



# AHRMA **FAST & SAFE** Roadracing School

## **SCHOOL INFORMATION AND RULES**

1. **You should take your own notes** during class. Writing important information will help to lock it into memory. You will be verbally tested one-on-one – fail the test, fail the school.  
**Note:** A student cannot be passed if he or she fails the flag test! Learn the flags!!!
2. **Interrupt me** – Question the instructor any time. If you do not understand, we need to repeat it.
3. You will be given a “Fast & Safe Roadracing School” folder containing your School Handbook, bike stickers and other information.
4. **AHRMA requires** you to have your own Health/Medical Insurance (Rule 3.4.1). If you don't have insurance, see the instructor assistant for an insurance plan that you can purchase at the event.
5. **Helmet fit** – Helmet must be Snell M2010 approved. The Instructor will show the correct fit of helmet, and placement of back protector.
6. **Racer gear** – High-quality/brand race helmet to be used only. Race leathers with armor and preferably with safety hump. Back protectors are mandatory. High-quality race gloves and boots only.
7. **Mandatory safety vests** supplied by AHRMA and Vanson Leathers must be worn all weekend and returned to instructor.
8. **Bike preparation** – You must have your bike prepared for the racetrack and fitted with race tires; have knowledge of tire pressures.
9. **Entering track** – Do not cross the track when entering the track – **EVER**. Never go counter-course (opposite direction) on track or on pit road.
10. **Checkered flag** – See a checkered flag on track, anywhere, exit track immediately using arm/leg signal to pit in.  
Do not take an additional lap!
11. **AHRMA's Hot Tech at track exit** – You will be stopped every time you come off the track to check bike and rider.
12. **Be back in the classroom** no more than 10 minutes after the end of each practice session. Don't make the class wait for you! Three times and you are out of class – be considerate of others. If you have a problem with the bike, etc., see the instructor.
13. **School practice sessions:**
  - a. Line-up nose-to-tail at Pit Out
  - b. Make sure you are with the correct instructor group
  - c. First time on track – no passing during the first three laps
  - d. Passing on straightaways only (initially)
14. **Instructor points at rear of his bike** – Follow exactly, he is showing you the lines you have to take (very important).
15. **Precision Placement** – You must be able to achieve precision placement of your bike (correct lines) each lap to successfully complete the class!
16. **Practice sessions** – You do not fail the class if you pull off the track and/or into the pits early. Things are not right? Need to fix a problem? If you have a problem, pull in.
17. **If you crash**, it doesn't mean you fail the class.
18. **If you fail**, you get a second chance at any AHRMA school within a year at no additional charge (except where we have to pay to use the track day).
19. **Heads-up – a good racer must:**
  - a. Have correct bike set-up – good preparation
  - b. Develop a high standard of rider skill
  - c. Have strong focus – mental discipline
  - d. Be in good physical condition