing. Have they raced in another form of motorsport? Have they grown up around the sport? Have they had a backyard go-kart of some sort? This will give you an idea of where they are in their development so far.
- Following this, go through and overview of the flags, lights and how the raceceiver works. They should already know this from their KTG training, but it's important to reinforce it. Show the flags one by one and let the group answer what each flag is.
- Similar to the above, go through a quick brief of their racing apparell, why it's important to always wear the best quality safety gear and to keep it clean and in good condition.
- Finishing of this session by mentioning the fact they're lucky to be racing a car and not everyone has that opportunity. Appreciate the moment and enjoy learning more.

2) Outdoor session - 30 minutes

- It's now time to go outside to their cars.
- Start by talking about the generic safety features of the car. Seat, belts, window net etc. Again, much of this will have been covered in their KTG training, so it's only a refresher.
- Next, get the drivers to sit in their own cars one by one. Test they can fully use the brakes/throttle, clutch (if relevant), use the steering wheel properly, reach any kill switches etc. Check everything is secure - belts, window net, steering wheel etc.
- Show them how to keep/get the car going in the event they spin out. Putting the clutch in, changing gear etc - relevant to the class.

- Run through important things they will need to know if they are involved in a crash. Undoing the window net, undoing seat belts, kill switch etc. Highlight that they should only get out of the car if they believe there is a fire or a risk of one.
- Finally, run through them exiting the car and check they can do this in a safe and timely manner. Feel free to make it a friendly competition between the competitors to reinforce the importance of knowing how to get out the car quickly when required.

3) Have a break - 10 minutes

- Encourage drivers to have some water/snacks, engage with parents etc.
- Use this time to prepare for the next lesson or talk with parents.

4) First on-track session - 20 minutes

- The first on-track session is designed purely for the drivers to gain laps. Keep the cars spread out and encourage them to explore different parts of the race track. Let them drive largely without thinking too much.
- During their driving, make sure to do a few lights tests to see which drivers respond and how quickly. This isn't about telling anyone off, it's only about checking their knowledge in theory versus real-life scenarios.
- While drivers are completing laps, take the time to make notes on what the group is collectively doing right or wrong so you can build the next classroom session around this.

5) Have a break - 10 minutes

- Encourage drivers to have some water/snacks, engage with parents etc.
- Use this time to prepare for the next lesson or talk with parents.

6) Second classroom session - 20 minutes

- Firstly, go around the room and let each driver individually talk about how they felt in their first on-track session. Ask them what they enjoyed and also find out what they struggled with.
- Following this, also reference the notes you made during the session from what you saw of both their driving techniques and their reactions to the lights.
- You can use the whiteboard to show different driving techniques and point out the locations of the lights to remind them where to look. Some drivers may find it easier to draw what they experienced on the whiteboard, if they're unable to put it into words, so encourage this as well.

7) Second on-track session - 20 minutes

- This session is all about putting into practice what they learnt in the previous classroom session from both you and their peers.
- Allow them to drive, but this time use a mix of the lights and raceceivers to refresh their memories of what they've learnt, during the session.
- Once again, take notes on what they might still be struggling with.

8) Have a break - 10 minutes

- Encourage drivers to have some water/snacks, engage with parents etc.
- Use this time to prepare for the next lesson or talk with parents.

9) Third classroom session - 20 minutes

- By this point, your classroom session can become more in-depth and start to offer more tips and tricks than just the basics.
- Just like previous classroom lessons, use what you've witnessed and their feedback to create your talking points.
- You can start to touch on racing lines in this session and speak about the importance of keeping up their momentum each lap.

10) Third on-track session - 20 minutes

- The third on-track session is all about encouraging drivers to work on their momentum lap after lap.
- Let them practice different racing lines and via the raceceiver encourage drivers to increase their speed slightly more each lap.
- Once again, remember to remind the drivers during the session on what they've learned in the classroom, to refresh their minds.

11) Have a break - 10 minutes

- Encourage drivers to have some water/snacks, engage with parents etc.
- Use this time to prepare for the next lesson or talk with parents.

12) Fourth & final on-track session - 20 minutes

- This is the last session of the day and it is designed to prep the drivers for their first race event. The goal of this session is to run through a full simulation of what they will experience on race day.
- Have drivers start at their pit bay/trailer by getting into the car with all their gear on, belts done and ready to go. Then have the competitors drive to the grid and line up in position. This process may vary depending on the class, so adjust to suit and mimic a real-life event.
- When everybody is ready, open the gate and allow the drivers to drive out on to the track and form up in the way they would for a race event. Have them complete a few laps together and if possible have a pace car available to lead them.
- *Before the next step, remind the drivers over the raceceiver that this isn't an actual race and that passing each other isn't the goal. The drivers can increase their speed, but largely stay in the same position.*
- Next, prepare the drivers for a simulated race start. Turn out the lights like any normal race and then go green when they're in position. After they've completed half a lap or a full lap, again put the yellows on when you believe it is safest to do so.
- Repeat this process a few times, having them reform and then face the starter. Give the drivers tips through the raceceiver in terms of how close to be to the car in front of them. This is all about having them ready for their first race and understanding the process.
- End the session by spreading out the cars again and allowing them to complete some fast laps practicing everything they have learnt so far.

13) Wrap up - 20 minutes

- The learning sessions for the day are now complete and it's time to wrap up.
- Have one final Q&A session with the drivers asking them what they think they learnt and what they enjoyed.
- Thank the parents for their support during the day. Encourage parents to complete a 'Parent Report' by visiting www.kidstogrids.org/feedback - their feedback on the overall set up of the training will be valuable.
- Congratulate the drivers for what they've learned and wish them the best for their first race event.
- Hand out certificates of completion to each competitor. Ideally have these ready to go before the training session, using the Kids to Grids certificate template.

14) Post training report

- At the completion of the day, visit www.kidstogrids.org/feedback and fill out a 'Coach Report' on the event. This will provide valuable feedback to us here at Speedway Australia on how to improve the Kids to Grids Rookie Training.
- Send junior training applications to the RSA so RSA have record of juniors who have been trained.