



South Australian
Motor Racing Officials Association
Marshals Mumblings
February 2015



Affiliated Organisation

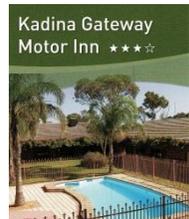


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February 2015

Official Newsletter of the

South Australian Motor Racing Officials Association Inc.

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The Editor welcomes contributions from any person interested in motor sport. Therefore, views expressed in this Newsletter are not necessarily those of the South Australian Motor Racing Officials Association or any of its members.

SAMROA WEB SITE www.samroa.org.au

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The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with the Confederation of Australian Motor Sport (CAMS) Ltd.

President's Report

Welcome to the February newsletter.

January was certainly a month of ups and downs. Sadly, SAMROA lost one of our most loved members in Lui Mori. Lui had been with us for almost 3 decades and in that time he helped both the club and its members. Lui had a smile for everyone, and in his own gentle way would pass on his knowledge to everyone he worked with. Unsurprisingly the funeral ceremony was standing room only, with many officials coming from interstate to attend. On behalf of SAMROA, I extend our heartfelt sympathy to Lui's wife Milvia and to our own David Mori. RIP Lui.

In happier news, SAMROA was well represented at the CAMS Awards held on January 31. Congratulations to Lisette Hutchins for being awarded the Inaugural CAMS SA Junior Official of the Year Award and to Tony Aloï on being awarded the 2014 CAMS SA Circuit Official of the Year.

The awards didn't end there! Tony Aloï was also given the award for 2014 CAMS SA Official of the Year. Rob Thiry was given a CAMS Service Star for his contribution as a CAMS official, trainer, presenter and all-round nice guy! Congratulations again to the award winners, you are all very worthy recipients.

This weekend is the first Superkart and Modern Regularity meeting for the year, and the only event before Clipsal. It would be great to see a few more people come out. The Clipsal 500 is gearing up to be a busy weekend. I got a sneak peak at a Stadium Super Truck the other night – definitely going to be the ones to watch!

Don't forget, we're holding meetings monthly from February to August, second Wednesday of the month. Upstairs at the Royal Hotel, Kent Town from 8pm.

Bronwen

T&CC Report

Hope you all have had a nice and relaxing festive season and ready for a great year of motorsport. Some of us have already blown out the cob webs with a trip to Bathurst for the 12 hour, an event that is getting big and better each year.

Locally our first race meeting of the year is for a Superkart and Modern Regularity event at Mallala. It's great to see 30+ SAMROA members and new members names down to attend for this event.

To continue this way, I encourage you all to look at your calendars and **LOCK IN** your name for future meetings in the database through your SAMROA member login. You can also email tcc@samroa.org.au or phone a T&CC member with the events you wish to attend. The next event we need names for are;

Master of Mallala Series R1 – Twilight, Saturday 21 March

Superkart & Modern Regularity, Sunday 12 April

Mallala Historic Race Meeting, 2 Days 25-26 April

Peter Hall Memorial 6 Hour, Sunday 3 May

Master of Mallala Series R2, 2 Days 23-24 May

Superkart & Modern Regularity, Sunday 31 May

By everyone planning ahead and keeping numbers high, it will allow the Chief Flags and T&CC to arrange placements to the benefit of all our members.

For those going to Clipsal and/or the Formula 1, enjoy, be safe and see you trackside.

Tony Aloï

T@CC Chairman

Social Committee Report

The Social Committee is currently organising this year's Annual Dinner and will hopefully finalise details soon. Once it is organised we will then inform all of the members so that people can start to put a little aside each week for their tickets. We would love to see as many of you there as possible!

The Committee is also looking at the idea of having an afternoon playing Slot Cars and a picnic so that we can relax and have some fun with our families and fellow officials. We may even organise one for Christmas!!

The Committee currently has 5 members; however we always welcome new members and new ideas. We currently meet at McDonalds Kilburn and our next meeting is on Wednesday, 18th February 2015 at 7pm. All are welcome to come along and join.



Vale Luigi Mori

He was an amazing mentor, full of knowledge for the sport he enjoyed. Lui was a great man to work with at a flag point, always making it an enjoyable day. What was amazing about Lui was how he was able to leave a lasting impression on the people whom he worked with whether it be a new trainee official or an official that had a lot of experience already. The motorsport family stands side by side with his son and fellow SAMROA Member David Mori, his family, and the countless friends that Lui made during his life. While Lui will be greatly missed this year at the Clipsal 500 I am sure that we will keep his spirit alive in all of us. Rest In Peace.



A Message from the Editors

Thanks for all the contributions to the newsletter for February we know it has been a busy time for all especially with going back to work and various other events. Next deadline for articles will be **Friday 6th of March at 5PM.**

Andrew & Thomas

Happy Birthday!



