

PCA INSTRUCTOR CHECKLIST

Student history? Experience/training

Pre-check car/oil/tire pressure/fuel

IDE student goals? Develop a plan

Day plan - run groups - corner work

SAFETY - in a spin both feet in and stop

SLOW after finish line

Explain flag meetings and procedures

Off-track: 1) wait for corner worker

2) Check track is clear before returning

TECHNIQUE Drivers seating position

Hand position. Turn types: early,

mid-and late apex terms,

if in doubt late apex

Straight-line breaking (esp older cars)

Start Slow - warm up tires and car

Check corner worker position

DRIVE THE LINE

BE SMOOTH - LOOK AHEAD

Remember TWO WAY feedback

STUDENT DEBRIEFING

Give feedback on all 10 items

- 1 SAFETY AWARENESS
- 2 ATTITUDE/UNDERSTANDING
- 3 DRIVING THE LINE
- 4 CORRECT USE OF SPEED
- 5 EFFICIENT BREAKING
- 6 STEERING/HAND POSITION
- 8 LOOKING AHEAD
- 9 TRACKING OUT - use of track
- 10 OVERALL PROGRESS

GIVE POSITIVE FEEDBACK

(2:1)

NOTE: areas of progress

IDENTIFY 3 AREAS TO WORK
ON