

AIPP Hot Lap Quiz - Cornering & Race Lines Video

Team Managers and Teachers can use this quiz and [video](#) as a gauge for their rider's knowledge and safety regarding cornering and race lines in race events and practice.

This aids the rider to have a safer race line which reduces the chance of collision with other vehicles or barriers and improves the overall racing and safety of riders, marshals, vehicles while minimising roll overs.

This will particularly assist novice riders in faster vehicles who need to understand that going into a corner at high speed will require the correct race line to exit the corner safely and it assists slower riders understand they need to stay on the outside of fast corners for overall safety.

Recommendation: Riders watch the video twice - 7 minutes approx

Managers / Teachers: Ask any general questions after the video

1. What did you learn about cornering and race lines?
2. What is the approximate Apex point of a corner?
25% 50% 65-75%
3. When entering a corner what are 3 things you need to think about?
4. Why shouldn't you turn in early at a corner at high speed?
5. Why should slower riders stay on the left of the track's safe line on Turn 1 at Victoria Park?
6. What's one thing you'll do differently at the next race?
7. Is there anything you didn't understand?