The following members have, or are celebrating birthdays...

Shaun Doecke (5th), Steve Clift (6th)(60), Lisette Hutchins (7th), Shaun Halliday (13th), Peter Stevens (22nd)(50), Bradley Morrison (22nd), John Stacey (25th).

CAMS honours SAMROA Members at the SA / NT State Awards Night

Over 200 people from South Australia and the Northern Territory gathered at AMMI Stadium in Adelaide to celebrate the awards night, in which three of our members were honoured.

We wish to congratulate the following members on their awards.

SA State Official of the Year – Tony Aloï
SA State Junior Official of the Year – Lisette Hutchins
CAMS Service Star – Rob Thiry

A Full Article can be found in this months speed read located on the CAMS website at:

http://docs.cams.com.au/Speed%20Read/2015/CAMS_SpeedRead_January2015.pdf (Pages 36 & 37)

Newsletter cover provided by: David Mori

Photos in Newsletter provided by: CAMS & Dave Vaughan

Clipsal 500 Launches New Officials Team

Have you got a friend between the ages of 16 to 25 who has been keen on seeing what it is like to become a race official and participate at events such as Clipsal 500? Look no further, the Clipsal 500 team has launched the “New Officials Team”. In the past, we have had great success in getting young officials to join us trackside. With the help of CAMS and Clipsal, some of these young officials such as Chris Hutchinson, Matt Avery and SA State Junior Official of the Year Lisette Hutchins, went on to join us and become valuable members in the motorsport community.

“(The Young Officials Team) is a great learning experience, sent me down the right path to be coming a great Official, the next best thing to actually racing”
Matt Avery commented when asked about his time with the young official’s team.

SA State Junior Official of the Year Lisette Hutchins provided her thoughts on her experience as well:

“The Young Officials Program is the reason I am involved with SAMROA. Not only did it introduce me to the world behind motorsport, but to a great handful of enthusiastic people from all walks of life.

My first taste of the program was at the Adelaide Clipsal 500. I attended the Friday and Sunday as a Young Official and loved every second of it. Every official that I met was eager for us to become involved and participate with them in their duties. My most memorable time was near the middle of the day on Sunday. It was time for us to learn about flagging and my group was sent to flag point 14. I will never forget the enthusiasm of those flaggies and my eagerness to become involved. While I flagged for the Carrera Cup, Dunlop Series and the main race I saw the other two in my young officials team stand back. I realized then that not all of the young officials were there to become officials, but were there just for a once in a life time experience. However, I knew when I picked up that flag that this would be an exhilarating passion I was determined to be a part of. I remained at flag point 14 until the very end of the day, skipping a Nissan Garage and Race Control tour for something much cooler.”

After her experiences as a young official, Lisette also decided to participate in the 2014 Australian Grand Prix once again as a young official.

Clipsal 500 Launches New Officials Team

This opportunity is open to 20 people with a chance to get up close to the action trackside along with working with some of the world's best motorsport officials.

To receive more information about the New Officials Team visit:
https://www.clipsal500.com.au/event_info/2015-new-officials-team

Get in quick though, applications for this amazing opportunity close on the 16th of February 2015.



Formula One joins V8 Supercars in new Foxtel Deal.

In a new joint agreement with Channel 10, Fox Sports will now broadcast all practise, qualifying and races for the 2015 season in High Definition. This deal mirrors the already well-known deal signed by V8 Supercars for the 2015 Season. Whilst this means that not all races will be live on free to air television Channel 10 will still show 10 races live including the Australian, Monaco & Singapore Grand Prix and the other races on a delayed broadcast.

A Summary of what events will be broadcast and where:

1. March 13-15: Melbourne, Australia (FOX & TEN)
2. March 27-29: Kuala Lumpur, Malaysia (FOX)
3. April 10-12: Shanghai, China (FOX)
4. April 17-19: Sakhir, Bahrain (FOX & TEN)
5. May 8-10: Catalunya, Spain (FOX)
6. May 22-24: Monte Carlo, Monaco (FOX & TEN)
7. June 5-7: Montreal, Canada (FOX)
8. June 19-21: Spielberg, Austria (FOX & TEN)
9. July 3-5: Silverstone, Great Britain (FOX)
10. July 17-19: TBA, Germany (FOX & TEN)
11. July 24-26: Budapest, Hungary (FOX)
12. August 21-23: Spa-Francorchamps, Belgium (FOX & TEN)
13. September 4-6: Monza, Italy (FOX)
14. September 18-20: Singapore (FOX & TEN)
15. September 25-27: Suzuka, Japan (FOX)
16. October 9-11: Sochi, Russia (FOX & TEN)
17. October 23-25: Austin, United States (FOX)
18. October 30-November 1: Mexico City, Mexico (FOX & TEN)
19. November 13-15: Sao Paulo, Brazil (FOX)
20. November 27-29: Yas Marina, Abu Dhabi (FOX & TEN)

More Details at: <http://www.v8supercars.com.au/news/championship/fl-joins-v8-supercars-in-new-foxtel-deal>

Child Safe Environment and Child Safe Officer Training

All sport and recreation organisations that provide services to children 18 years and under need to ensure that they provide a child safe environment, this means that they have a commitment to protect children from physical, sexual, emotional and psychological harm and from neglect.

