



中国汽联卡丁车手安全培训班日程（初步）

2012年10月5日-7日

第一天

08:50 Meet in building at track 在赛车场指挥楼集合

09:00 Introduction 理论介绍

- How a kart handles 如何开卡丁车
- Discussion on racing lines, entry to a corner, apex and clipping points, exit points 讨论赛车路线，进弯，识别弯心，出弯
- Introduce braking techniques 讲解刹车技巧
- Explain correct throttle application 讲解正确的油门控制
- Describe steering movements 讲解转向技术

09:30 Out to karts in pit lane 在维修通道上准备

- Check operation 检查车辆
- Drivers put on race wear 车手穿上赛服

10:00 Start track driving 上赛道驾驶

Each driver has a driving session supervised by instructor
每个车手都在教练指导下驾驶

10:30 Debrief in pit lane/paddock and goal setting for each driver

在维修区小结并为每名车手制定目标

10:50 Second driving session 第二节练习

And so on with driving and debriefing sessions hopefully at least 3 sessions per driver.
驾驶练习之后小结，再练习，希望每名车手能完成至少3节练习

13:00 Return to building - Debrief and then break for lunch 询问练习情况之后午餐

14:00 Summary of techniques learnt in morning and areas to develop further in afternoon session
总结上午学到的技巧，明确下午要进一步拓展的内容

Repeat of morning process with a further 3+ sessions per driver.
重复上午的程序，每名车手练习3节以上

17:00 Return to building 返回指挥楼

Summary of the day and targets for day 2. 第一天培训总结并制定第二天目标

Day 2 第二天

08:50 Meet in building at track 在赛车场指挥楼集合

09:00 Start with Summary of Day 1 从总结第一天培训内容开始

- Effects of how a kart handles on driving techniques 驾驶技术
- Summary of racing lines 总结识别赛车走线技巧
- Correct throttle and brake applications 正确使用油门和刹车
- Consistency 保持连贯
- Overtaking and race craft 超车和比赛技巧

Repeat of day one with driving sessions and debriefs until lunchtime, and in afternoon.
重复第一天的练习程序，午餐后继续练习

Day 3 第三天

08:50 Meet in building at track 在赛车场指挥楼集合

09:00 Start with Summary of Day 2 从总结第二天培训内容开始

- Altering the handling of a kart and driver feed back 车辆控制和车手反应
- Understeer and oversteer effects – tyre pressures, geometry, stiffness, weight distribution
转向不足和转向过度引发的问题 – 胎压，角度，灵活性，重量分配
- Reading a corner 了解弯道
- Chassis balance 车架调教
- Engine performance 发动机性能