



## 2020 NRS On-Track Checklist

Student Name: \_\_\_\_\_ Provider: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
 Instructor name: \_\_\_\_\_ Current/Formal Race Number:: \_\_\_\_\_  
 \*\*Instructor MUST have race experience\*\* Current/Formal Race Organization: \_\_\_\_\_

**Courtesy Inspection:** It is NOT REQUIRED to have everything race-prepped to take part in the day's activities. This is a good time to check and see what needs to be done before racing.

**\*\*Bike and gear must meet the provider's requirements in order to be allowed on the track.\*\***

<u>Gear:</u> Would everything pass inspection? (Helmet, gloves, boots, back protector, <i>current</i> medical form, race suit, etc.)	<u>Bike Inspection:</u> Is this bike race-prepped? (Safety wiring, oil filter, race numbers, bodywork including belly pan, street items removed, etc)
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Comments: _____ _____ _____	Comments: _____ _____ _____

### **On-Track Sessions:** All **MUST** be completed & progress documented

Criteria 1) Controlled laps/Group riding: Student to follow within 1-3 bike lengths of other riders and instructors to warm up and relax. *Student pace is not evaluated.*

How to fail: Unsafe riding. Inconsistent spacing off other riders. Following too close.

☐ Pass ☐ Fail

Comments: \_\_\_\_\_  
 \_\_\_\_\_

Criteria 2) Race lines: Student is to display safe, knowledgeable, and consistent race lines while working with instructor. *Student pace is not evaluated.*

How to fail: Unsafe riding. Inconsistent lines. Chasing cones/no comprehension for "reading" the track/lines. Over-exaggerated lines or "swooping".

☐ Pass ☐ Fail

Comments: \_\_\_\_\_  
 \_\_\_\_\_

**\*\*Note:** Provider must complete both sides and submit form to WMRRA Novice Representative.



## 2020 NRS On-Track Checklist

Criteria 3) Passing: Student will perform safe and complete passes with Mentor. Best practice would include multiple students and coaches riding at 60%. *Student pace is not evaluated.*

How to fail: Unsafe riding. Improper setup for a safe and complete pass. Multiple incomplete passes. No passes. Irrational passes.

☐ Pass

☐ Fail

Comments: \_\_\_\_\_  
\_\_\_\_\_

Criteria 4) Starts and Track Entry/Exit: Student and mentor will start the session and warm up. Student will signal and enter hot pits with mentor following. After a proper track exit has been performed, the student and mentor will meet and talk in hot pits. Student will then stop at the end of hot pits. Starter/martial will signal when the track is clear and the student will perform a launch. Student will reduce speed and enter track properly (Don't apex the first corner). Mentor will follow to verify safe launch and proper track entry. Repeat process 2-3 times. *Student pace is not evaluated.*

How to fail: Unsafe riding. Unsafe track entry. Multiple improper track entries/exits. track entry.

☐ Pass

☐ Fail

Comments: \_\_\_\_\_  
\_\_\_\_\_

Criteria 5) Alternate lines or "Holding a line": Student will display alternate lines WITHOUT taking the slower riders line and "leaving room" after completing a pass. *Student pace is not evaluated.*

How to fail: Unsafe riding. Chopping other riders' lines. Forcing others to change their lines. Contact or running off track. Erratic riding.

☐ Pass

☐ Fail

Comments: \_\_\_\_\_  
\_\_\_\_\_

Criteria 6) Hot laps: Student will lead 2-3 "quick" laps with clear or open track while riding within control. Lap times must fall within a specified range on an accompanying page. *Student pace IS a factor.*

How to fail: Unsafe riding. Riding above 80% multiple times. Bad lines from riding over head. Pace over 140% of fastest lap times from previous year.

☐ Pass

☐ Fail

Comments: \_\_\_\_\_  
\_\_\_\_\_

**\*\*Note:** Provider must complete both sides and submit form to WMRRA Novice Representative.