

Distance

Kilometers	< - >	Miles
1.609	1	0.621
3.218	2	1.242
4.827	3	1.863
6.436	4	2.484
8.045	5	3.105
16.09	10	6.21
80.45	50	31.05
120.675	75	46.57
160.9	100	62.1

Speed

Kph	< - >	Mph
32	20	12
48	30	18
64	40	24
80	50	32
96	60	38
112	70	44
128	80	50
144	90	56
160	100	62

Volume

Litres	< - >	Gallons
4.54	1	0.22
9.09	2	0.44
13.63	3	0.66
18.18	4	0.88
22.73	5	1.10
27.27	6	1.32
31.82	7	1.54
36.36	8	1.76
40.91	9	1.98
45.46	10	2.20

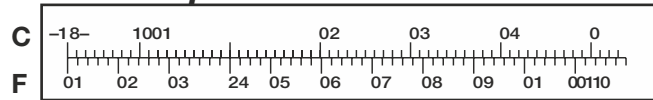
Weight

Kg	< - >	Pounds	Kg	< - >	Pounds
0.45	1	2.20	09.07	20	44.09
0.91	2	4.41	13.61	30	66.14
1.36	3	6.61	18.14	40	88.18
1.81	4	8.82	22.68	50	110.23
2.27	5	11.02	27.22	60	132.27
2.72	6	13.23	31.75	70	154.32
3.18	7	15.43	36.29	80	176.36
3.63	8	17.64	40.82	90	198.41
4.08	9	19.84	45.36	100	220.45
4.54	10	22.05			

Tyre Pressure Equivalents

Bars	1.3	1.4	1.5	1.7	1.8	1.9	2.0	2.2	2.3	2.5
lb/sq in	18	20	22	24	26	28	30	32	34	36

Temperature Conversion



Incident handling

- **REMEMBER, your safety is vital – you can't help anyone if you yourself are injured.**
- Protect the scene. Warn oncoming vehicles of the danger with flags at circuits and speed events and the Warning Triangle at a rally.
- Use the vehicle for protection.
- Pause, assess the scene and call for help at the earliest opportunity if it is needed.
- Deal with fire first. Isolate the vehicle's electrics and use the onboard extinguisher.
- Stop anyone from smoking near a crash.
- Try to approach casualties from the front and at eye level to avoid them moving and making a neck injury worse.
- Speak to casualties. Are they alert, do they respond to your voice, if not do they respond to your touch or are they unresponsive?
- Watch the Motorsport Safety Fund's film **First Aid in Motorsport** which covers the subject in detail.

On-Car Information



Plumbed-in Extinguisher System Activation



Electrical Cut-Off



Novice Driver



Disabled Driver



Non-Pump fuel

Radio Alphabet

A Alpha	K Kilo	U Uniform	0 Zero	1000 Tousand
B Bravo	L Lima	V Victor	1 Wun	
C Charlie	M Mike	W Whiskey	2 Too	
D Delta	N November	X X-Ray	3 Tree	
E Echo	O Oscar	Y Yankee	4 Fower	
F Foxtrot	P Papa	Z Zulu	5 Fife	
G Golf	Q Quebec		6 Six	
H Hotel	R Romeo		7 Seven	
I India	S Sierra		8 Ait	Decimal Point
J Juliet	T Tango		9 Niner	Dayseemal

Flag Signals



Blue:
Overtaking flag



White: Service car or slow moving vehicle



Yellow:
Danger



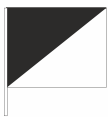
Yellow/Red:
Slippery surface



Red:
Cease racing



Green:
Road clear



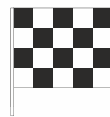
Black/White diagonal:
Your driving is being observed



Black/Orange disc:
Mechanical problem, call into pits



Black:
Report to Clerk of Course



Black/White chequered:
End of race



Yellow/Black quartered:
Slow down, no overtaking (karting only)



Green, Yellow chevron:
False start (karting only)

Rally Special Stage Signage



Beginning of control Area (Stage Arrival)



At Stage Arrival Control



At Stage Start



Warning of Stage Finish (Both sides of track 100m prior to Flying Finish Line)



At Flying Finish Line (Both sides of track)



At the Stop Line



Countdown boards (evenly spaced between flying finish and stop line)



Approximately 100m before Radio Point



At Radio Point

Hand Signals



Doctor



Stop



Ambulance



Rescue Unit



Safe to cross