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## **F2 STOCK CAR HEALTH & SAFETY NOTICE**

16<sup>TH</sup> May 2026

Dear F2 Stock Car Driver

Welcome to King's Lynn for today's F2 Stock Car meeting. Many thanks for joining us today - your support is very much appreciated. We hope you have a good evening of racing – good luck all.

Firstly, a reminder- all staff and officials should be treated with respect and courtesy – anyone who doesn't will risk an ORCi Ban.

Drivers when going to scrutineering – you should be appropriately dressed. i.e. Tshirts on please. Only drivers over 18 can take a car to scrutineering.

We have seen an increase in the number of wheels/ tyres and other general racing debris being left in our pit area – please be advised we now have CCTV installed – any found leaving anything behind will face a ban or fine – please take it home with you.

We would like to take the opportunity to remind you of some of our important Rules of Racing.

### **Start of Races**

PLEASE NOTE THAT THERE ARE GREEN TYRES BETWEEN TURN 3 AND TURN 4. THE LEAD WHITE TOPS MAY START AT THE FIRST GREEN TYRES. ON A RESTART THE LEADER MAY START AT ANY POINT BETWEEN THE TWO GREEN TYRES. DRIVERS STARTING BEFORE REACHING THE FIRST GREEN TYRE WILL BE DOCKED PLACES. IT IS IMPORTANT THAT ALL DRIVERS FROM ALL GRADES GO AT A STEADY ROLLING PACE UNTIL THE RACE STARTS. DRIVERS WILL BE INFORMED WHEN THE RACE STARTS BY A COMBINATION OF THE GREEN FLAG BEING WAVED AND LIGHTS ON TOGETHER WITH AN INSTRUCTION OVER THE RACE RECEIVER. ANY DRIVER WHO STARTS RACING BEFORE THIS WILL BE DOCKED OR EXCLUDED FROM THE RACE. YOU HAVE ALL BEEN WARNED. THE LEAD WHITE TOP MUST SET A STEADY PACE AND THE POLE SITTER IN EACH GRADE IS RESPONSIBLE FOR MAINTAINING THE GAP BETWEEN GRADES.

### **Deliberate riding of the wall to gain an advantage can be penalised**

*PLEASE ENSURE YOU ARE USING YOUR RECEIVER AND THAT IT IS TUNED TO CHANNEL 952 (FREQUENCY 461.8875). FAILURE TO HAVE A WORKING RECEIVER WILL SEE YOU EXCLUDED FROM THE RACE*

**Please note that if your car needs recovering after a race you must wait inside your car and not get out of it.**

### **We would like to take the opportunity to remind you of some of our important Rules of Racing.**

No attacking cars on the Concrete Safety Area. All of the concrete area is designated as a safety area.

No Driving at a speed above 5mph on the Concrete Safety Area.



Heat 2												
W	81	86	178	179	244	254	305	336	597	795	999	
Y	39	43	116	318	844	931						
B	129	149	233	700	776							
R	47	62	213	226	926							
SS	183	880	H139									

### **Scrutineering**

Scrutineering takes place on the centre. Please take your car to be scrutineered as soon as possible.

PLEASE ALSO REMEMBER THAT FIREPROOF GLOVES ARE MANDATORY AND THESE NEED TO BE PRESENTED AT SCRUTINEERING.

**Please note that in the event of a stoppage the track curator may decide to water the track before the restart. If this happens you will be shown the 2 rolling lap board and the first rolling lap will be behind the water cart. During daylight it is highly probable that this will happen.**

### **Wheels and Tyres and Rubbish**

Please ensure you take all your rubbish with you including wheels and tyres. Any driver leaving wheels and tyres in the pits will be subject to an ORC ban. Please take your rubbish away with you or put it in one of the bins provided.

### **Pit Safety**

Please note there is no smoking in the pits

There is a strict walking pace speed limit in the pits

When working under your car you must make sure it is supported by either a proper axle stand or with some wheels and not just left on a jack so if the car slips off the jack there is something to stop it causing a serious injury to whoever is underneath it. If a Hiab is used ensure part of the car is over the flatbed area of the lorry.

All fuel must be kept in sealed containers.

- In the pit area the speed limit shall not exceed walking pace at all times! Drivers and mechanics are reminded they must not encourage members of the public (especially children) into the pit area. Members of the public are not permitted to gain entry to any racing venue via the pit gate entrance under any circumstances.
- When drivers are working on their car in the pits they should be aware at all times that members of the public may be in the pit area, as well as other competitors, mechanics and members of their families. The driver should make sure that a member of their crew is responsible for ensuring no-one is placed in danger by their work. Members of the public should be at least 2 metres away when carrying out any mechanical work.

- Normal Health and Safety rules apply within the Pit area. This particularly applies when mechanical equipment is being used like hiabs, stihl saws and welding equipment. Drivers must ensure that the people who are operating this equipment are fully qualified to do so and have the appropriate personal protective equipment such as goggles and footwear. The actions of the drivers crew remain their responsibility throughout the raceday.
- Fuel should be stored in approved containers and well away from public areas. When re-fueling a vehicle, a second person must be present with a fire extinguisher. Extra care should be taken if the engine is still hot. Members of the public should be at least 2 metres back when re-fueling.
- It is an ORCi rule in all formulas that a fully operational Fire Extinguisher is kept with all tow vehicles and its position is known to all your pit crew.
- When driving any vehicle in the pits you must always be walking pits
- Children must be accompanied by an adult at all times.

Drivers should not have Smart-devices on their person during racing. Some have technology built into them, which could trigger responses from Emergency Services on impact.

**PLEASE NOTE THAT YOU MUST HAVE YOUR LOG BOOK WHEN YOU GO TO COLLECT YOUR MONEY. IF SOMEONE ELSE COLLECTS YOUR MONEY ON YOUR BEHALF THEY MUST TAKE YOUR LOG BOOK WITH YOU OR THEY WILL NOT BE PAID.**