
CADET KARTING

Racing for Under 16s at Teamworks Karting

If you're under 16, there are three ways to race at Teamworks Karting*:

“Arrive & Drive”

- Timed 30-minute practice session
- Sessions run daily - check website for details
- No experience necessary

£31.95 per person

Cadet Club

- Last Sunday of every month
- Under 16s only
- 2-hour session
- Race tuition from our experienced Race Directors
- No experience necessary

£31.95 per person

NEW - Cadet Grand Prix

- 2nd Sunday of every month
- Race in a full Grand Prix race event, with Practice Laps, 4 x Race Heats and a Final for every driver
- Medals for the winning 3 drivers
- A valid Cadet Racing Licence is required for all drivers

£31.95 per person

*Height Limits

Please note that there are minimum age & height limit at all Teamworks Karting circuits. This is to ensure that you can fit into the karts and comfortably reach the pedals!

Age - 10 years

Height - 140cm

If you are shorter than this, you will need to grow a bit more before you can race!

Notes for Parents

Your child's safety is our top priority. All of our Race Directors hold the National Karting Association Race Director qualification.

Our circuits use a speed-control system that allows the Race Director to reduce the power of each kart by remote control during racing. This helps to ensure that your child is comfortable and safe at lower speeds before learning how to cope with increased power.

For your child's comfort and safety, we supply neck braces free of charge and these are compulsory for all drivers under 16.

For more information please call our events team on 0845 180 3020 or visit www.teamworkskarting.com/cadet

CADET TRAINING RECORD

For completion by you, your parent / guardian and any Race Director

To qualify for a **Cadet Racing Licence**, please complete the boxes below:

My name is: (please complete)

My date of birth is: (e.g. 12 May 2000)

Please hand this sheet and your blank **Cadet Racing Licence** to a Race Director *before* your safety briefing. Your training needs to be signed by a Race Director who watches you race in any “Arrive & Drive” or “Cadet Club” session.

Training	Training Date	I certify and acknowledge that my son / daughter has received and understood this training. Signature (Parent / guardian)	I certify that the above named person has been trained, and has demonstrated their understanding and competence to my satisfaction. Signature (Race Director)
Review of the circuit rules & safety flags			
Review of the roles & personnel involved in running a race event			
How to properly fit a helmet (sizing, retention check)			
How to get in & out of a kart			
How to sit in the kart correctly (bent leg, pedal extensions, seat inserts)			
How a Heats event operates			
Pit lane rules			
What to do in the event of an accident			
Procedure for broken/ default karts			
Driving Techniques			

Driving Technique

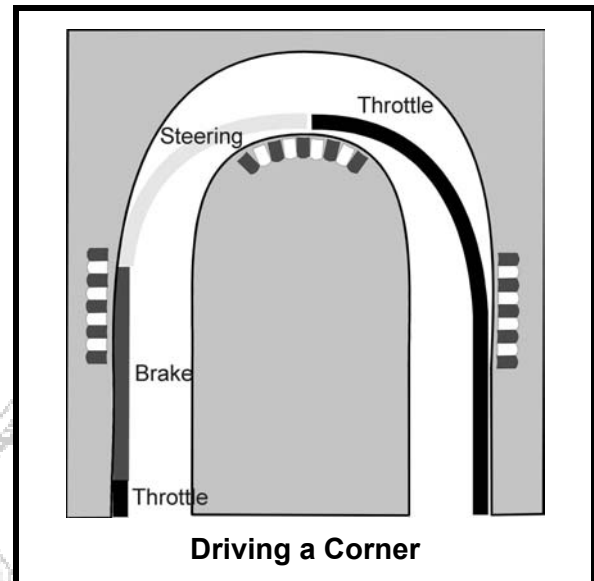
Driving tips for safe, smooth and FAST racing!

Driving a Kart

The quickest and best way of driving a kart is as smooth as possible. There should be no excessive movements of the steering wheel or sudden applications of the throttle. A smooth driver will not necessarily look the fastest but the stopwatch will prove their speed.

Throttle & Brake

At no point should both pedals be used at the same time. Feed the throttle in gently to achieve best performance.



Braking

When driving a kart all braking should always be undertaken in a straight line before the turn-in point of a bend.

Kart brakes are powerful enough to lock up the rear wheels at any speed: feed the brakes in gently to avoid locking up.

Racing Lines

A racing line makes every bend or corner as straight as possible, requiring the least amount of steering by the driver. This is usually achieved by approaching a bend on the outside of the track, moving across to almost touch the inside at the 'apex' of a corner and then moving back to the outside of the track.

