



IAM Rider Skills Day – Knockhill – 21st June 2010

This skills day has been planned to attract riders who want to improve their road skills it is not intended to be a free for all track day. The venue has been carefully chosen, not because it is a race circuit but because it offers us a very controlled environment away from the usual two way traffic, junctions, pedestrians, and street furniture. Therefore, if you are looking to improve your road skills then you can certainly benefit from this type of training. If you are simply looking to put you and your bike through its paces then we recommend you try one of the many commercial 'track-day' packages available on the market.

Riders will be split into groups of no more than 5 and each group will have a dedicated instructor for the duration of the event. The instructors will deliver a set of core competencies for rider development. In order to achieve this effectively we will run two sessions during the day - a morning session and an afternoon session – see below for precise details. It is an ideal package for riders who have never ridden before at this type of venue and also offers ongoing improvement opportunities for those who do have previous experience.

The main advantage of morning and afternoon sessions is that it gives continuity of training and keeps you totally involved, as a by product 3 hours open circuit time offers considerable more training time than the usual 20 minutes on and 40 minutes off all day approach.

You can book on line at [once it is fully subscribed we will operate a waiting list](#), if you have paid and someone drops out at short notice we will check that you are still available and then offer you a place. In the event that we are not able to offer you a place we will either refund your money or you can go on to the next Skills Day.

If you need to cancel your place we will endeavour to find a replacement from the reserve list. However we need to point out that this may not be possible and the nearer to the date of the event, the more difficult it will be for us to find a replacement. We run these events as close as possible to break-even from a financial perspective so we cannot guarantee you a refund or even a place at a future event.

The skills day are planned to attract riders who want to improve their road riding skills but are also suitable as a base for riders that want to move onto open track days and maybe some form of competition.

As with all I.A.M. events no one will be expected to ride at a level above their ability, training as opposed to competing, is the message of the day.

There will be no timing, racing or pace making of any kind and anyone not respecting this situation will be eliminated from the event.

Although this is a training event, Knockhill regard it as motorsport and you will be required to sign a 'Disclaimer' before being allowed to participate in the event – this is normal practice and part of the regulations imposed on us.

If you want to take part on the day please complete page 4 as accurately and honestly as possible. Then return it with a cheque for £135 made payable to 'The IAM' to: -

Lyn Francis (Skills Days)
Institute of Advanced Motorists
510 Chiswick High Road
London, W4 5RG

Or you can purchase it on line at www.iam.org.uk and click on Motorcyclist on the top bar then onto events diary.

Joining instructions will arrive via email unless you request them to be sent via Royal Mail and include a self addressed stamped envelope with your booking form

Resolve any queries by contacting Lyn on: -
020 8996 9668 skillsday@iam.org.uk

ELIGIBILITY

Entry is open to all I.A.M. Motorcycle Members – Full Members and Associates. It is also open to members of the public that want to take this type of training with the I.A.M. but are not yet members. Acceptance to the event will be on a first come first served basis

DETAILS OF THE EVENT

Knockhill is located in Fife approx 10 miles North of Forth Road Bridge junction 4 A90/M90 and directions can be found on the web at www.knockhill.co.uk

MORNING SESSION

Participants for the morning session should arrive between 0730hrs and 0800hrs Registration will run from 0800hrs to 0830hrs. The compulsory pre-event briefing will commence no later than 0840hrs so that you are prepared for your circuit time to commence at 0900hrs prompt. Anyone arriving late will have to attend a personal briefing that will delay the start of their day and obviously limit their training time.

The Morning session which ends at 1230hrs will be followed by a compulsory de-brief.

AFTERNOON SESSION

Afternoon session attendees may arrive any time during the morning and are welcome to watch the morning session and use the refreshment facilities. Registration will run from 1230hrs to 1300hrs Your compulsory pre-event briefing will commence no later than 1310hrs so that you are ready for your circuit time to commence at 1330hrs prompt. As with the morning session, any late comers will have to go through the compulsory briefing prior to being allowed to participate in the event. The afternoon session will end at 1700hrs followed by a de-brief prior to departure.

COMPULSORY REQUIREMENTS

- All Participants must hold and produce a current driving licence for the vehicle they intend to ride. (Photo Licence Both Parts Please)
- All motorcycles must be road legal
- All participants will be subject to structured instruction in groups of no more than 5 delegates to 1 instructor. You will ride under the direction of your instructor; this does not mean that you will not be able to ride enthusiastically.
- Every effort will be made to group participants with riders of similar ability in order that slower riders will not be intimidated and faster riders will not be restricted. Movement between groups will be permitted where imbalance is detected. It is therefore important that you complete the attached questionnaire as accurately and honestly as possible

CLOTHING

All participants will be required to wear appropriate motorcycle clothing:

- A one piece leather motorcycle suit
- Zip together two piece leather motorcycle suit
- Zip together man made suit
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All of the above should be fitted with CE approved armour and you are recommended to wear a separate back protector

- Suitable motorcycle gloves
- Suitable motorcycle boots
- CE approved helmet which will be checked on the day

RIDING RULES ON THE DAY

There will be some local rules for the day relevant to procedures on the track e.g. overtaking entering and leaving the circuit etc. these will be explained during the pre-event briefing.

FUEL

Fuel is available at the circuit at a slightly higher rate than garage forecourts and on a cash-only basis

GROUPING INFORMATION and FINAL REMINDER

The success and enjoyment of a rider skills day is greatly enhanced by all participants riding with people of similar ability. It can be boring to be the fastest in the group and intimidating to be the slowest so the following section is an attempt to grade like with like in your group – therefore please answer truthfully

2010 Rider Skills Day

21st June 2010

Please Complete in Clear Block Capitals - In the event that this date

First Name _____ Surname _____

E-Mail _____

Address 1 _____

Address 2 _____

Town/County _____ / _____

Post Code _____ Dob _____

Tel: - Home _____ Mobile: _____

IAM Membership No: _____

IAM Group _____

IAM Status (please circle) Associate Full Member Non Member

THIS IS IMPORTANT WE WANT TO PUT YOU INTO A GROUPS OF SIMILAR RIDERS

Riding Experience No of years _____ Seasonal or All Year *Please Circle*

Any Previous track training *please circle* Yes No

When _____ Where _____

In Brief what did you do & how did they group you.

e.g. *3 twenty minute sessions, their bike, novice group*

Your Bike: Make _____ Model _____

Who to contact Next of Kin

Name _____

Contact Number for Next of Kin _____

I accept and understand that during this event whilst advice may be offered I am in control of my own machine at all times and that I must abide by the rules set out for the event by IAM /Knockhill Staff

Signature _____ Date _____