

GETTING IN A KART SAFELY

Now we're going to climb aboard the kart. Let's make sure we're comfortable. We're going to look at our position in the kart. This is important as we need to make sure that we can reach all the controls, and see clearly in all directions.

To get into the kart, climb aboard by stepping over the sidepods and placing both feet in the seat of the kart. Once in, sit on the back of the seat, then lower yourself into the kart, extending your left leg first to cover the brake pedal.

Once you are sat in the kart, check to see that you can reach the controls. Let's start with your legs. When you are sat in the karts, your legs need to be bent when the pedals are fully pressed. You don't want to be stretching to operate the pedals. If you are stretching, it means that you may not be able to fully control the kart.

Your feet need to be planted on the floor of the kart. This allows you to use your ankle as a pivot point, allowing more sensitivity when using the pedals.

Keep your hands the 'ten to two' or 'quarter to three' position on the steering wheel. This allows you to get the best leverage on the wheel and share the load equally between both arms. You should not move hands around the rim of the wheel. We don't want to be stretching for the steering wheel either. Make sure that you have slightly bent arms when turning the steering wheel fully from one direction to the other.

The pit Crew will check your position in the kart, but if you're not comfortable, or want any assistance, raise your hand and one of the Crew will come and speak to you.