



## PREPARING FOR A DRIVER TRAINING EVENT

courtesy Roger Harmston

---

*It is important that both you and your vehicle arrive at the event in good form. We also want you to leave the same way (and with a huge smile on your face at the end of the day). By making sure that both you and the car are properly prepared, there won't be any surprises for you or the rest of the class.*

*BMWCCVI and Driving Unlimited want this to be a fun experience for you and a little preparation by you beforehand will make it much more pleasurable.*

### Car Preparation

One of the most important things is not to be distracted while trying to learn.

- Remove ALL items from the interior of the car that can move around. Cassettes, CDs, bags, umbrellas, etc. should be taken out so they do not become flying missiles. Empty the side trays, and make sure there are no loose items in the glovebox and the back seat.
- Remove all items from your trunk that are not bolted down. Again, this is to prevent them from becoming a potentially hurtful object or a distraction.
- Elevate tire pressures to 40 pounds in all tires. Make sure that all your tires are in good shape including the spare. This is to reduce the sidewall flex in the tires. The ride will be firmer but you will have a more sensitive feel of the road through the steering wheel.
- Make sure that all fluids are at correct operating levels and that there are no parts or items in the suspension, braking and steering that require repair.
- Make sure that your gas tank is full.

### People Preparation

- Depending on the weather forecast, bring the appropriate apparel. If it's going to be wet bring extra socks and shoes and rain gear so you'll stay dry. You will enjoy the day much more if you have the right clothes. For dry events, have head protection from the sun (including sunscreen and UV Block) and sunglasses.
- Track events require that a helmet be used. The helmet should fit well and have a Snell 90 rating or better.
- Be prepared to drink plenty of fluids during the day to prevent dehydration. The adrenaline will be flowing at a good rate and you will become thirsty. We recommend at least a litre bottle of water, and if you prefer tea or coffee as well.
- Bring a lunch. You WILL be hungry. If you are going to leave the facilities for a meal, don't linger. By not holding up the others, everyone will have more runs and learn more.
- Try to arrive at least 15 to 20 minutes before the class begins. This will allow you time to sign the obligatory Liability Waiver, remove any loose articles from the car, walk the course and generally relax before the class begins.
- After the event, drive carefully. You WILL be tired, and probably quite unaware of how much adrenaline has been pumping through your system during the day. Plan to go to bed early that night because your body will be asking for an early night.