This is more than simply minimising the risk or danger to children. It is about building an environment that is both child-safe and child-friendly. An environment where children can feel respected valued and encouraged to reach their full potential.

This commitment is a part of the **organisation's culture**, reinforced by policies and procedures, and is communicated and supported by all members.

SAMROA has started working towards creating a Child Safe Environment although it still needs more members to understand what their responsibilities are, especially as we have several members under 18.

Are you interested in becoming a Child Safe Officer?

The Office for Recreation and Sport are offering Child Safe Officer training.

Date: Monday, 16 March 2015

Time: 6.00pm - 9.00pm

Location: Conference Room, Office for Recreation & Sport, 27 Valetta Road, Kidman Park

Cost: Free

Registrations: <https://www.surveymonkey.com/s/8285YDQ>

Duration: 3 hours

Prior to attending this training you must complete the online training in Child Protection and Harassment and Discrimination on www.playbytherules.net.au

If you have any question please contact Caela Sims 0416231174 or via email caela.sims@gmail.com

Why is Fatigue a concern to SAMROA VOLUNTEERS?

People involved with motorsport have an increased risk of fatigue as the average

race day can be long in varying conditions. There are many things that can contribute to fatigue these include the following:

Overuse of caffeine: Caffeine is a nervous system stimulant and although it gives you a temporary surge of energy, in the long term it depletes energy from your body.

Lack of Quality Sleep: Your body uses sleep as a rebuilding time for muscles. Your muscles use energy most efficiently. If they don't have time to recover then they cannot work properly. Therefore your energy can be depleted.

Too Many Sweet Foods: This can result in a desire to eat something sweet, which will temporarily make you feel better and give you some energy. In the long term eating sweet foods results in lack of energy and even exhaustion setting in.

Lack of Exercise: Exercise does not have to be a daily routine or be excessive. Just a few minutes say 3 times a week is sufficient. We are all aware of the benefits of exercise- it increases stamina, increases energy

levels, reduces stress, assists in a healthy cardiovascular system and many more.

Stress Levels: Many people may be surprised to learn that stress is one of the leading causes of low energy.

Dehydration: It is important to stay hydrated throughout the day. Hydration involves water, not coffee, tea, alcohol or such beverages. Ample fluids keep energy-fuelling nutrients flowing throughout the body. Besides drinking more, you can also consume foods that naturally contain water, such as yogurt, broccoli, carrots, and juicy fruits, like watermelons, oranges, and grapefruits

Lifestyle: Your lifestyle is another factor that may influence your energy levels. In particular, late nights and partying that is excessive and frequent can not only lead to fatigue but also to anxiety and sometimes depression.

Why is Fatigue a concern to SAMROA VOLUNTEERS? – Continued

The fatigue risk factors for race officials are varied and may be caused by prolonged concentration, dehydration, lack of sleep and ill preparation. These factors can lead to volunteers becoming fatigued and increase the risk of poor judgment, slow reaction times and poor response to situations putting not only themselves at risk but also their team mates, competitors and the public. It is for these reasons that SAMROA volunteers need to be able to recognise the warning signs of fatigue. Understanding the warning signs allows volunteers to stand down before Fatigue effects their ability to work effectively. The symptoms that a member is becoming fatigued are varied some of the signs are:

Sleepiness: Poor sleep pattern before an event, Yawning, Sleeping, drowsy or disinterested.

Aches and pains: Stiff muscles, sore joints, numbness or pins and needles.

Outward Signs: Failing to perform their duties, uninterested, bored

Physical Signs: Extremely tired, feeling breathless, dizziness, overwhelmed, listless.

Officials at motor sport events need to be able to concentrate and make critical decisions

without warning. It is for these reasons that officials must be focused and alert throughout an event to ensure the safety of themselves, their team and the competitors.

To prevent the effects of fatigue individuals should consider their preparation well before the event to ensure they are in a good state of health . To prepare for a day officiating the following precautions should be taken. Make sure you get a good night's sleep the night before. Try and get plenty of rest in the day or days before your commitment. Make sure you drink plenty of water leading up to the event to ensure you are fully hydrated. Avoid drinks containing caffeine or alcohol as these can lead to dehydration. Make sure you have a good breakfast the day of the event and make sure you carry plenty of

water and snacks on the day, don't assume there will be plenty of water available at the track.

