

IAM RoadSmart Rider Skills Day: Knockhill Joining Instructions

The information in this document is essential for the IAM RoadSmart Skills Day event. Please ensure that you read all instructions BEFORE the day. If anything is unclear, or if you have any questions, please email support@iam.org.uk or call 0300 303 1134.

Key Requirements

- **Read All Instructions:** Ensure you understand every detail.
 - **Raise Questions Early:** Contact us at 0300 303 1134 if you have any queries.
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Arrival

- **Registration opens from 11:30.** Ensure you have signed the Skills Day Declaration online.
 - **Compulsory safety briefing at 12:00.**
 - Please allow plenty of time for your journey to the venue and refuel in advance if necessary.
 - Park in the designated area. Remove luggage and loose items from your motorcycle and secure them in the assigned area.
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Group Allocation

After the safety briefing, you will select your riding group:

- **Group A:** Experienced participants with prior circuit or rider training.
- **Group B:** Improvers with some experience on circuits or Skills Days.
- **Group C:** Beginners or those new to Skills Days.

Be honest with yourself when choosing a group. The day is structured to support skill development at all levels

Insurance

Most insurance policies do not cover circuit use. Check with your provider for coverage options. A letter from IAM RoadSmart's CEO is available to assist in securing coverage.

- IAM RoadSmart members with a Cornmarket insurance policy can discuss policy extensions for Skills Days directly with Cornmarket.
 - Please note, IAM RoadSmart will always guide you to discuss insurance with your provider and not with our Support Team
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Protective Clothing

- It is mandatory to wear full and approved motorcycle protective clothing. Leathers or textile clothing is permitted.
 - Road legal UK helmets/visors/goggles are required, no USA DOT-only helmets. Helmet-mounted cameras are prohibited, but securely mounted machine cameras are allowed.
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Fuel

- Arrive with a full tank of fuel. Nearby fuel locations are detailed in circuit specifics.
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Event Conduct

This is a Skills Day, not a Track Day. The following rules apply:

- No timing, pace-making, or racing.
 - Ride within your capability.
 - Respect all participants.
 - Non-compliance will result in exclusion without refund.
 - The instruction is based around a set of core competences directly related to The System of Motorcycle Control (IPSGA), which will be explained during the theory briefing and developed by your instructor.
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Cancellations

In case of cancellation of the event by circuit owners, for example weather conditions, it will be our intention to seek an alternative date.

How to prepare your motorcycle

Motorcycles must be fully road legal. Daylight MOTs are not sufficient. Do not remove/tape mirrors or conceal the registration plate.

You and your motorcycle will be working harder than normal whilst you ride and learn on a Skills Day. Below is a handy checklist we recommend you complete before you arrive to keep you and your motorcycle safe.

- Petrol. Arrive with a full tank, you will use more fuel than for normal road riding.
- Oils. Check the engine/gearbox oil level. Brake/clutch fluid, when was it last changed? Most manufacturers recommend 2 year intervals – if in doubt refresh it.
- Water/Coolant. Check the level and mix. When was it last replaced? Most manufacturers recommend 2 year intervals – if in doubt refresh it. Your machine will possibly run hotter than normal during the track sessions.
- Damage to any part of the motorcycle. Make sure everything is safely bolted together and with no obvious leaks. Any quick release luggage is to be removed and stored at the circuit prior to the track sessions.
- Drivetrain. For chain/belt drive make sure it is adjusted in accordance with manufacturer guidelines. Chains must be lubricated correctly. Slack, dry or rusty chains will not be permitted on circuit; they are a danger to you and other riders around you. For shaft drive, service in accordance with manufacturer guidelines.
- Electrics. Check that they are all working as normal, with all safety systems operating.
- Exhaust. Due to local noise regulations on non-race days, please ensure your baffles are in and your exhaust is fully road legal, it will be inspected and tested. Overly noisy machines may be prevented from entering the circuit by track officials. See circuit specifics below.

- Suspension. Make sure that all components are in good condition and correctly adjusted.
- Rubber. Tyres must be in good condition, with sufficient tread for the day and your ride home. Set them at the manufacturer's road recommended pressure. Note – fully road legal tyres only, no slicks are permitted. Check your tyre condition throughout the day. Your tyres are the only bit connecting you to the track.
- Brakes. Pad/disc condition and wear, consider the end of the day. Are your brakes up to the task?
- You. Make sure you are feeling fit and healthy, ready to learn. We have a zero-tolerance policy to drink and drugs. Please rehydrate often, dehydration will affect your ability to operate safely.

Circuit Specific Details - Knockhill Circuit

Address: Knockhill Racing Circuit, Saline, Dunfermline, KY12 9TF

Telephone: 01383 723337

Knockhill racing circuit is located on the A823, for Sat Nav use postcode KY12 9TF. There is local tourist board signage to assist.

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Noise

Strict 98dB(A) noise limit. Noise testing may be in operation prior to being allowed on the circuit and throughout the day by static monitoring points on track. Machines failing the test may be prevented from entering the circuit by track officials, IAM RoadSmart cannot refund your day if you present a machine for noise testing and fail. All questions on noise testing must be directed to Knockhill Circuit direct and not to IAM RoadSmart.

Fuel

There are several fuel stations close by in Dunfermline. No fuel is available at the circuit.

Accommodation

There is ample local accommodation with a choice of B&B and hotel chains.

Spectators

Spectators and guests are welcome, no animals other than assistance dogs are permitted.

Final Rider Checklist

- Register immediately upon arrival.
- Attend the mandatory safety briefing.
- Arrive with a full tank of fuel.
- Check your motorcycle and gear the day before the event.

Enjoy your day and ride safely!