



RMA
TRACKDAYS



BEGINNER'S GUIDE

RMA TRACK DAYS

Everything you need to know before you hit the circuit



W E L C O M E T O

RMA TRACK DAYS



What is a Track Day?

A track day is your chance to drive your own car on a real motorsport circuit in a safe, controlled environment! No racing, no timed laps, just you, your car, and the open circuit!

SAFETY BEFORE SPEED

Track days are not races. Overtaking is strictly controlled and permitted on the straights any by consent only. Overtaking is permitted on both sides on RMA events.

INCLUSIVE

All cars and all abilities welcome — from hatchbacks to supercars.

ADDICTIVE

Most first-timers are back within a month. Don't say we didn't warn you.

Car Preparation

Your car will be checked by our marshals before going on track. Run through this checklist before you leave home.



Tyres

Check tread depth and pressures — adjust for track use if known



Brakes

Pads at 30%+ minimum, brake fluid changed within 12 months



Oil

Check and top up to the correct level. No leaks.



Coolant

Full and no signs of weeping or leaking from hoses



Wheel Nuts

Check they are correctly torqued before each session



Loose Items

Remove floor mats, sunglasses, cups and all loose items from cabin



Battery

Terminals secure and no signs of corrosion



Washer Fluid

Screen wash topped up, wipers in good working order

What to Bring



Helmet

A well-fitting motorcycle or car helmet — MSA, Snell or FIA approved. Loan helmets may be available; contact us in advance to arrange.



Gloves

Driving gloves improve feel and comfort. Not always mandatory, but strongly recommended for longer sessions.



Footwear

Flat-soled shoes for good pedal feel. No thick soles, no flip flops, no open-toed shoes. Driving shoes ideal.



Driving Licence

Your full UK driving licence and your booking confirmation. No licence = no driving, no exceptions.



Food & Drink

Long days require energy. Bring water, snacks and lunch. On-site catering is often available but don't rely on it.



Basic Tools

Torque wrench, tyre pressure gauge and basic spanners. A portable tyre inflator is also a worthwhile addition.



Fire Extinguisher

Recommended and required at some events. A small in-car extinguisher is good practice and may be checked.



Booking Confirmation

Print or have your booking confirmation to hand. Your event wristband and pack will be issued at registration.

Timetable & Schedule

Times are approximate and may vary by event. Your specific event timetable will be confirmed in your booking pack.

07:15 **Arrive & Sign In** **Onwards**

Register at the circuit, collect your wristband and event pack. Find a paddock space or your garage if you've booked one and set up for the day ahead.

08:30 **Noise & Safety Check (Where Applicable)**

Your car goes through our mandatory static safety check with marshals. All cars must pass before going on track.

08:40 **Drivers Briefing**

Mandatory for ALL drivers without exception. Track rules, flag signals, overtaking zones and pit lane procedures explained.

09:00 **Track Opens**

The circuit opens under open pit lane format, there are no sessions.

12:00 - 13:00 **Lunch Break**

Track closes for a break. Ideal time to check tyre pressures, let brakes cool and grab some food. Depending on the time of year, the lunch break will range between 12:00 & 13:00.

13:00 - 14:00 **Afternoon Sessions Begin**

Track reopens for afternoon running. Build on the morning with increased confidence and consistency.

17:00 **Track Closes**

Final session ends. Return to the pit lane, cool your brakes before parking, and reflect on a brilliant day.

Know Your Flags

Flags are your primary form of communication on track. You must know and respond to all of these.



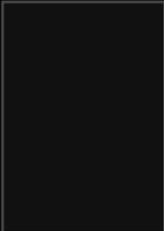
YELLOW FLAG

Hazard ahead. Lift off immediately, slow down, no overtaking. Be prepared to stop if required.



RED FLAG

Session stopped. Slow down immediately and return to the pit lane. No overtaking under any circumstances.



BLACK FLAG

You are being called into the pits. Complete your current lap and return to pit lane. A marshal will advise you.



