

BASIC TRACK GUIDELINES

- **Flaggers** - must be onsite at every race and every practice
- **Supervised Practice** - An individual onsite to watch the practice sessions and split practice. Practices can be split by minis, which are 50's, 65's and 85's for 20 minutes and big bikes, which are 125's, 250's and 450's for 30 minutes. The individual will be watching for dangerous sections of the track and/or dangerous situations. They will be able to identify whether the track needs prepping and/or watering.
- **EMT** - Must be onsite at every race and every practice.
- **Entrance and Exit Signs** - A posted sign for entering the track and exiting the track in a clearly visible position. This allows riders to identify where they can enter and exit the track. The riders are not to enter and exit anywhere on the track, except for posted area.
- **Fenced Track** - Track must be fenced to separate the track from the pit area and spectators.
- **Banners** - Track must have banners to outline the track. This allows the rider to identify the borders of the track. It will also prevent riders from cutting across the track and entering and exiting where it is not safe.
- **Track Prep** - Keep track watered to eliminate dust. Keep track groomed to prevent troubled spots on the track.
- **Safety Gear** - Riders must wear the appropriate safety gear at all times. Helmet, Boots, Pants, Jersey (Long Sleeve), Goggles, Gloves, Chest Protector and Neck Collar/Brace.
- **No Minors On The Track** – No spectators under the age of 18 is allowed on the track at anytime race and/or practice.