If you have your name down for an event and on the day you realise that you are overtired or fatigued for the safety of yourself and your fellow members please call the Chief Flag and explain your circumstances. Chief Flag personnel would rather you do so than risk the safety of yourself and the other members. We are a volunteer organisation and safety is all our concern so when you next look in the mirror remember the person you see is responsible for your safety today.

SAMROA Weather Guidelines

The South Australian Motor Racing Officials Association (SAMROA) is responsible for the Health, Safety and Welfare of all Members while engaged in the activities of the Association. In fulfilling this responsibility the General Committee has a duty to ensure that a working environment that is safe and without risks to health is provided and maintained.

SAMROA work very closely with the organising committee of the events run at Mallala Motorsport Park to ensure that the officials are as comfortable as possible trackside, especially during times of extreme weather, hot or cold.

As trackside officials, it is important to take to ensure that you are prepared for trackside duties in all weather. This includes having the correct kit which includes all personal protective equipment suitable for the weather conditions that you may be exposed to.

A basic kit for trackside work:

1. Club clothing – overalls
2. Hat – to suit season
3. Gloves
4. Waterproof white or orange clothing
5. Sunscreen
6. Insect repellent
7. Any necessary medication e.g. allergy sufferers
8. Whistle
9. Pen, paper, notebook
10. License
11. Water and snacks
12. Eye protection (sun & debris)

COOLER/WET WEATHER

During cooler/wet weather trackside officials, need to be dressed appropriately for the weather. It is often better to have on layers of clothing that you can take off if too warm rather than single layers. Always wear clothing that is suitable for the weather. If the weather is looking like it will be wet your trackside kit should include:

Waterproof clothing (jacket and trouser) – white or orange

Waterproof boots

Leather gloves

A towel (round the neck will prevent water from running down the neck)

Do not forget that you may have to stand out in the weather, whatever the conditions, for many hours. If you are not suitably dressed for the weather you may be removed from your trackside duties.

HOTTER/DRY WEATHER

During hot/dry weather, it is highly important that officials start preparing for their day trackside prior to the actual day to ensure that they are ready for the weather and the effects it may have on your body.

What you can do:

A few days before the event - ensure that you hydrate your body - water is best for this. Your body is made up of 70% water so ensure that you keep it top up.

The day of the event

Wear loose comfortable clothing preferably cotton. Long pants and long sleeves to ensure you are protected from the sun. Reduce the layers of clothing which means if you want to wear your overalls, wear shorts and a t-shirt (or less if you are adventurous) - on the other hand, if you have a suitable alternative for the overalls that will be cooler and more comfortable, feel free to wear it. Ensure that the colour you wear do not clash with the flag colours – avoid red, yellow, green and bright blue.

Wear a well-vented broad brim hat. Caps do not provide adequate sun protection.

Wear water-soluble sunscreen SPF 30+ applied regularly every few hours.

Wear sunglasses to protect your eyes from the sun and glare. They also help protect if there is any dust flying.

Drink lots of water. Bring your own to the track to ensure that you have enough. Do not assume that you will be supplied with enough water for the day.

Have a neck cooler scarf or damp towels around the neck to stay cool.

NECK COOLING SCARF - A simple, but highly effective body cooling product. Simply immerse this scarf in water for about 20 minutes. The cooling scarf's poly-crystals will absorb up to 95% of their total capacity. When worn, retained water evaporates, drawing away body heat. The cooling effect on the carotid arteries in your neck is amazing. Under \$10 from most camping/outdoor stores.

SAMROA along with the organising committees on hot/dry days will:

Monitor all trackside personnel (Chief flag and Assistant Chief flag) and at the first signs that we are not able to work safely in the conditions.

Anyone with any early signs of the effect of the heat will be taken to a resting point before medical help is required.

If you are working in the direct sunlight, the Chief Flag will be enforcing the “no hat, no play” rule.

There will be eskys with ice and water at each flag point.

There will be extra drink runs, with a Powerade run in the afternoon. We will also have those frozen icy pole run.

Depending on numbers, we may be able to create a roaming team to relieve points.

There are spray bottles in all the flag bags to create a cooling mist.

You have a duty of care to yourself and your flag point members to ensure that you are fit to be working on extreme weather days.

If you feel that you are or one of your flag point members are suffering from the effects of the heat then, let race control know early. We do not want to have a medical incident on our hands.

Chief flags and flag point seniors will be monitoring officials and if it deemed that your are ill prepared for the day and are not willing to accept the safety equipment (hats, sunscreen) to protect yourself then you may get asked to stand down. SAMROA has an obligation (duty of care) to keep all volunteers safe this is an obligation that the committee and I am sure all members take seriously.

Stay safe - Slip, slop, slap, wrap and hydrate.

REFERENCES:

<http://capitaltristate.wordpress.com/2012/07/03/its-summertime-know-the-symptoms-of-heat-stress/>