



Llandow Circuit

Bike Track Day Regulations and Operating Procedures

Itinerary

8.30am	Gates open
9.10am	Signing on
9.30am	Circuit Safety Briefing (will be announced over tannoy system)
10.00am - 5.00pm	Track activities
1.00pm - 2.00pm	Lunch break
3.15 – 3.30 pm	Afternoon break

Max no of bikes on track - 17

3 Groups, Novice, Intermediate and advanced groups run in sessions throughout the day

All bikes will be filtered on to the circuit from the start area and a chequered flag displayed from the control tower will signify the end of the 15-minute sessions.

Circuit Rules

Before using the circuit all participants MUST:

1. Sign an Indemnity form
2. Be over 18 years old
3. Provide a full motorcycle driving licence
4. Be physically fit
5. Be a competent rider
6. Wear an approved helmet, leathers and gloves

No participants taking part shall have consumed or taken alcohol or any drug that will impair your ability to ride/drive

Participants must not race or compete against any other user.

The use of any form of timing equipment is not permitted.

Reckless or dangerous riding is expressly forbidden and anyone disobeying this rule may be asked to leave.

All participants on track days at Llandow Circuit MUST attend the Safety Briefing. This instruction will include:

1. Rules of the day
2. Flag Signals
3. Entering and exiting the circuit
4. Overtaking and being overtaken
5. Driving/riding discipline
6. Circuit layout and potentially hazardous sections
7. Paddock driving/riding
8. Breakdown/incident procedures
9. Session stopping

Flag Signals

The circuit uses the following flags:

- **Chequered Flag**
Indicating the end of the session
- **Yellow Flag**
Indicating extreme caution and no overtaking
- **Black Flag**
Indicating to return to the paddock and report to the Control Tower
- **Red Flag**
Indicating session has been stopped. Slow down, return to paddock or assemble at the Bus Stop runoff.

Overtaking

Overtaking should only take place on the straights or exiting the bends. No overtaking in the bends and no cutting inside whilst approaching the bend.

Vehicle Condition

Participants must ensure that their vehicle is safe and fit for the purpose that it will be used for on the circuit.

Paddock

A speed limit of 5mph applies at all times in the circuit paddock and the pit lane.