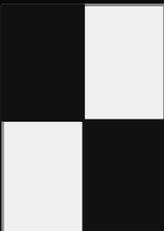
SLIPPERY SURFACE

Be aware! There is a slippery surface ahead! This could be oil, anti-freeze or even debris/gravel. Proceed with extreme caution and slow to 50% speed. No overtaking allowed!



BLUE FLAG

A faster car is approaching from behind. Allow them to pass safely at the next appropriate opportunity.



CHEQUERED FLAG

Session has ended. Complete your current lap and return to the pit lane at reduced speed. No overtaking is allowed after the chequered flag.

Track Etiquette

DO

- ✓ On the straights, check your mirrors to be aware of your surroundings before hitting the brakes hard!
- ✓ Overtake only in designated zones as briefed
- ✓ When leaving the circuit, be sure to indicate to let other participants know your intentions
- ✓ Cool your brakes before parking in the paddock
- ✓ Be respectful to marshals, instructors and fellow drivers
- ✓ Give faster cars room — they will get past safely
- ✓ Keep left unless actively overtaking in a permitted zone

DON'T

- ✗ Don't brake in the middle of a corner
- ✗ Don't stop on track unless absolutely necessary
- ✗ Don't exceed the pit lane speed limit (usually 20–30 kph)
- ✗ Don't remove your wristband at any point during the day, these are used to identify you if you get injured and are unable to respond!
- ✗ Don't push beyond your comfort level — build up gradually
- ✗ Don't warm up your engine excessively near other people



NOVICE DRIVERS

What to Expect



As a first-timer, you'll start in our novice run group — a relaxed, lower-speed group designed to build confidence safely. There is absolutely no pressure to go fast.

Instructor Option

We strongly recommend booking an on-board instructor for your first session. They'll show you the racing line, braking points and circuit layout. It's the fastest way to improve safely.

Sighting Laps

You'll begin with slow sighting laps to learn the circuit. Don't worry about not knowing every corner — your instructor knows it well and every driver starts the same way.

Build Up Gradually

Take your time. Complete 2–3 gentle laps before pushing harder. Most incidents happen to drivers who go too hard too soon. Smooth and steady builds real confidence.

You Are in Control

You set the pace. There is no obligation to drive faster than you are comfortable with. Our marshals and instructors are here to help you enjoy the day, not to pressure you.

Overtaking Rules

Overtaking is only permitted in designated areas as discussed in the briefing. Ideally you should acknowledge faster cars with an indicator signal before they pass, so they know you've seen them and it's safe to overtake.

FAQs

Q Will my insurance be affected?

Track days are not covered by standard road insurance. Dedicated track day insurance is available from specialists and is strongly recommended. Check with your road insurer before the event.

Q What if I have a mechanical issue on track?

Pull off the circuit at the nearest safe point and raise your bonnet or bonnet catch. Marshals are positioned around the track and will reach you quickly.

Q Can my passenger come with me?

Passengers are permitted at all events but must sign a liability waiver before going on track. This can be done on the day of the event at registration.

Q Do I need a race licence?

No. Track days are open to anyone holding a full standard driving licence. Race licences are only required for competition events.

Q Will my car be suitable?

Most standard road cars are perfectly suitable. Just ensure it is properly maintained. Performance upgrades are not required.

Q What happens if it rains?

Track days go ahead in wet conditions unless the circuit is declared unsafe. Wet driving is an excellent learning experience — reduce speed, be smooth and enjoy it.

Q What is the noise limit?

Our events operate under a circuit noise limit (typically 105dB drive-by). Excessively loud exhausts may be refused. Check your event listing for the specific limit.

Q How do I progress beyond novice?

Seat time is key! The more you drive, the better you'll become! If you're a complete novice, then instruction is highly recommended and it's almost a cheat code to getting faster at an exponential rate as our coaches have years of experience they're ready to share with you.



SEE YOU
ON THE CIRCUIT.



Event Details

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